

The Solar Bodies

As one ascends the First Mountain, one has to create the solar bodies. There are seven solar bodies in total that have to be part of one's Being. The one who has all the bodies needs to have seven in total.

The first ones belong to the physical world - the physical incarnation - which are the physical body and the vital body. These are discarded upon death. The other ones are the astral and mental bodies; most people have lunar version of these two bodies, and so they need to be replaced with their solar versions which are of superior form than the lunar ones. In addition, a three more bodies need to be created – the causal body, the buddhic body and the atmic body. There are seven bodies in total, each belonging to its own dimensional plane.

The physical body belongs to the physical world. The etheric body is a superior aspect of the vehicles which belong to physical incarnation, and it relates to the 4th dimensional or etheric part of planet Earth.

Beyond the two temporary bodies that belong to the physical incarnation, there are five spiritual bodies, which belong to the spirit. These bodies, just like the previous two, relate to their own dimensional planes. Astral body belongs to the astral world, and is the body which most people use after death, as most people after death live in the astral world. Inside the astral body there is a mental body, belonging to the mental world, which is above the astral one.

The causal body belongs to the causal world - one step up than the mental world. The buddhic body belongs to the buddhic world, and atmic body to the atmic world. These are the seven bodies and the seven dimensional planes. With these bodies one can live in and around the dimensional planes where they belong to, as long as one has the spiritual level required for residing in that plane and reaching it. Most people have lunar bodies, which means that they have four basic versions only: physical, etheric, and two versions of the spiritual bodies – astral and mental.

As part of ascending the Mountains, the solar bodies need to be created. You do not replace the physical body, but rather raise the Kundalini up the spine as part of the 1st initiation of the First Mountain. The etheric body does go through a change as part of the 2nd initiation, which relates to that level and that body. The etheric body divides in two sections - one section that is stuck to the physical body, and another that is detached and freed from the physical one. As part of reaching that initiation and passing it, the Kundalini is raised within the body that relates to that initiation.

As part of reaching the 3rd initiation, the solar astral body needs to be created. The lunar version is discarded and replaced by the superior solar type.

Solar bodies are needed in order to awaken and to incarnate the Being, which is one's true and total self. The Kundalini is raised in each of the bodies as part of the initiations which relate to it.

On the 4th initiation the lunar mental body is replaced with its solar version. Most people who don't do the inner work of climbing the Mountains only have the four basic lunar bodies.

In addition to creating the solar astral and solar mental to replace inferior lunar versions, one should also create three more additional bodies, that ordinary person does not have. These are causal, buddhic and atmic body. They too are needed for awakening and ascending up the Mountains.

The Human Soul (Manas), which is incarnated on the 5th initiation of the First Mountain, incarnates into the causal body. And the person unites with the Human Soul, becoming one with it.

The buddhic body, which one acquires on the 6th initiation is the one in which one incarnates the Divine Soul (Buddhi). Manas and Buddhi are the two souls, masculine and feminine, and they are each incarnated in their own bodies. They merge with the person through those bodies and they become part of the person, united as one, like drops of water joined together to form one single drop.

The next body is the 7th body - the atmic body. It too needs to be created and it too needs to have Kundalini raised within it. It is in this body, on the 7th initiation, in which one incarnates Atman (Divine Spirit). Atman - Buddhi - Manas are the first parts of the Being, the first trinity, which one incarnates on the path.

The five spiritual bodies that are created on the First Mountain all form different layers which constitute the spirit. All of the solar bodies that are created are needed and constitute the energy system and entail vital roles within the energy system of the person. They each, for instance, have their own Kundalini, or serpent energy, which ascends up the spinal column. They each also have their own set of seven main chakras, and their own individual bodies that can be used to travel in the dimensions and the Creation, as they relate to their own dimensional planes.

If, for instance, one wants to travel to causal plane, one would be recommended to switch to the causal body which relates and gravitates towards that plane. It is possible to travel to that plane by using one of the other bodies, such as astral or mental body, however it would be a lot harder to make it to a much higher plane than that which belongs to that body (for example, getting to the causal plane by using the astral body would be difficult).

In order to separate the bodies in the astral plane, to switch to one of the other ones while in the astral body, it is possible to use the technique that both Samael Aun Weor and Rabolu recommended, and that is to stand in the astral body when out of the physical body, and commanding the astral body to leave, by saying with a commanding tone: "Astral body leave me!". If done properly, and if there are no hindrances, the astral body detaches from within

oneself and is loosen. It is detached and can be pulled out from within oneself, or one may be able to simply walk away from it.

You can then have two of your selves standing in one place - the astral self next to you and the self that is in the mental body. The astral body can leave the place where you are at that moment, or it can remain there. You can even talk to it in that case. Having done this technique and you are now in the mental body, you can now switch to the mental plane by letting yourself gravitate or shift towards it.

If you want to, and if you are in possession of the causal body, it is possible to switch from the mental body to the causal body. This can be done immediately when in the astral or after having shifted to the mental plane. The technique is the same: command the mental body to leave, like this: "Mental body leave me!", saying it with a commanding tone. The mental body then detaches in a similar way; you can then pull it out from yourself, by simply grabbing hold of the body which is attached to where you stand, and pulling it out. You are now left in the causal body and likewise can use it to travel to and shift to the causal plane. In order to achieve this you need to, of course, have the causal body.

The same technique can be utilized again in order to switch from the causal body to the buddhic body, and travel to the buddhic plane, and once again in order to switch from the buddhic body to the atmic one.

This is the way to visit and travel in all of the planes which relate to those particular bodies - the astral, the mental, the causal, the buddhic, and the atmic plane.

There can be hindrances and obstacles when trying to separate the bodies like that. If so, I recommend trying again at later times. Once the higher level of spiritual development has been achieved, it might be possible to ask for help to loosen the body so it might be easier to achieve the result. If you want, you can call on "Vishnu" and ask for help for separation of the bodies. If appropriate, the help can be given. Remember though that in order to separate the bodies, you first need to own them; you first need to have created them, either in the current life or in the past lives of the current cycle of lives.

The tool which is taught as the key to create the solar bodies is alchemy. Alchemy is a spiritual sexual practice which is performed with a married partner (or a partner with whom one is in a serious and loving relationship) through sexual act and without orgasm. The practice uses male and female poles to create and is one of the key practices that is taught as a part of the spiritual awakening. The alchemy practice is also taught as the tool used for speeding up and bringing more strength to the death of the ego. In order to learn more about this spiritual practice, you can look up books by Samael Aun Weor, Rabolu or Belsebuub.

It is important to understand though, that it is not the sexual act but rather a spiritual practice which focuses on the love between male and female couple, entailing no orgasm, and where focus is not on ego and lust, but rather on the love connection between the couple. The ordinary sexual act which involves orgasm pulls down the Kundalini and feeds the ego, and should not be confused with the spiritual practice of alchemy.

The five spiritual solar bodies are the ones which constitute the spirit. They all play a vital role within the person, and they are all needed both to be fully functional and to incarnate the Being, to ascend the Mountains and to reach awakening.

Vishnu

(NOTE: This document can be distributed freely both online and as physical copies, however it is not allowed to make any changes to it, nor to make profit out of it.)