

Exploring the Subtle Realm of the Superconscious

In our meditation in our regular webinar on 9/29/12, we moved over the border of the Superconscious to its first form, the Annamayakosa, which is the form of you that is intimately in touch with the seamless web of Nature.

We noted that your personality splits you off from this collective matrix and allows you to experience yourself as an individual person. At this level of the mind, in the Annamayakosa, this separation vanishes.

The Australian aborigines refer to this state of awareness as the Dream Time. Native Americans pictured this form as a sacred animal guide—as this form commonly appears as an animal or an ancient human ancestor, like a cave man or woman.

We will journey together to the Self, the Voidness of Being, to the doorway of the Superconscious mind, and we will pass through that door to this first form of the Subtle Realm—the Annamayakosa. We will then explore the other nine centers of the Subtle Realm using this same matrix for inquiry.

These other nine centers are

- (1)The Pranamayakosa
- (2)The Manomayakosa
- (3)The Vijnanamayakosa
- (4)The Anandamayakosa
- (5)The Subtle Astral Form
- (6)The Subtle Causal Form
- (7)The Rainbow Body and Primitive Will
- (8)The Subtle Body Essential Form
- (9)The Vortex of the Magical Will



As you unite your attention with this form, you will first attempt to visualize what it looks like, and what it feels like. Once you have a sense of the presence of the form, you will invite it to speak. You will ask it some questions, and listen for its response.

- What is your name?
- What do you do? What is your function?
- How do you interface with the activity of my personality?
- What does the world look like from your perspective?
- What do you perceive is going on in the world that surrounds my personality?
- What is important to you? What do you care about?
- Is there any guidance that you wish to impart to me?
- How does my Soul or Higher Self express through you?

After you have engaged in this inner conversation, you want to thank this form for speaking with you. Notice the path by which you have come here. Retrace your steps, and bring your attention back to your waking state of awareness.

You may wish to write down the insights you received in your spiritual journal, or reflect on the information you obtained to determine what is relevant and useful to your life.

Exploring the Subtle Planes

We will excerpt from the Mudrashram® Correspondence Course to give you information on each of these levels in our meditations today. [Any one of you who have completed one of our basic courses is eligible to order the Mudrashram® Correspondence course.

For our meditation today, we will (a) guide you up to each state of consciousness, (b) read you the information from the Correspondence Course to familiarize you with this level and (c) you will use the dialog to engage and activate this aspect of your nature.

(1) The Annamayakosa

“The *Annamayakosa* is the form of the human body that is a part of Nature. The word "anna" means food, "maya" means illusion, and "kosa" means sheath or covering. This subtle duplicate of the physical body is unlike your actual physical body you meditated upon in the Conscious mind. For while your ego extends its sense of possessive identification to the physical body of your Conscious mind (e.g., this is my body), the *Annamayakosa* is experienced as a selfless force of Nature...”

“Contemplate the activity of Nature around you. Get a sense of the interconnectedness of living organisms and their natural environment. Notice how each organism has adapted to a particular niche environment.”

“Feel that your body is a part of this natural environment, and that you are a part of the seamless web of Nature. Focus on your body in this field and identify (1) your appearance, (2) your emotional state and energy level, (3) the environment in which this body exists, (4) what is around you in this environment, (5) the quality of this environment, and (6) your sense of unity with Nature...”



(2) *The Pranamayakosa*

“The *Pranamayakosa* is the higher counterpart of the Etheric Vehicle of the Metaconscious mind. “Prana” means life force. Its function is to circulate life force to the personality of a human being during life. It is the vehicle by which [your ensouling entity] incarnates and animates the human body and personality, and its streams of life force are withdrawn at the time of death.”

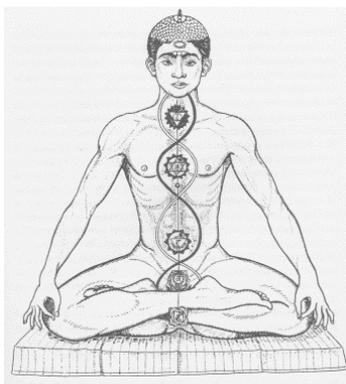
“The *Pranamayakosa* [provides a] vital connection between the Soul and the personality. It permits the Soul to incarnate in the social and consensual world of the personality. It is linked to Cosmic Consciousness...[and is used in the Kriya Yoga lineages].”

Visualize “a white star surrounded by a ring of blue and a ring of gold. The white star is the vortex through which cosmic life force enters into the vehicles of a human being.” [This white star is at the point between the eyebrows center of this vehicle.]

Connecting with this white star from below are the chakras of the *Pranamayakosa*. These chakras appear like “whirling disks” aligned on a spinal tube. They “circulate life force.”

“Move up the centers one by one—sacral, lumbar, thoracic, cervical, medullary—then focus fully on the white star in the thalamic center at the point between the eyebrows.”

“You can hear the sounds of these chakras by practicing shabda laya while moving from center to center.”



(3) *The Manomayakosa*

“The *Manomayakosa* is the body of ideas. "Mano" means mental. Unlike the concepts of the intellect, which are defined by words, symbols, or mathematical formulae, the ideas of the *Manomayakosa* are visual and intuitive flashes of possibility, that are secondarily elaborated by the intellect and concrete mind into goals and planned behavior to actualize these goals.”

“The *Manomayakosa* is also the realm of ideals: one or more of these images are captured and become the Self-ideal of the conscience, the inner standard by which behavior is evaluated.”

“Reflect upon a time in which an idea came to you as a possible way to solve a difficult problem. Notice how the idea came to you, after you had done much thinking about your problem.”

“Next reflect upon your ideal of yourself, your sense of how you would like to be if you could overcome all of your shortcomings and achieve all you have dreamed.”

“Consider for a moment that each person receives ideas as solutions, and takes certain ideas as models for behavior and achievement.”

“Think about the many possible solutions to the countless problems of human living that individuals have adopted.”

“Consider the ideals that people have accepted, ranging from monsters to saints.”

“Observe this vast field of ideas within you. Notice that you appear this field as a Divine Idea within this shining realm. Visualize the many ideas you have attracted into this ideal image of self. This is your *Manomayakosa*.”

(4) *The Vijnanamayakosa*

The *Vijnanamayakosa* is the body of revelation. In this vehicle are contained the Soul's insights into the nature of man, society, the world, the universe and the cosmologies of religion. In this vehicle are mirrored the Soul's understanding about the meaning of religious scriptures and significant life experiences.

"Vijnana" means discerning or discriminating intelligence..."

"These insights or 'aha experiences' that arise from this vehicle comprise your sense of realization...the understanding of basic, essential truths you have discovered. It may be that the meaning of a particular scripture that has evaded you suddenly comes clear; a connection between two disparate ideas becomes apparent; or you understand why you have continued to hold on to a pattern of behavior that continues to bring you misery and unhappiness."

"In this realization comes release, a sense of relief and satisfaction. You have solved a puzzle, unraveled a mystery, and now you finally understand."

"Take a few minutes to review these insights you have had into

- Your own behavior
- The behavior of others in relationships
- The behavior of others in groups
- The meaning of your life and what you stand for
- The processes and laws of Nature and the universe
- Your spiritual nature
- The nature of the Divine, and the scriptures that reveal that Universal Life

"And notice the many unanswered questions that you still have..."

(5) *The Anandamayakosa*

“The *Anandamayakosa* is called the body of joy or bliss. “Ananda” means supreme joy. It is the vehicle of the sacred abilities of the Soul (Shaktis).”

“The *Anandamayakosa* consists of 12 vibratory resonances. Union with the *Anandamayakosa* brings bliss and deep nurturing. These primal rhythms have become the basis of the world's mantras.”

“Resonances one through five are active in all living people.” We will contemplate each of these today. They are

1. Prana Shakti – the energy of life force animating the physical body. [Incarnation, the Gift of Life]
2. Suksham Shakti – the energy of life force animating the astral body. [Dreaming and Imagination]
3. Karana Shakti – the energy of life force animating the causal body. [Transmutation of Experience]
4. Purna Shakti – the energy of life force animating the etheric vehicle [Links the Personality and the Soul]
5. Ichaichashakti – the energy of life force animating the volitional vehicle [Expression of the higher octaves of Will]

“Resonances six through twelve are activated during the process of Initiation: they represent the Awakened state of the Soul.” [These resonances are awakened in you during the sittings for the Mudrashram® Master Course in Meditation; and sometimes they can also be activated during Light Sittings. These include the higher attunements for (6) the attentional principle; (7) the spirit; (8) the kundalini; (9) empowering your transformational mantra; (10) balancing the four poles of being within you (Guru Kripa); (11) awakening your illumined mind, and the Antakarana; and (12) purifying your vehicles of consciousness.]

(6) *The Subtle Astral Form*

“The Subtle Astral is a dream-like, multiple-dimensional field comprising visions of the Earth and the Heavens. Fourteen major motifs can be discerned in this field, which can be divided between Earth zones and Heavenly Zones.”

Earth Zones include

- (1) Physical landscapes
- (2) Visions of ancestors
- (3) Sacred animals revered as guides or gods
- (4) Local Nature spirits inhabiting mountains, volcanoes, rivers, boulders, etc.
- (5) Nature spirits inhabiting large expanses—forests, lakes, or prairies
- (6) Nature spirits inhabiting whole continents
- (7) The vision of the World Mother

The seven levels of the Heavenly Zones range from the “mirror of the Subtle Realms, the abode of lost, tormented ghosts and demons” to the “mirror of the Divine Presence, world of beatified saints...” Notice for this level:

- (1) What your form looks like
- (2) What is in the environment around the form
- (3) Any sounds that you hear
- (4) The presence of natural objects, stones, plants, or animals
- (5) The presence of any other human forms
- (6) The presence of Nature spirits, demons, gods, etc.
- (7) Any power objects or talismans you might be wearing or holding

(7) The Subtle Causal Form

“The Subtle Causal vehicle appears as six-pointed star formed by the intersection of two equilateral triangles (like the Star of David) with an ever-burning flame in its center. The function of the Subtle Causal vehicle is the transmutation of karma. The sacred flame of the Zoroastrians and the fire ceremonies of purification and offering used by many cultures are modeled on this inner center...”

“The Subtle Causal vehicle dynamically transmutes karmic material. In the Subtle Causal, the karmic impression arises, is destroyed and burned, and transmuted into wisdom and virtue as an ongoing process.”

“The first seven Planes of the Subtle Causal world have the theme of expiation and transmutation of negative karmic tendencies.”

“The next seven Planes have the theme of the conferring of blessings upon the meditator. On these upper seven Planes, these blessings are mediated through seven Yantras, which are [geometric] mandalic arrays.

“The first of these upper Planes contains the well-known Sri Yantra, which is regarded as a pictorial representation of the syllable AUM...”

We will contemplate this inner Yantra in our meditation today.



(8) *The Rainbow Body and the Primitive Will*

“The mythological bands comprise the stories and roles that make up the core archetypal identity of many tribal groups. These bands include the following areas of collective functioning:”

Track 1 – stories of the origin of a tribe's forebears, or ancestral myths

Track 2 – stories of the origin of the tribe's perceived world, or creation myths

Track 3 – stories of the origin of the forces of Nature, or myths of natural forces

Track 4 – stories of great leaders, warriors and shamans, or myths of the hero

Track 5 – traditions: adulthood initiation rites, ritual retelling of the sacred stories, and establishing regular feast and festival days

Track 6 – stories of supernatural forces, of the underworld and departed spirits, or spiritual myths

Track 7 – stories of the ancestral gifts, the sacred skills that permit civilization

“With much practice and apprenticeship to a person with expertise in a skill, ability becomes second nature.”

When you express these well-practiced skills, you enter a state of union with your task that has been called *the flow state*. You do not think about the performance of these actions—you move effortlessly and spontaneously. These sacred skills occur in "dream time" or "flow state."

Notice what gifts that you bring to your tribe

Category	Examples of Sacred Skills
Nurturing	Hunter, food gatherer, gardener, animal caretaker, caretaker for children and the sick and infirm, healer
Leadership	Warrior, chief, magician, sorcerer, shaman
Symbolic Arts	Story teller, singer, dancer, musician, poet, scribe, reader of sacred texts
Technology	Builder of tents, dwellings, boats or chariots; artificer of weapons; maker of bridges, ladders and tools; fashioner of temples and idols
Traditional Arts	Maker of pottery and baskets; weaver of tapestry, garments and rugs; musical instrument maker; ceremonial garment maker; jewelry designer
Commerce	Trader with other tribes, merchant of household necessities, money changer, shop keeper, seller of exotic and luxury items, massage givers, sensual entertainers and prostitutes
Teaching	Teaching of language, social skills, performance of sacred dances and rites, the symbolic and traditional arts, commerce, technology, and sacred instruction in tribal myths and magical lore



(9) The Essential Subtle Body

Your Essential Subtle Form has the following centers, and are fully opened on the corresponding Planes

Plane of the Subtle Realm	Center in Your Subtle Essential Body
The Subtle Physical	Base of the Spine
The Subtle Etheric	Navel
The Subtle Emotional	Solar Plexus
The Subtle Mental	Heart
The Plane of the Three Forces	Throat
The Subtle Egoic	Medulla
The Subtle Social	Point between the eyebrows
The Magical Will	Center of the Forehead
Subtle Integration Center (Subtle Illumined Mind)	Top of Head

The Magical Will is developed while you are traveling through the Lower Astral; the Subtle Integration Center as you journey through the Intellecty.

You will contemplate the form of your inner wizard for this meditation.



(10) The Vortex of the Magical Will

We will add this to your meditation on your essential body of the Subtle Realm. For this, you will visualize your inner “eye of Horus” or magical eye, and notice:

- What you are capable of manifesting at this level?
- What are your powers?



Those of you who find this realm fascinating will benefit from a detailed study of the Mudrashram® Correspondence Course, which charts these inner realms in their entirety.

If you have not done so already, if you like these guided meditations, you may also consider obtaining the Satsang Program Home Study Course, which guides you through each of the higher realms, and has notes for each level, to help you comprehend it more thoroughly.

Thank you for attending our webinar today!

