

## **The Corpus Christi - science of the rainbow body**

***The Seven Sacred Bodies - terms excerpted from the Glossary of Empowerment***

**By Richard Rudd**

**The Corpus Christi** — One of the journeys making up the Gene Keys Synthesis, the Corpus Christi is the complete science of the ‘Rainbow Body’ — the true underlying nature of all human beings. The Corpus Christi is a synthesis of transmissions, teachings and techniques that underpins the 64 Gene Keys. Representing the higher ‘Mystery School’ teachings of the Gene Keys, it includes the teaching of the Seven Seals, the Seven Sacred Bodies and the Nine Initiations. Deep immersion in the teachings of the Corpus Christi assists you in grounding and embodying the higher frequencies of light into your everyday life. These are the teachings and techniques that allow you to draw the transmission of the Gene Keys layer by layer into the subtle bodies that make up your aura. Literally meaning ‘The Body of Christ’, the Corpus Christi prepares you to work with higher evolutionary frequencies by progressively purifying the many dimensions of your inner being, beginning with your physical body.

### **The 1st Sacred Body - The Physical/Etheric Body**

**Etheric Body** — Sometimes known as the ‘etheric double’, the etheric body is the counterpart of your physical body, extending out beyond it into the aura. As the closest of the subtle bodies to the physical, the etheric body is quite well understood by many cultures, in particular in its relationship to our physical health. Systems such as acupuncture or energy medicine work directly on the etheric body, which consists of a vast network of subtle pathways, meridians or ‘nadis’, which create the fundamental grid of the aura. Illness and disease in the physical body first manifest through blockages in these inner energetic pathways. However, the root of all human illness does not lie in the etheric body, but is to be found deeper in the astral or mental bodies. As you purify your astral and mental bodies, your etheric body is directly impacted and blockages to the flow of ‘chi’ or ‘prana’ are cleared. This releases a huge amount of healing energy and vitality into your physical body, which over time becomes lighter, healthier and more radiant. In the teachings known as the Corpus Christi, the etheric body is seen as an integral part of the physical body rather than a separate subtle body in its own right.

### **The 2nd Sacred Body - The Astral Body**

**Astral Plane** — The 2nd of the 7 major planes of reality upon which all human beings function. The astral plane is a subtle electromagnetic field generated by all low frequency human desire and emotion. On the astral plane of reality, your every feeling or desire has an independent existence and can be understood as an entity with its own vibratory frequency. Through the law of affinity, you draw into your aura the astral entities that match the frequency of your feelings and desires. As you purify your emotional nature, it gradually becomes impossible for astral entities to influence your life and feelings. At this point you begin to function on the higher octave of the astral plane, known as the buddhic plane.

**Astral Body** — The 2nd major subtle layer of your aura, corresponding to the astral plane. Of all the subtle bodies, the astral body is closest in vibration to the physical body and its etheric counter- part, which means that your emotional life has the most powerful and direct effect on your physical health and vitality. The astral body is gradually developed in your 2nd seven-year cycle, from the age of 8 until 14, during which time all your major emotional patterns are laid down. As you contemplate the Shadow consciousness field and how it affects and governs you personally, you are reaching down into your astral body and re-imprinting your basic emotional patterns with a higher frequency. This will bring about a major transformation in all your relationships as you become less reactive and more emotionally mature.

### **The 3rd Sacred Body - The Mental Body**

**Mental Body** — The mental body exists at a higher frequency than your emotions and is constructed out of your thinking life. The mental body is greatly influenced by the collective mental body of humanity itself, which tends to pull our thinking down into the unfulfilled desires of the astral body. As your thinking revolves around higher impulses, the mental body gradually disentangles itself from the astral body and takes on greater power. The mental body can also be used by the lower consciousness to repress the natural impulses of the astral body, which can also lead to problems in health at all levels. A low frequency and limiting mental paradigm sets up low frequency emotional patterns within the astral body, whereas a high frequency mental paradigm creates emotional clarity and freedom.

**Mental Plane** — The 3rd of the 7 major planes of reality upon which all human beings function. The mental plane is the frequency plane created and dominated by the energy of thought. On the mental plane, all thoughts and ideas have an independent life that human beings either attract or repel. The mental plane itself is made up of different strata of mental energies that resonate at different frequencies. A low frequency mental paradigm for example, is created by thought patterns that are self-limiting, creating division and separation. Such a paradigm activates neural pathways that are based upon fear and survival. A high frequency mental paradigm is characterised by a mental openness that encourages insight and breakthrough from the higher causal plane. This kind of thinking is unifying, positive and sees where things are interconnected, rather than where they are threatened. As you enter a higher mode of thinking based on how to be of greater service to others and to the whole, all manner of insights and gifts begin to dawn in your mind. Eventually, your awareness transcends the frequencies of thought altogether and you rise above the mental plane and experience true clarity.

### **The 4th Sacred Body - The Causal Body**

**Causal Plane** — The 4th of the major planes of reality upon which all human beings function. The causal plane is the higher frequency octave of your physical body and represents the

plane of pure archetypes, where thought and feeling become one. The causal plane is the realm of synthesis, and all human genius rises up into this plane in order to see the holographic nature of the cosmos. Even though the causal plane is beyond language, its energy and nature can be communicated through language as frequency. The 64 Gene Keys themselves are a transmission from the causal plane. The causal plane also forms the bridge that links the human evolution to the higher evolutions beyond humanity, and as such it holds the mysteries of death. To raise your frequency beyond the Causal plane is to transcend death.

**Causal Body** — The 4th major subtle layer of your aura, corresponding to the causal plane. The causal body is generally known as the 'soul' as it represents that aspect of your consciousness that incarnates again and again into the world of form. Your causal body stores the collected goodwill of all your lives as a memory signature written in light. After death, your lower three bodies (physical, astral and mental) disintegrate and only that which is refined and pure is drawn up and retained in your causal body. As your causal body develops more lucidity through the process of reincarnation, so the higher bodies can use it as a means of directing the lower three bodies to higher and higher frequencies. In this respect, your causal body is the great bridge between the lower and higher planes.

### **The 5th Sacred Body - The Buddhic Body**

**Buddhic Plane** — The 5th of the 7 major planes of reality upon which all human beings function. The buddhic plane is the higher frequency octave of the astral plane and is the plane of devotion and ecstasy. In many ancient traditions, this plane of reality is known as the realm of the gods and goddesses. When you identify with a Divine entity, you are engaging directly with the buddhic plane. Here your own individual identity becomes merged into the collective body of humanity, and all the pain and anguish of the lower planes are transformed into an all-encompassing love. As you purify your DNA of its ancestral memories and Shadow patterns, so you gradually come to know a new life on the buddhic plane.

**Buddhic Body** — The 5th major subtle layer of your aura, corresponding to the buddhic plane. Your buddhic body is only accessible to you once your heart has completely opened. All true higher mystical experiences or revelations come through your heart and are therefore rooted in the buddhic body. Once your awareness is fully anchored in the buddhic body, the causal body dissolves and reincarnation in the normal sense is no longer possible. The buddhic body also corresponds to the mystical state of Absorption (the Fourth and Fifth Initiations), which is what occurs as your awareness becomes stabilised in the higher frequencies. It represents the third feminine realm of the Divine Trinity — that of Divine activity or compassionate action.

### **The 6th Sacred Body - The Atmic Body**

**Atmic Plane** — The 6th of the 7 major planes of reality upon which all human beings function. The atmic plane is the higher frequency octave of the mental plane and is the plane of your true 'higher self'. On the atmic plane of reality the entire cosmos is experienced as a living mind whose primary impulse is love. When you cross the threshold to this plane (through the Sixth Initiation), then all your independent thinking immediately ceases — to be replaced by pure light. To contact your greater being on the atmic plane all you have to do is focus consistently and intently on this inner light.

**Atmic Body** — The 6th major subtle layer of your aura, corresponding to the atmic plane and the Christ consciousness. Your atmic body, which manifests through the 64 Siddhis, is so vast that it defies comprehension. To enter fully into this body your identification with the lower bodies — physical, emotional (astral) and mental must be severed completely. When this happens, your cycle of incarnations will come to an end. The atmic body creates an increasing pressure on your lower nature as its light gradually filters down to illuminate the lower three bodies, resulting in a magnificent phenomenon known as the dawning of the rainbow body. Over time, this leads to a complete restructuring of your life as the inner light of the Atmic plane dawns inside you, culminating in your full embodiment of divinity.

### **The 7th Sacred Body - The Monadic Body**

**Monadic Body** — The 7th major subtle layer of your aura, corresponding to the monadic plane. The monadic body cannot be said to be a body, rather it represents the point of origin of the current of Involution or Divine Will. When human consciousness has attained its highest potential in the 6th atmic body, then it is said that the Rainbow Body dawns. This refers to the monadic body, which has often been symbolised as a flowering or a rainbow, since it is an expression of unity and completion. For the monadic to be expressed through human awareness, the lower three bodies, physical, astral and mental, must be absorbed into their high frequency counterparts the causal, buddhic and atmic. When this happens, all layers and levels dissolve, all powers and siddhis are transcended and surrendered, and you become once again a truly 'ordinary' human being.

**Monadic Plane** — The plane of the first aspect of the Holy Trinity — that of Divine Will. The monadic plane is the event horizon where the twin currents of evolution and involution spontaneously dawn. Represented symbolically by the hub of the wheel of life and law, the monadic plane is the central organising principle around which all life is built. Infinitesimal in nature, the monadic plane exists down to the tiniest imaginable particle and imbues it with consciousness. In the mystical metaphor of the Corpus Christi, the monadic plane is the intersection of the lower and higher trinities and, as such, it is not really to be understood as a plane in and of itself. It is the transcendence of all levels of separateness and the culmination of human evolution.

### **The 8th Sacred Body - The Logoic Body**

**Logoic Body** — The mysterious 8th Body of the Corpus Christi. The Logoic Body represents the body that always lies beyond the concept of beyond. In the mystical teachings of the Corpus Christi, the ultimate state of consciousness is represented by the 7th Body, known as the Monadic. The 8th Logoic Body is the paradoxical expression of the void itself. After all the currents of evolution and involution have played out their cosmic dramas, then once again the cosmos as we know it will cease to exist. The Logoic Body represents the eternal cosmic pause known to the ancient Vedic sages as the 'Night of Brahma'.