

## *Seven Levels of Consciousness*

	The Seven Bodies	Chakras & Colours	Chakra Perception	Auric Levels	Expression of Consciousness	Statement which consciousness makes	Meditation Practice	Responses	How fulfill Life
7	Seventh Body is nothingness, the beyond. The inconceivable. Divine Death, non-being, nirvana	Crown Chakra  (White)	Knowing whole concept	Ketheric level	Higher Concepts	I know I am	Be still and Know I am	Sacred Response	through wholeness and unity with the divine
6	Sixth Body - cosmic body revealed when being transcended. Consciousness, witnessing, pure awareness	Head Chakra  (indigo)	Seeing pictures / symbols	Celestial Level	Higher Feelings	I love Universally	Universal Consciousness	Visionary Response	through reverence, compassion, devoted service and universal love
5	Fifth Body - spiritual body is the Being, revealed when ego dissolves. Unlimited by space/time. being touched through meditation	Throat Chakra  (sky Blue)	Hearing sounds / voices /music	Etheric template level	Higher Will	I will	Sounding, Listening	Creative Response	through inspiration, expanded creativity, in art or science & unlimited discovery
4	Fourth Body - mental /psychic body - heart / love meditation, prayer, devotion & non-doing	Heart Chakra  (Bright Grass Green)	A sense of loving another	Astral level	I -Thou Emotions	I love humanly	Rose light of Love, Love a Flower	Intuitive Response	through insight, empathy, tolerance & forgiveness
3	Third Body - Astral Body - Power, creativity, work, intelligence, expression,	Solar Plexus  (Yellow)	Intuition - Vague sense of knowing that is not specific	Mental Level	Thinking	I think	One-ness of mind	Restful Awareness Response	through peace, centeredness, self-acceptance, and inner silence
2	Second Body - emotional body -relating, sharing, intimacy - emotional healing	Sacral (Orange)	Emotional feeling - joy, fear, anger	Emotional level	Personal Emotions	I feel emotionally	Meditate on peaceful sense of well being	Reactive Response	through success power, influence, status, & other ego satisfactions
1	First Body - physical - Food, sex, money, security	Root Chakra  (red)	Touch, movement and presence Kinesthetic - feeling balance /shivers, hair standing, pleasure or pain	Physical Plane	Physical sensation  Physical functioning	I feel physically  I exist I am becoming	Walking, Meditation, Touching, Deep Relaxation	Fight or Fight response	through family, community, sense of well being & material comforts
Source of Info.	The New Dawn	Hands of light	Hands of light	Hands of light	Hands of light	Hands of light	Hands of light	How to Know God	How to Know God





