

**YOUR SPIRIT BODY  
WHAT DOES IT LOOK LIKE?  
WHY YOU SHOULD GET TO KNOW IT**

Few of us know very much about ourselves at all and have been so busy on this earth, trying to satisfy our physical desires, such as those that are obvious – financial gain. We look for a man or woman partner to make up for what we lack in ourselves and/or to satisfy our sexual desires. We eat – to satisfy that physical taste that so much of our society is imprisoned by- causing overweight, underweight or many, many health problems. We are not satisfied until we have a house that is better than our neighbor's; trying to find someone to make an impression on (usually someone less successful or weaker than ourselves) because we feel so insecure on this earth plane. And we look especially for someone to control or to be controlled by such as our spouse, partner, lover or children, according to the psychological blockages that have been passed down by our parents.

The whole secret to having a happy life is rising above our weaknesses by having a relationship with our Creator. No one can control their own life until they learn self-control, to control what goes into their mind, their mouth, their home and surroundings.

One way to begin is to look at the Spirit Body and get to know this body. On the following page you will learn about chakras or spiritual centers that dwell in that body. This spirit body lives transfigured over your physical body. Until you learn to meditate and give your spiritual centers permission to activate, you will live in misery.

But through a free will that God has given us, we can begin to talk to HIM and to listen to HIM in order to activate each of these spiritual centers. This is what it means when we say we are really “born again”.

The first three lower centers, red, orange and yellow, are the centers of the lower man. Almost all of us have these three somewhat activated by the time we reach adulthood, but if you are lacking in courage – orange, you may not have gotten past the root chakra – which is your energy center. The third chakra or spiritual center is yellow and promotes wisdom as you can follow on the next page.

When one opens up his heart center, it is said that this is the bridge between the animal self and the God self and surely you have begun your Spiritual Pathway.

LET US KNOW THAT WE ARE NOT GOD. WE ARE A PIECE OF GOD. GOD PUT A PART OF HIMSELF IN EACH AND EVERYONE OF US. IF YOU LOOK AT THIS CHART, UNDERSTAND THAT THROUGH THE AIR THAT WE BREATHE FROM THE SUNRAYS WHICH ARE REFLECTED ON EVERY

PLANET IN OUR SOLAR SYSTEM, WE ARE GIVEN ALL THE VIRTUES AND TOOLS TO LEAD A WHOLE LIFE ON THIS EARTH. HOWEVER, THROUGH OUR FREE WILL, WE MUST WORK ON BODY, MIND, SPIRIT. SPIRIT IS THE DIVINE PART OF US.

WE ARE SPIRIT BUT WE HAVE BEEN GIVEN A BODY AND A MIND, TO WORK WITH HERE ON EARTH. OUR SPIRIT IS THE VEHICLE GOD GAVE US TO CARRY OUR MIND AND BODY THROUGH THIS EARTH TO FULFILL OUR PURPOSE. OUR PURPOSE WILL BE REVEALED TO US AS WE WORK ON ACTIVATING THESE CHAKRAS.

In order to see this loving, caring, whole person we already are, but don't recognize because we have been so busy looking at what we are not, we must meditate daily.

Nothing can change in one's life until you begin the talking with your Creator and listening to your Creator so that he can give you answers through hunches, feelings and dreams and you alone are responsible for this self discipline. It is called, "GROWING UP IN SPIRIT".

Take a look at the following chart and begin your journey up your spinal column to the top of your head – the LOTUS BLOSSOM and let your Spirit self, your true self, begin to control your life. Take that responsibility now. Meditate to Side B of the Meditation Tape provided with these lessons and do this on a daily basis, first thing in the am or before you go to bed at night, whichever is comfortable for you.

For more information call 843-762-2123 or email Elizabeth Baron at [info@elizabethbaron.com](mailto:info@elizabethbaron.com).

# THE MYSTERIOUS KUNDALINI AND THE LOCATION OF THE CHAKRAS

