

A human being is made up of five known **entities** also considered as **bodies** :

These are : Physical, emotional, mental, spiritual (*which I like to believe is driven by the super conscious state – ref : Freud*), and etheral - containing subtle energies known as « Prana » in the yoga tradition.

The sum of these entities is contained in what we could consider a **sheath** around our **Self** which is **consciousness**.

The yogic tradition defines these bodies or entities as **sheaths - Doshas** in sanskrit.

To be in good health these sheaths-Doshas should be balanced. We call this, *balancing doshas*.

Two of these bodies are considered to be of masculine energy : physical and mental

Two are considered to be feminine : emotional and spiritual.

I consider the etheral body to be a combination of the two energies.

Our culture generally emphasizes the masculine or patriarchal side of things.

Religion can be very patriarchal in our culture, which is why religion *should not be confused with what it means to be in our spiritual body*.

When we are solely in our masculin body, we are focused on the physical and mental side of things—the doing and the accomplishing, the yang and linear parts of our life experience ... it's a very black and white way of thinking that ignores everything that is subtle, isn't explainable or seemingly controllable by science and reason.

Our existential experience can become more feminin in nature. The emotional and spiritual side of our existence can take a leap forward ... but we are not there yet. In fact, feminine energy is what synthesizes our experience. It is a large part of the practice of being in the now and present, of feeling the moment.

The physical body : Our skin and everything under the skin : the brain, the muscular system, skeletal system, fascia, organs, and blood, veins, arteries and connective tissue - cartilage, ligaments tendons...

Our western medical culture places a lot of emphasis on this body with the ethos of, "we should not experience pain or discomfort."

What the physical body represents: Our physical - sensorial and perceptive experience in the world, our physiology, and also our ability to heal.

How the physical body should behave when balanced: We feel open, flexible and healthful, our vitamin and mineral elements should be balanced, and we should be free of pain, toxicity, and acidity.

Energy : Masculin

How to bring the physical into balance: Simple movements and slow, balanced repetitive sequences. Mindfulness meditation, walking, massage, barefoot or bare hand earth play (dirt, water, soil, sand), yoga-pilates or other intelligent physical and self development activities. Stretching, and weight-bearing exercises that let you feel the strength in your own body and the union of all things physical.

The emotional body : originating in the senses - sensorial activity and perception. The nervous system, hormones, the senses ...

What the emotional body represents: A bridge between the physical and the mental, it is where our experience of the world is synthesized and interpreted. Emotions develop into feelings. And here we have a fine line of defining what exactly are emotions and what are feelings. Whatever, the decision, the fact is, they work together. So we can readily use the word feeling instead of emotions in certain definitions and explanations.

What the emotional body represents our feelings and relationship to all things - how we react, interpret, and respond to situations and outside energies, particularly anything that's not factual, ex: how we feel when someone looks at us in a certain way; how we respond to something they might say ; how our body feels at a given moment when we make a physical effort ; how we interpret pain....

When balanced, the emotional body represents centering and acting from the *heart space* in other words using more feeling to become aware of the present moment.

How the emotional body should behave when balanced: be inclusive, be empathetic, be open, be more honest, be less or non-judgmental toward others, be generous, be helpful - a desire to give without expecting or wishing to receive something in return. Cortisol, insulin, estrogen, progesterone, and testosterone will be more balanced and even, blood sugar is more regulated, the heart beat is even and slower, and blood pressure balanced. The body does not retain water, nor is the body over-dehydrated.

energy : Feminin

The mental body : Our thoughts, rational behaviour, attitudes, judgments, and prejudices and our pride - how we like to defend our convictions and how we perceive our worth and value in the world.

The mental body represents : All things intellectual, including analytical thought, how we process information, how we learn, how we use our words, how we manage what we become aware of. Also included : the faculties of focusing, clarity, direction, and contributions to creation and growth in society. It is a key element in thoughts becoming reality.

Energy : Masculin

How to bring the mental body into balance: (kundalini) yoga, moderate cardio, talk therapy with an emotionally intelligent leader to remain in touch with emotions and spirituality for balance. The type of person living mostly in the mental body tends to overthink and overdrive (seek too many good results), the person doesn't let go - of objectives, achievement, of emotional strife or forgiveness - easily or often. They might need to re-root (i.e., work through old emotional issues from the first years of life) and often need a mental release, which most frequently comes from strong emotional support or handing the reins over to a mentor who can lead them through positive thought mantras or positive stress-releasing actions.

The spiritual body : Connection to all things, including the earth/self, to what we call God, the universe, the beyond, the divine, or higher self.... the spiritual body seeks protection, union, help, and guidance from an outside source as well as from those (beings) who have passed on. It seeks to connect us to all that is. Many / most

people today do not understand or acknowledge this aspect exists. It has little to do with what we believe culturally when it comes to religion or spirits.... it is more that no one and no situation stands alone, that there is no one fault, that we are all connected. *It is the most outside ring in our aura or energetic field.*

What it represents: The unity of all living things, including the union between our soul, life experience, and destiny. This is not about going to church or equivalent. *In fact, it has little to do with religion.* It is about openness, an open-minded approach and a sense of equanimity.

energy : feminin

How to bring the spiritual body into balance: Reading and research using profound sources found in books and media. Contemplation of subjects. Meditation, meditation, meditation....Breath work. Gratitude, humbleness, generosity and the act of giving. Seeing others as you see (or wish to see) yourself, which means accepting others for what they are and acting accordingly. The spiritual body creates the path to connecting personal gain with universal oneness, to understanding that heaven and bliss is within, that we are always in caring company, and that no one physically holds our key to ultimate, consistent joy.

The ethereal body : vedanta adds a Fifth Element to what Western world science claims : ether. *Ether* is the *in-formation* and form of *energy* (electromagnetic or unknown) in space ... right down to a subatomic level.

Yoga practice considers that our body contains subtle energies – prana - that can either be dormant or blocked for lack of exercise and movement or released or liberated through physical activity and breathing methods. When we are concentrated in our practice we can attract the prana in our surrounding environment, we can absorb it thus adding to the prana contained and liberated in our body. The general effect is a feeling of increased energy, increased hormonal activity and therefore well-being or even bliss.

energy : masculin-feminin

How to bring the ethereal body into balance : putting aside mental activity and opening up to the emotional body. By doing this we open ourselves to becoming aware of or feeling these subtle energies. We come back to the mental body in order to better manage the acquisition of these energies.