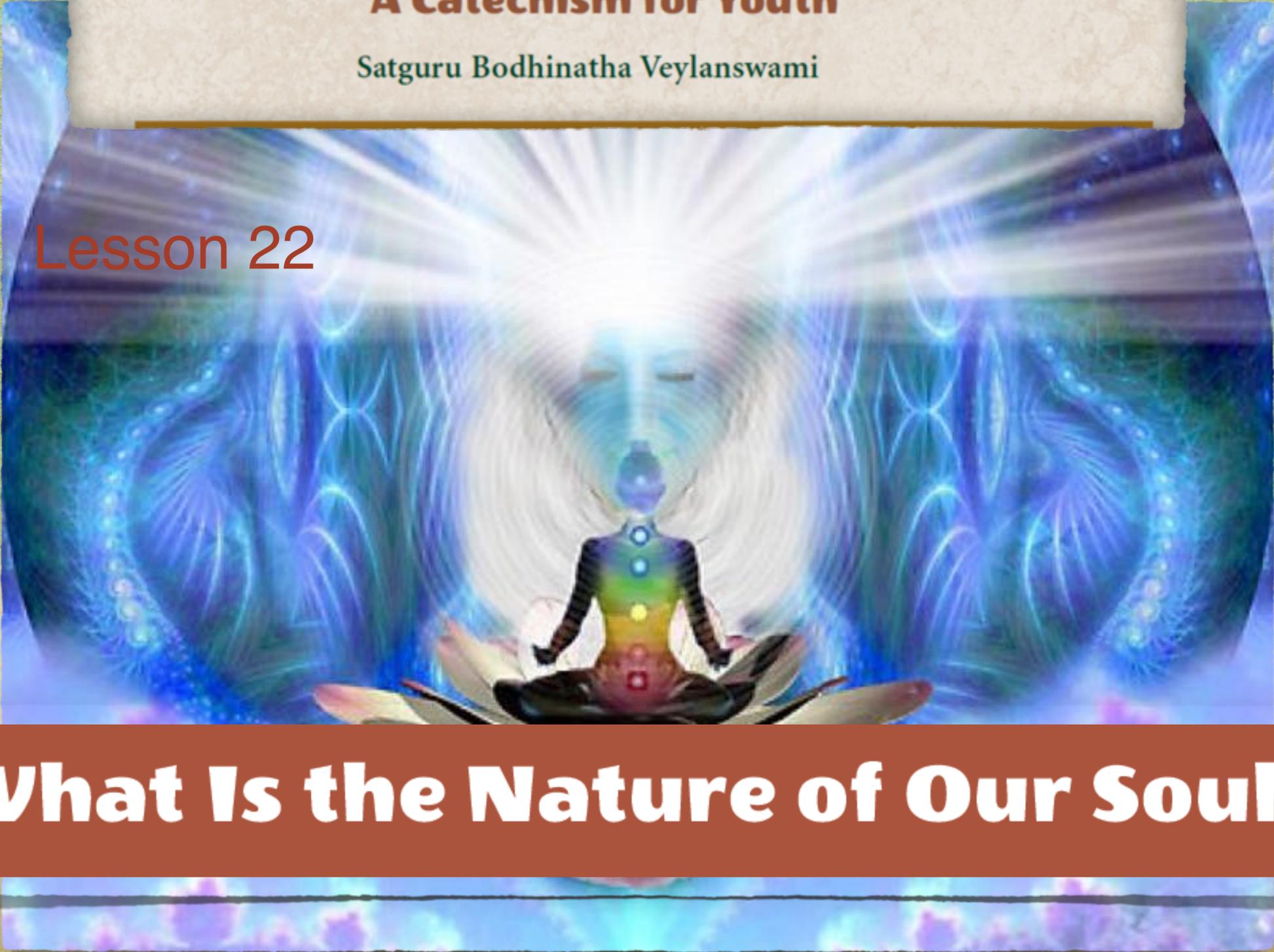


Path to Siva

A Catechism for Youth

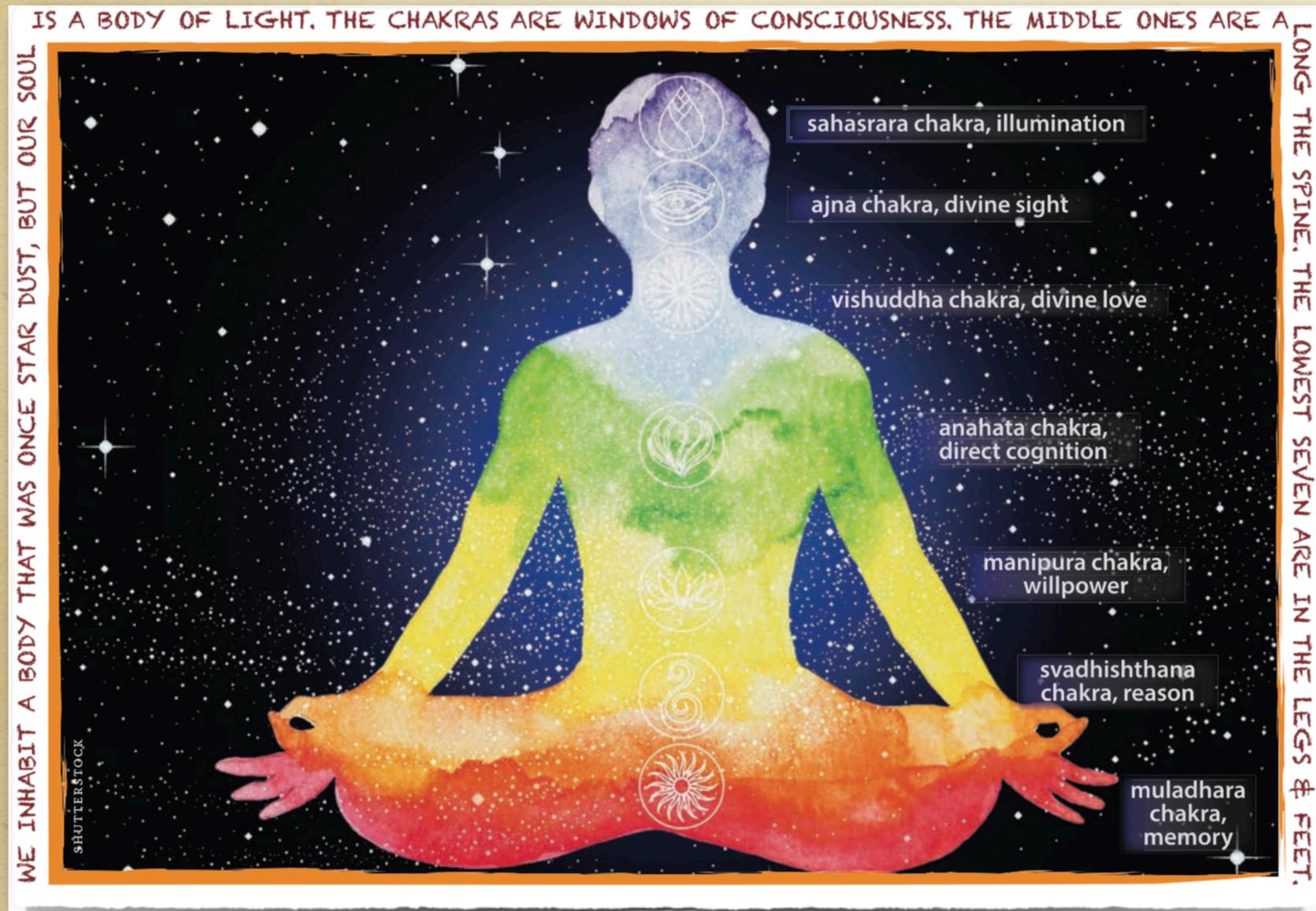
Satguru Bodhinatha Veylanswami

Lesson 22

A person is shown in a meditative posture, sitting on a lotus flower. The person's body is surrounded by a vibrant, multi-colored aura, with a prominent rainbow chakra visible on their chest. Above their head, a bright, glowing face with closed eyes is depicted, radiating light. The background is a deep blue with intricate, fractal-like patterns. The entire scene is framed by a light green, textured border.

What Is the Nature of Our Soul?

Our soul...immortal spiritual being.



The essence of the soul is Pure Consciousness and Absolute Reality.

This essence is perfect, eternal and was never created.

Visualize it as a light bulb covered by five layers of colored fabrics.

These are our five bodies or sheaths

The physical body is our outer body of flesh and bones, which we need to function in this earthly world.

Inside it is the pranic body, the sheath of energy, or prana, that flows through the physical body.

Then we have the subtle or astral body. It is the sheath of ordinary thoughts, desires and emotions.



Mental Body & Body of the Soul

Next is the mental or intellectual layer.

It functions on the higher mental plane.

Finally, we have the body of the soul.

This is the body that evolves from birth to birth, that reincarnates into new outer sheaths and does not die when the physical body perishes.



A plastic body filled with light.

Gurudeva described it like this: “The body of the soul actually looks like a plastic body filled with light.

You have seen mannequins with arms, legs, torso and head made completely out of transparent, neon-like plastic.

If you were to put a light in such a mannequin, it would glow.

This is what your soul body, your psyche, looks like: Our soul body is neither male nor female and never dies.



The Chakras

Within our subtle bodies we have chakras, twenty-one in all—colorful, spinning force centers.

The seven lower chakras, those of fear, anger and the other lower, instinctive impulses, are located in the legs.

The seven middle chakras are along the spine, and the highest seven, accessible only after Self Realization, are above the head.



The Aura

We also have an aura, radiating within and around us, whose colors change according to our thoughts and emotions.



We are the eternal soul.

Once physical births have ceased, this soul body still continues to evolve in the heavenly worlds.

We are not the physical body, mind or emotions.

We are the eternal soul, atman—
consisting of the radiant soul body and
its essence, Pure Consciousness and
Absolute Reality.



Gurudeva says...

Reverse your thinking about yourself.
Feel that you come out of timelessness,
causelessness, spacelessness.
Visualize the pure radiant body of light,
the being of the soul, the "I Am, the
Watcher"



QUESTIONS for Lesson 22



22.1 The essence of the soul is

(Check the correct answer)

- A. Pure Consciousness
- B. Absolute Reality
- C. Pure Consciousness and Absolute Reality

22.2 Enter the letter from below of A - E that gives the correct description of that body (sheath).

- ___ Physical body
- ___ Pranic body
- ___ Subtle or astral body
- ___ Mental body
- ___ Body of the soul

- (A) Of ordinary thoughts, desires and emotions
- (B) Of flesh and bones
- (C) That functions on the higher mental plane
- (D) Of energy
- (E) Is the body that evolves from birth to birth

22.3 Our soul body is neither male nor female and never dies.

- True
- False

22.4 Enter the letter from below of A - C that gives the correct location of those chakras

- ___ Seven lower chakras
- ___ Seven middle chakras
- ___ Seven highest chakras

- (A) Are above the head
- (B) Are in the legs
- (C) Are along the spine

22.5 Once physical births have ceased, the soul body no longer continues to evolve.

- True
- False