

Workbook
The Twelve Light Bodies
By Mary Norris

Biofield Phsychology

The Twelve Light Bodies

By

Mary Norris



MARY NORRIS

Mary Norris

Mary is a Master NLP Practitioner with clients all over the world. She is also a spiritual pastor and counselor. She is available for one-on-one private sessions in person or by phone. Mary is certified in NLP sessions for issues of the mind such as (but not limited to): Anxiety, Depression, Weight Loss, Family of Origin issue such as emotional/physical abuse, Loss of spiritual connection, Feeling Lost, Nightmares, Health issues, and Fatigue.

The mission of The Norrí Institute of Healing is to share teachings of Norrí Biofield Therapy for growth and healing in order to create a climate of peace and pure connection with Divine Self.

Hello and welcome to Mary Norris course The Twelve Light Bodies. It is of crucial importance that you take the course in the order provided and that you don't skip any of the Light Bodies. This course was given to Mary in a channeling. It has an order for a reason, please do your homework and journal. As years go by, and you retake the course, you will see how you have advanced in your evolution, and how your gifts had worked for you.

We are asking you to please respect the privilege of taking this course and don't sell it or reproduce it.

With Gratitude, Love and Respect

Mary Norris

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Karen's Ordination, Blessings From Guests



Light Body's Re-entering Physical Form



**To receive the full benefits of The Twelve Light Bodies
course complete only one light body per week.
Remember to do your homework.**

Theory

The Purpose of the light bodies is to gather information and influence decision making. They help to develop the understanding and ability to work in multidimensional levels. They facilitate your ability to adapt to new situations or create new approaches to old situations. Working with all twelve light bodies doing their part creates our ability to think outside the box.

God Connection

Each light body has its own connection to the Divine Parents. As we integrate our twelve light bodies we are using our God given abilities and creating a healthy community within ourselves under the love and guidance of our Divine Mother and Father.

Physical Body

Thirteenth Body

Christ Body

Therapeutic Table For Twelve Light Bodies.

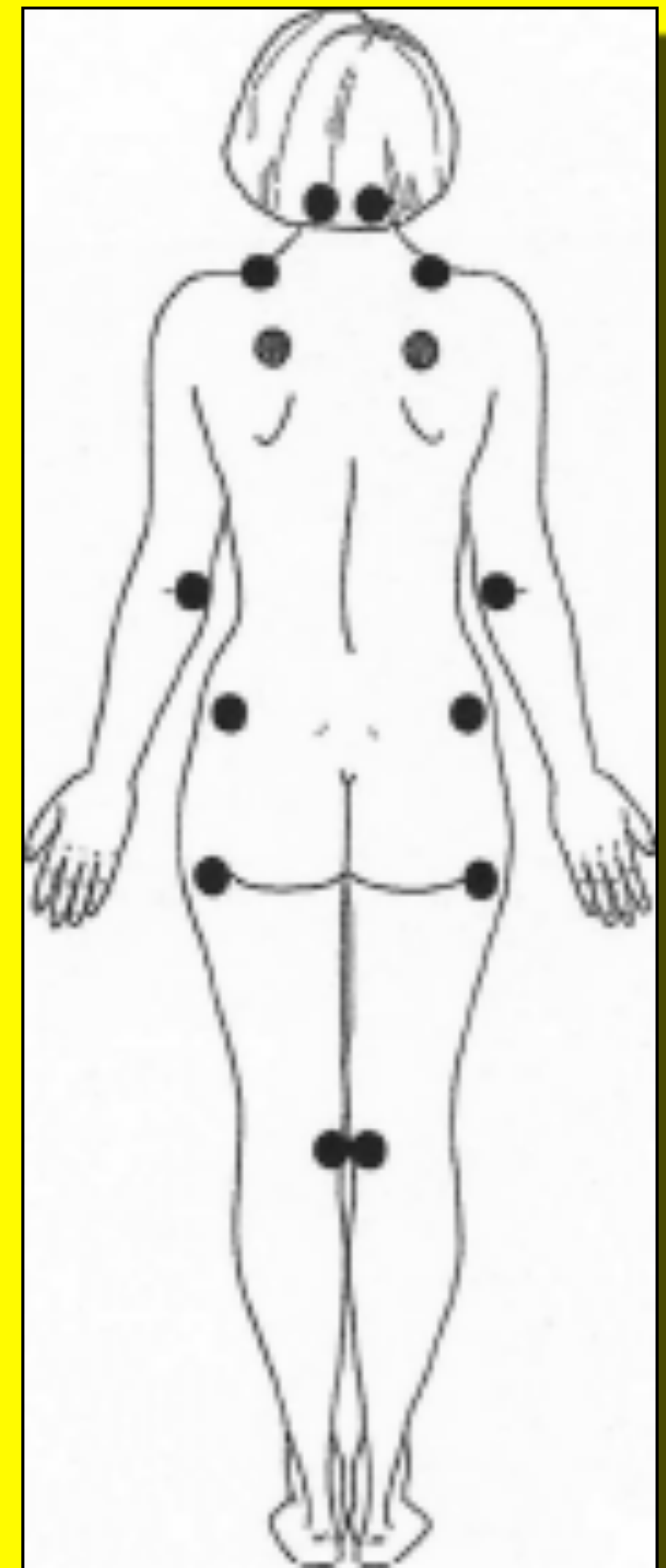
The light bodies express themselves through the physical body.

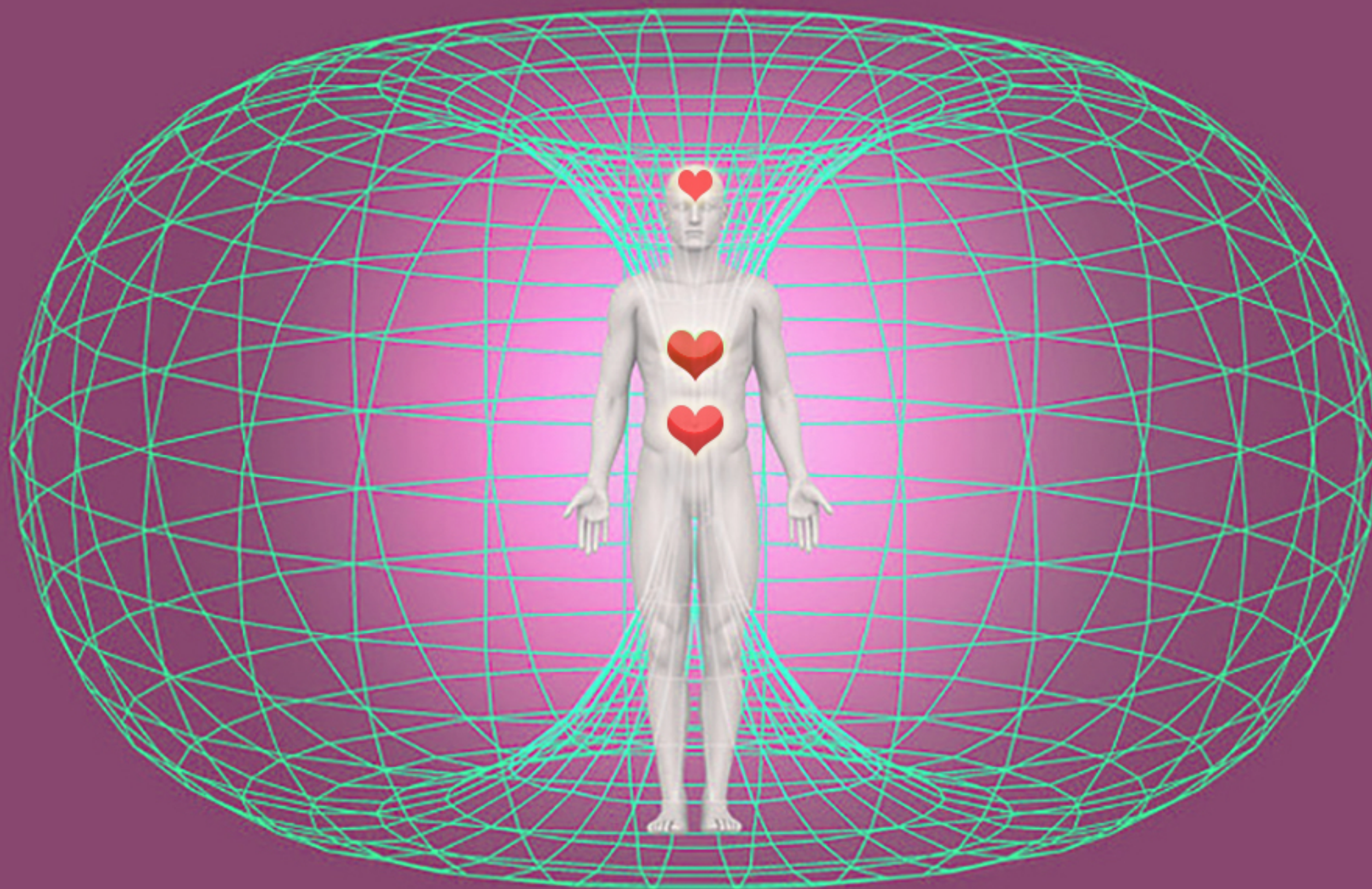
Landing Points

Magnetic points secure the light bodies in the physical form.

Ghost pain occurs when light bodies do not land in the physical body correctly.

- **Knees**
- **Hips**
- **Ribs**
- **Elbows**
- **Chest**
- **Shoulders**
- **Neck**





Tri-Heart

Tri-Heart Connection

1- Physical Body - Three Brains: Head, Heart, and Stomach

2- Each Light Body - Two Brains: Head, and Heart

3- Soul Body - One Brain: Heart

Astral Projection - Remote viewing

Care of Light Bodies

You need at least 4 to 6 hours a night with all light bodies resting and being fed in your physical form.

Golden Giant

When the physical body, all light bodies, the fields, and the soul body are aligned you become the golden giant.

Others in Your Fields

Invited Guests

- 1.Loved ones, students, pet companions. Example: Your child's energy body will run to you in times of trouble or anxiety**
- 2.Those you enjoy being with**
- 3.No manipulation involved**

Therapeutic Possession

- 1.Support in extreme situations**
- 2.Repair work on cellular level**

Heart lock position Stoping uninvited Guess



- **Someone who wants to control your biochemistry**
- **Start by Checking for Others energies in Your System**
- **Place your hands on Heart lock position**
- **Ask "How many of you are here that are not part of my system?"**

Clearing your Body of “Guests”

"Thank You for visiting. It is time to go home now."

This affirmation will help with unwanted guests.

**No person, place, or thing
has the right, the power, or the agreement of contract to
negatively affect or control my healthy biochemistry.**

- **Call All of Your Light Bodies into the Conference Room**
- **Your spinal cord should feel more solid.**

The Twelve Light Bodies

Light Body One - 'Light Physical'



- **Energy body for the physical form**
- **Only light body remaining in physical form at all times.**
- **Manifests pain and damage from fields and other light bodies.**
- **Other bodies work through Light body One to share their gifts.**
- **All bodies need time in Physical Body to relax and heal.**
- **First body touched by blessings and curses.**

Dialogue with Physical:

See yourself sitting at a round table. Invite Light Body One to join you. Note the appearance of this light body.

Ask Light Body One:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body One

Notes on Light Body One

Notes on Light Body One

Notes on Light Body One

The Twelve Light Bodies

Light Body Two - 'Emotional'

Light Body Two - 'Emotional'

Triplet

A) Inner circle

Friends and Family. People with whom you have a personal emotional investment.

B) Outer Circle

Acquaintances and Community at large.

C) Other lives

Past, Parallel, Future

Light Body Two

Job Description:

- **Helps us enjoy the human experience.**
- **Feels when member of inner circle needs help.**
- **Expresses issues and emotional pain of other light bodies.**
- **Affects biochemistry through thinking and feeling, not words.**
- **Needs emotional support of all light bodies.**

Dialogue with Emotional:

**See yourself sitting at a round table. Invite Light Body Two to join you.
Note the appearance of this light body.**

Ask Light Body Two:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

**"Reach into the vortex in the center of the table and receive a gift from
the Divine Parents to help you with your job description."**

Notes on Light Body Two

Notes on Light Body Two

Notes on Light Body Two

Notes on Light Body Two

The Twelve Light Bodies

Light Body Three

'Magic Child' (Psychic Child)

Light Body Three - 'Magic Child' (Psychic Child)

Job Description:

Can create anything (alchemist). Heals and inspires other light bodies.

KNOWS he/she is an immortal child of Divine Parents.

Very connected to Soul Self and holds our core integrity.

No matter how damaged the system is, if you can get three up and running, miracles will happen.

Carries great joy, knows how to play

Dialogue with Magic Child:

See yourself sitting at a round table. Invite Light Body Three to join you. Note the appearance of this light body. Ask Light Body Three:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the

Divine Parents to help you with your job description."

Notes on Light Body Three

Notes on Light Body Three

Notes on Light Body Three

Notes on Light Body Three

The Twelve Light Bodies

Light Body Four - 'Mental'

Light Body Four - 'Mental'

Job Description:

- **Keeper of stereotypes, automatic behaviors, cultural patterns, and miasmic loops.**
- **Historian - Stimulates physical form to remember effects of past occurrence and behavior. Example; Interprets body memory, pain**
- **Manages rating system to respond to stimuli.**
- **Responsible for changing old habits.**
- **Master of the subconscious.**

Body Four

Dialogue with Mental

See yourself sitting at a round table. Invite Light Body Four to join you. Note the appearance of this light body. Ask Light Body Four:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

**"Reach into the vortex in the center of the table and receive a gift from the
Divine Parents to help you with your job description."**

Notes on Light Body Four

Notes on Light Body Four

Notes on Light Body Four

Notes on Light Body Four

The Twelve Light Bodies

Light Body Five - 'Will'

Light Body Five - 'Will'

Twins

a) Active Will - "I will act on it now"

b) Passive Will - "I will act on it later"

Job Description:

- **Creates boundaries and defends them.**
- **Internal warrior and body guard.**
- **Most powerful light body. Rides shotgun. Only runs the system in 'do or die' situations.**

Light Body Five

Dialogue with Will:

See yourself sitting at a round table. Invite Light Body Five to join you. Note the appearance of this light body. Ask Light Body Five:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Five

Notes on Light Body Five

Notes on Light Body Five

Notes on Light Body Five

The Twelve Light Bodies

Light Body Six

'Light Body Coordinator'

Light Body Six - 'Light Body Coordinator'

Job Description:

- **Organizes and motivates light bodies to work together and manifest reality.**
- **Cooperation and negotiation with other people and Divine.**
- **Decides when to take advice.**
- **Multitasking**
- **Gathers information for complex decisions.**

Dialogue with Light Body Coordinator:

See yourself sitting at a round table. Invite Light Body Six to join you. Note the appearance of this light body. Ask Light Body Six:

- **"What are you happy about? What are some of your accomplishments?"**
- **"What are you sad about? What would you like to see happen?"**
- **"How can I help you?"**
- **"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."**

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The Twelve Light Bodies

Light Body Seven - 'Logic'

Light Body Seven - 'Logic'

Twins

- a) Linear thinker - step by step thinking**
- b) Circular thinker - visionary thinking**

Job Description:

Circular plans, Linear builds.

- a) Linear builds to manifest results, sees every step, disciplines logic to accomplish goals.**
- b) Circular makes plans, is the architect, sees the big picture, makes intuitive logic jumps.**

Dialogue with Logic:

See yourself sitting at a round table. Invite Light Body Seven to join you. Note the appearance of this light body. Ask Light Body Seven:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Seven

Notes on Light Body Seven

Notes on Light Body Seven

Notes on Light Body Seven

The Twelve Light Bodies

**Light Body Eight
'Verbal Coordinator'**

Light Body Eight - 'Verbal Coordinator'

Job Description:

- **Learns the language and uses it to express emotions and get results.**
- **Learns other languages, vocabularies, expressions (singing)**
- **Bard (Storyteller) Shares information with other light bodies and other people.**
- **Listens to the verbal communications of others.**
- **What comes out of your mouth vibrates your reality. Speak prayers aloud.**

Dialogue with Verbal Coordinator:

See yourself sitting at a round table. Invite Light Body Eight to join you. Note the appearance of this light body. Ask Light Body Eight:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Eight

Notes on Light Body Eight

Notes on Light Body Eight

Notes on Light Body Eight

The Twelve Light Bodies

Light Body Nine - 'Field Coordinator'

Light Body Nine - 'Field Coordinator'

Job Description:

- **Creates future - Plants patterns in the fields so they can manifest.**
- **Caretaker of fields and field walls.**
- **Networker - Creates connection between fields of self and others to**
 - **help with communication.**
- **Checks out situation before you get there.**
- **Creates opportunity for serendipitous events.**
- **Remote healing**

Dialogue with Field Coordinator:

See yourself sitting at a round table. Invite Light Body Nine to join you. Note the appearance of this light body. Ask Light Body Nine:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Nine

Notes on Light Body Nine

Notes on Light Body Nine

Notes on Light Body Nine

The Twelve Light Bodies

Light Body Ten
‘Non-Verbal Communicator’

Light Body Ten - 'Non-Verbal Communicator'

Job Description:

- **Body Language**
- **Telepathic Self**
- **Social Skills and Physical Appearance**
- **Example: What you wear, attitudes, rules of engagement, manners, pecking orders.**
- **Unspoken intent**
- **Comforter - Knows what people need to feel better.**

Dialogue with Non-Verbal Communicator:

See yourself sitting at a round table. Invite Light Body Ten to join you. Note the appearance of this light body. Ask Light Body Ten:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Ten

Notes on Light Body Ten

Notes on Light Body Ten

Notes on Light Body Ten

The Twelve Light Bodies

Light Body Eleven
'Dream State Counselor'

Light Body Eleven - 'Dream State Counselor'

- **Job Description:**
- **Internal Therapist**
- **Dream control and communication**
- **Helps you learn astral projection**
- **Conscious of altered state reality**
- **Can give you visions of yourself**

Dialogue with Dream State Counselor:

See yourself sitting at a round table. Invite Light Body Eleven to join you. Note the appearance of this light body. Ask Light Body Eleven:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Eleven

Notes on Light Body Eleven

Notes on Light Body Eleven

Notes on Light Body Eleven

The Twelve Light Bodies

Light Body Twelve
‘Higher Self Communicator’

Light Body Twelve - 'Higher Self Communicator'

Job Description:

- **Spiritual communication with Divine Parents**
- **Spiritual communication with Soul Body**
- **Spiritual Lawyer**
- **Keeps you feeling connected**

Dialogue with Higher Self Communicator:

See yourself sitting at a round table. Invite Light Body Twelve to join you. Note the appearance of this light body. Ask Light Body Twelve:

"What are you happy about? What are some of your accomplishments?"

"What are you sad about? What would you like to see happen?"

"How can I help you?"

"Reach into the vortex in the center of the table and receive a gift from the Divine Parents to help you with your job description."

Notes on Light Body Twelve

Notes on Light Body Twelve

Notes on Light Body Twelve

Notes on Light Body Twelve

For upcoming courses and private sessions with

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