

Advanced Meditation Practice: Contemplation in the First Initiation

One of the things advanced students need to learn is how to gather information from their inner being. In today's webinar, we will explore this process in greater depth, and use the vehicles of consciousness and nodal points of the First Exoteric and Mesoteric Initiation as an experiential exercise to study these higher levels of consciousness.

You gather information from your inner being through seven major channels. The first three are meta-sensory modalities. The next three are intuitional modalities. The last is your Soul's essential knowledge. These modalities are:

1. Feeling (kinesthetic prehension, or meta-kinesthesia)
2. Hearing (auditory reception, or meta-audition)
3. Sight (direct visual perception, or metavision)
4. Visual intuition
5. Auditory intuition
6. Dialog
7. Knowing by spiritual union (Samadhi)

You can feel, hear, and see with your attention, your attentional principle, and your spirit. Typically feeling is the dominant modality in your attention; hearing, in your spirit; and seeing, in your attentional principle.

Each of these three direct meta-sensory agencies receives information from the Soul. This might be visual, where you are shown something, or you have visual revelations. This could be auditory, where you hear your guide or other spiritual entity tell you something. This might also take the form of an inner conversation or interview, where you dialog with this essence.

The Soul knows in silence, everything with the field of its consciousness. It may elect to communicate with the Self to give direction for activity, or not. It may opt to teach the attention, the attentional principle, or the spirit, or not.

This interface between the Soul and the Self, and the active essences of consciousness varies widely between individuals. As we have seen, for some, the Soul is a veritable “chatty Cathy;” for others, it is silent and enigmatic as the sphinx.

We also note that the Soul’s frequency and depth of communication may change during different stages of human life. For example, some individuals may experience more intensive interaction with the Soul during adolescence, whereas others may experience this window of illumination occurring during childhood, or in old age.

As we have continued our exploration of the inner Planes, we have used a variety of objects of meditation—archetypes, vehicles of consciousness, nuclei of identity, and the content of nodal points—as portals of evocation, through which you can experience the intuitive impress of your Soul.

In today’s webinar, we will continue in this manner, hoping that one or more of these noumenal foci will clearly convey your Soul’s insights to you. We will use for your focus, the vehicles of consciousness and the nodal points of the First Exoteric and First Mesoteric Initiation, which comprise the perspectives in which the major movements of Judeo-Christian spirituality are embedded.

Swami Prabhu Maharaj Gives Us Guidance

As I prepare these webinars, sometimes I get direct inspiration from one of the Swamis. During the creative interlude for today’s class, Swami Prabhu Maharaj appeared to me, and gave me a clear beam. I share it with you here.

“I wish to impress upon you that disciples must be able to independently gather information, using all available channels, and to contemplate the elements [of the unconscious mind], vehicles of consciousness, essences of consciousness, and the Planes of the Continuum—as they will be called upon to teach, counsel, perform spiritual ministry, and initiate others—and they must be able to do so from a platform of knowledge and clarity.”

“[To engage in these activities,] you cannot operate from a place of surmise or uncertainty when you are dealing with the human Soul. You must see and hear clearly. Your intuition must be discerning and penetrating. Your Soul must both know the mysteries, and be able to communicate them when it is necessary and appropriate.”

“We therefore extend to you the chakra exercise that we have done with you since you began your study with us, which has taken various forms, including:”

- (1)[Microconcentration] Contemplation of the subcenters of essences of consciousness: your attentional principle and your spirit
- (2) [Inner process] Pick an issue in the unconscious mind that is personified as a subpersonality, and meditate on it using an evocative modality, such as the Rainbow Method
- (3) Contemplate the vehicles of consciousness of a selected band of the Great Continuum of Consciousness [we will study the vehicles of the First Initiation]
- (4) Contemplate the nodal points and their content selected band of the Great Continuum of Consciousness [we will study the nodal points of the First Mesoteric Initiation]
- (5) Contemplate the chakras of your Soul’s essential vehicle [Atma Swarup]
- (6) Contemplate the Planetary Man or Woman (macrocosm), and observe your Soul’s relationship with that universal form

(7) Contemplate the chakras in the form of a Master—this is done in *Your Life Never Ends*, for example

“As you do your contemplation, you will engage each of your information channels, so you can progressively acquire the full meta-sensory and intuitive ability required for you to become a disciple, a ministering servant of God and for humanity.”

A Grid for Capturing Meditation Experiences

As you study these centers within your consciousness, you can monitor the activity of each of your information channels for your current meditation by asking specific questions—and when you have opened your intuitive information portal, engaging in dialog—through a structured query such as the following.

Type of Experience	Channel	Question
Direct meta-sensory	Visual	What do I see?
	Auditory	What do I hear?
	Kinesthetic	What do I feel? What is the energy here?
Intuitive Prehension	Visual Intuition	Show me what is important, or what I need to know about this?
	Auditory Intuition	Tell me what I need to know about this?
	Dialog	[Ask it any question and listen for its response. Then ask additional questions.]
Essential Being	Core	What have I become? Where am I on the Path?

Essence knowledge—when your Soul knows something by being at-one with it—peeks through is different ways.

For example:

When you dialog with a subpersonality in the Rainbow Technique, when you ask, “What is your essence?” You get a glimpse of your Soul’s essential nature shining through.

The same thing happens when you do process meditation to the first incident on the time track, and you experience breakthrough.

You also experience this state of knowing by being when you know you are a man or a woman (ego realization), when you experience that you are the Self (Self-Realization), and you identify with your Soul’s essence (Gnosis, or Soul Realization).



To demonstrate this, let’s use this questioning process with your Soul. Focus your attention on your Soul and notice:

- What do I see?
- What do I hear?
- What do I feel? What is the energy here?
- Show me what is important, or what I need to know about you?
- Tell me what I need to know about you?
- Are there any other questions you have for your Soul? What are they? [Ask them and listen for the response.]
- What have you become? Where are you on the Path?

The Vehicles of Consciousness of the First Planetary Initiation

Let's apply these principles of monitoring the information you receive, as we study your vehicles of consciousness of the First Initiation. We will meditate on each chakra in turn.

Chakra	Principle	Function
Cerebral	Soul	Existence-Consciousness-Bliss. The God Within. [The Pillar of Cloud and Fire]
Thalamic	Revelatory Center	Intuition, revelation of the meaning of scriptures and life experiences. The Mind of Christ.
Cervical	Prophetic Center	Communication of spiritual truths, speaking the word of affirmation, faith and prophecy. The Word of God.
Thoracic	Love and Compassion Center	Expression of love, mercy, and compassion. The Sacred Heart of Christ.
Lumbar	Moon Soul	Moral Will, vehicle of moral and political beliefs and values; a receptacle for the indwelling Holy Spirit. The Child of God.
Sacral	Awareness Center	Raises awareness to the Moon Soul, sublimates passions of lust, anger, greed, attachment, and egotism, facilitates identification with the Moon Soul. The Serpent Power.
Perineal	Throne Center	A higher seat of the attentional principle, where it can minister the Light of God to others. The Mercy Seat.
Pedal	Service Center	The mission of the Soul as service to others. The Feet of the Disciple.

Meditation on the Nodal Points of Hell

For this and the other meditations of this webinar, we will meditate upon the nodal points for selected bands of the First Mesoteric Initiation. For some of you, your Soul will have already opened this Band; for others, you will be meditating on an aspect of your nature with is shrouded in the unconscious.

Hell, in the First Mesoteric Initiation, is the zone in which the Soul meditates upon the causes of human suffering. I have done this meditation, and I will suggest some insights that I gained when I did it—however, I will ask you to pay attention to whatever content arises for you, regardless of whether it is different than mine. [Nodal points are listed from the outside in.]

Nodal Point	Sins that Generate this Type of Suffering	Core Passion
1	Anger, rage, and hatred	Anger
2	Greed, envy, and attachment	Greed
3	Prejudice, vanity, emotional cruelty to others	Ignorance
4	Addictive lust, sexual jealousy, addiction to substances and to food	Lust
5	Lies, deception, thievery	Untruthfulness
6	Misuse of wealth and power	Arrogance, selfishness
7	Willful rebellion against God	Original sin

Meditation on the Nodal Points of Purgatory

This meditation on Purgatory is upon each successive nodal point, instead of the general treatment of its content from the different perspectives on the Seven Rays, as was done in the Mudrashram® Correspondence Course. Again, gather your own impressions from each nodal point as you do this meditation.

Nodal Point	Content of this nodal point	Keynote
1	Viewing your life dispassionately, and repenting for each of your omissions and commissions of evil	Repentance
2	Thinking through alternative responses, visualizing what you could have done differently	Reflection
3	Feeling through the meaning of your life, and releasing each issue	Process
4	Feeling gratitude for those who have helped you	Gratitude
5	Speaking the truth that frees you; forgiving others and releasing them; and finding humility, which unchains you from the bondage of the pride and arrogance of the ego	Freedom
6	Viewing the many possibilities of life and noticing the choices that you made; the many other lives that you could have lived	The Mirror of Possibilities
7	The unfinished business that will not allow you to release the world, other people, and your own unfulfilled dreams	The Purgatory Barrier

Meditation on the Nodal Points of Heaven

Like Purgatory, the description of Heaven in Mudrashram® Correspondence Course gave us the general perspective across the Seven Rays. In this meditation, I meditate on each of the nodal points—which reveal the Seven Heavens described by the Christian mystics. Each of these Heavens comprises many regions of Light, containing hundreds, perhaps thousands of dimensional worlds of unparalleled beauty and splendor. See if you can gather information about these realms through contemplation on these nodal points.

Nodal Point	Divine Quality	Sacred Planet
1	Beauty	Moon
2	Rapture of Love Divine	Venus
3	The Truth - Divine Simplicity	Mercury
4	Joy and Contentment	Sun
5	Perfection	Mars
6	Bounty and Munificence	Jupiter
7	Glory [the Empyrean]	Saturn



Contemplation on the Realms of the Angels

In my meditations on the angelic realms, I came up with a slightly different vision that is portrayed in Christian theology—I have attempted to match what I saw with what these sources describe. They place them in the following order, from the innermost to the outmost: Seraphim, Cherubim, Thrones, Dominions, Virtues, Powers or Authorities, Principalities or Rulers, Archangels, and Angels [from Wikipedia – http://en.wikipedia.org/wiki/Christian_angelic_hierarchy]. See what you discover.

Nodal Point	Activity of Angels	Classical Name
1	Guardians of individuals and their homes	Angels
2	Guardians of the workplace	Principalities or Rulers
3	Guardians of community centers – libraries and schools	
4	Guardians the houses of government – city, district, state, and nation	Powers or Authorities
5	Guardians of the earth and all life, and the order of the cosmos	Virtues
6	Guardians of the sanctuary; carriers of the Light of the Holy Spirit; they inspire the worship, awe, and love of God	Seraphim, Cherubim
7	Warrior angels, defenders against evil	Thrones or Ophanim
	Angels coordinating the activity of the first seven orders	Dominions
	Angels that carry the energy of each of the Seven Rays	Archangels

Contemplation of the Form of God

This description of the forms of God comes from the Mudrashram® Correspondence Course (MCC). This is the next Plane above that of the angels, and comprises five nodal points. [Notice which of these forms of God appear to you as you contemplate upon these five nodal points.]

The MCC describes these Planes as follows:

“These seven forms of the Divine are the revelation of God within and beyond Nature, Time and History. The five nodal points correspond to:”

Nodal Point	Activity
1	Physical manifestation – active in the environment and through the Conscious, Subconscious, and Metaconscious mind
2	Astral manifestation – active in the Subtle Realms and Planetary Biophysical, Abstract Mind, and Psychic Planes
3	Causal manifestation – active on the Wisdom Plane
4	Ideational manifestation – active in the bands of the First Exoteric initiation as religious, social, and political movements
5	Spiritual or mystic manifestation – revelation to the spirit on the bands of the First Mesoteric Initiation

“A different archetypal form of God appears on each of the Seven Rays, which is seen to operate through these five realms.”

First Ray – The God of War

In the human being's struggle against personal adversity, with unconscious forces, with astral demons and devils, and in the titanic struggle of wills between nations in pitched warfare, the Hand of God is seen to guide the destinies of men and of nations on to victory or defeat.

Second Ray – The God of Providence

In the secular labors and religious sacrifices of human beings, the watchful Eye of God as Providence is there to provide the blessings of food, wealth, and the good things of life. This loving form of God makes provision for the physical needs of men and women.

Third Ray – The God of Purpose

Men build their civilizations as the unfolding purpose of God in human history. Men's labors at the Feet of God carry forward His Will or rebel against it, and each receives the fruit of their actions depending whether they serve God or resist Him.

Fourth Ray – The God of Nature

The Biophysical Universe, comprising the Earth, with its land, its oceans, its volcanic activity, its atmosphere, and many specialized environments that support living creatures is seen as the Physical Body of God. The Abstract Mind Plane and Psychic Realm are the Astral Body of God. The Wisdom Plane comprises the Causal Body of God. The Ideational Body of God enfolds the realms of the First Exoteric Initiation. The Mystic Body of God consists of the worlds of hell, purgatory, and heaven, and the realms of the angels.

Fifth Ray – The God of Justice and Truth

The Voice of God declares the truths of the laws of nature, sets justice as the standards for the societies of men, and sets the quest of truth and knowledge as the duty of human beings. It declares the plight of the orphan, the homeless, the hungry, the poor, the aged, the ill, the disabled and the oppressed and calls upon men and women of good will and charitable hearts to take action to succor them.

Sixth Ray – The Glory of God

The loving Heart of God imbues people with the desire to contemplate the Divine Works, to read the scriptures, and to render worship, thanksgiving and praise. The sixth Ray inspires human beings to pray, meditate, to serve other people, to sacrifice themselves for a noble cause, to devote their spiritual love and dedicate their lives to the service of God.

Seventh Ray – The Mystery and Majesty of God

This Finger of God points out the Divine Will and mission for each Soul. It reveals the mysteries of the unconscious depths, and unfolds and illuminates the Superconscious vehicles of the Soul. It anoints, empowers and initiates those called to minister, and to be disciples. It inspires the spirits of men to make spiritual progress toward the Divine Horizon. It uncovers the weaknesses and flaws of character within the human personality, and challenges men and women to reform themselves.

As you meditate in this fashion, at first, you may find that you are able to gain little information from your exercise. If you persist, however, you will find that your illumined mind begins to reveal its secrets, and will act as your teacher and guide.

The more you meditate, the more you will refine your meta-senses of seeing, hearing, and feeling. What is today fuzzy and indistinct will become crystal clear, and you will sense the wonder and beauty of all of the inner worlds that are within you.

As your Soul makes its journey upon the Path—these realms that might have been veiled in you—open out to the Light. You become a Knower of the mysteries, a Seer of the Unseen, and a Way Shower—at first to your own conscious principles, and later, for others.

Thank you for attending our webinar today!

