

Story XVI // Ep. 17

THE 4 BODY SERIES

THE PHYSICAL BODY
NEXT, THE MENTAL BODY
AFTER THE EMOTIONAL BODY
LIFTY THE SPIRITUAL BODY

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THE 4 BODIES
→ ASCENDED MASTERS
ENCYCLOPEDIA.ORG

THE 4 HORSES THAT PULLS THE CARTRIDGE OF THE SOUL
HUMANS STRIVE TO CONE GATE TO A STATE OF ONENESS
WHOLENESS
UNION
AT-ONE-MENT

ASCESSION
REQUIRES
ALIGNMENT
! 4 all 4 bodies!

- most dense of all 4 bodies
- vehicle for the soul to operate in his time/space reality
- focus of integration for the evolving soul, which must gain its freedom + self-mastery in the physical octave
- all 4 bodies interact affect each other

- the etheric bodies are mirrored in the physical
YET it is not always clear:

- the bodies are storage vessels
- Karmic energies
- Traumatic experiences
- behavioural patterns
- belief systems
- conditioning/habits

- the storage in the physical of all 3 other bodies can contain positives + negatives



'PHYSICAL BODY AWARENESS'

Exercise

1 BODY SCAN
do a body scan
make notes of at least
3 times during the
next week, try
journal what happens

2 BODY DIARY
TAKE NOTES
1 = little good
2 = normal mixture
3 = overwhelming
brye

MON | TUE | WED | THU | FRI | SAT | SUN

→ journal before you start about your expectations + what you think might happen.
→ journal at the end of your spiritual study week about what actually happened + if it changes your views/beliefs.

DIET:

- no one shoe fits all!
- ignite your curiosity + try it out
- change / adjust according to your self-determined study results
- all bodies are unique + special

A = little exercise
B = ordinary exercise
C = full workout

REST: KEY IS BALANCE

not too much rest, not too little
GROUNDINGS: walking barefoot 10 mins/day
Breakwork (see ep. 3)
HINDFULNESS PRACTICES (meditation, rituals)
DRY BRUSHING (physical touch / stimulation of the skin on the outermost layer of the physical body)

EXERCISE:

AGAIN KEY IS BALANCE
THERE IS A TIME TO ASH OUTWARDS
THERE IS A TIME TO LISTEN
THE MORE YOU PRODUCE LISTENING TO
OUR INSIGHTS / OUR GOD, THE MORE WE
WILL BE ABLE TO DISCERN WHAT WE TRULY NEED

YOU ARE UNIQUE & SELF-EMPOWERED & THE MYSTERY OF YOUR SELF

- sometimes a full cardio workout
- some days a gentle yin yoga set is enough
- other days a stroll in the morning and at night
- SUNLIGHT = RAIN ON YOUR SKIN & TOUCHING LEAVES
- trust what you feel called to do
- work with hands (pottery, gardening, arts/crafts, cooking fresh)