

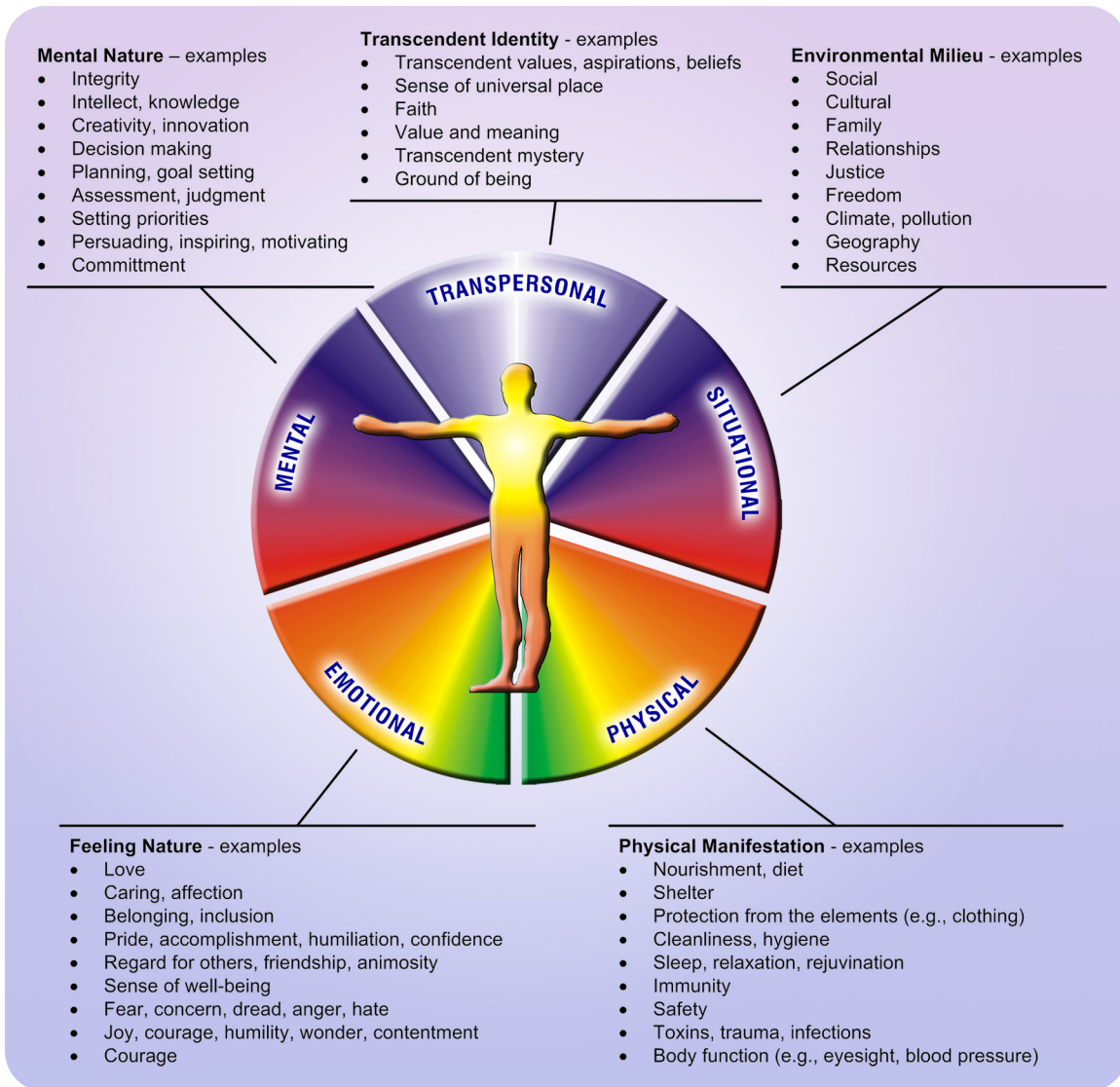
IN BRIEF: The Five Bodies

The graphic below illustrates the concept of the “five-bodies” model. The model is used by the International Center to ascertain areas of experienced suffering, generation of suffering, and vectors through which responses can be formulated and delivered to resolve suffering.

The examples are not intended to be exclusively definitive. A number of the examples can be applied to bodies other than the one to which they are assigned. For example, there is physical integrity as well as mental integrity; cre-

ativity can have its roots in the emotional body; and commitment can also be a characteristic of the transpersonal body.

The model punctuates human existence for convenience: the “bodies” communicate and impact each other in complex ways. The health of any one body will impact the health of the other bodies. The bodies are not truly separate.



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