

## **A Brief Primer on Illumination**

For today's webinar, we will spend most of our time meditating to awaken your illumined mind. We will also discuss the levels of Illumination. The illumined mind

1. Discerns the structure and content of your Superconscious mind
2. Reveals the laws of mind through which manifestation is carried out
3. Teaches the attentional principle about the meaning of symbolic content of the mind
4. Guides the spirit on the path of the Nada
5. Uproots the tenacious tendencies to vice and rebellion in the mind, supplanting them with goodness and virtue
6. Removes ignorance and replaces it with knowledge, understanding, and wisdom
7. Transmits intuitive guidance to the personality, so it may align with the purpose of the Soul
8. Answers questions posed as dialog (question and answer), process (asking a repetitive question), or inquiry (exploring an idea through association); or raised in reflective and receptive meditation
9. Listens to human pain and suffering, and suggests solutions and gives insights that enable a person to transform
10. Corrects the limiting beliefs of reason, and reframes the views of the ego to reveal the nature of the Self and the Soul
11. Shows the consequences of specific actions, and counsels to adopt an alternate path when this behavior leads to negative outcomes

12. Resounds as the “still small voice” heard in the right ear, which in some individuals, can be heard as a sound that “hangs in the air” (Akash Bani)



Which faculties of the Illumined Mind are currently active in you?

- Are you able to discern the structure and content of your consciousness?
- Does something within you teach you about the laws of manifestation and success?
- Does your Higher Self act a guide to your attentional principle and/or spirit, and act as your inner teacher? Is this inner teacher able to also guide others, as it guides you?
- Does some deeper part of your nature work to uproot your bad habits and cravings that create pain and misery for you?
- Are you aware, from time to time, that an inner light corrects your erroneous assumptions and beliefs, and gives you new understanding, which changes those beliefs?
- Does something tell you what you need to be doing each day, and tell you why this must be done?
- When you pose a question in different formats, does something within you, answer it?

- Does something within you listen to your pain and doubt, and give you comfort and hope?
- Does something show you a larger or grander perspective from which you can view your issues or problems?
- Does something counsel you to refrain from certain actions, and suggest a better alternative?
- Do you hear an inner resonance (still, small voice) that is with you all the time?

For many aspirants and disciples, discerning the structure of consciousness and identifying the contents of the Superconscious mind is one of the most difficult tasks. Why is this function important?

- It enables you to know where you are on the Path.
- It allows you to “read” (e.g., to discern) where others are on the Path, so you may teach, counsel, or minister to them appropriately. [For example, you would teach different things to someone who was in a particular Subplane of the Abstract Mind Plane, as compared to someone undergoing the First Exoteric Initiation.]
- It lets you have access to each layer of your Soul’s knowledge, ability, and compassion that are layered in your Superconscious mind.
- It enhances your ability to “know the Path,” which aids you in guiding others.

We are going to do some work today on rehabilitating that function in those of you in which it is sleeping; and augmenting its function in those of you who have awakened it. We will start by sharing with you an exercise that Planetary Adepts use to ignite its functioning.

## **Exercise to Awaken Structural Discernment in the Illumined Mind**

The Adepts of the Planetary Sphere give the following exercise to their chelas to awaken the Buddhi, and bring about penetrating discernment. It includes the following 13 foci:

1. Soul in its own nature, beyond the border of consciousness
2. The level, at or below the Plane of the Soul, you are selecting for meditation
3. The seed atom, or vibrational essence that anchors consciousness within form
4. The edge, or wave of consciousness
5. The large form (archetype) that is the container of consciousness at that level
6. The shells or spheres of consciousness [and if there are any major divisions among them, which might demark a Subplane, Plane, or Division of Creation]
7. The small forms (Swarupa) that are in each sphere of consciousness, from the current state of the Soul's consciousness to the periphery of consciousness
8. The tones or vibrations that emanate from each small form
9. The abilities that are embedded in each small form
10. The wisdom that is embodied by each form
11. The compassion or virtues that radiate from each form
12. The place in the body or brain that you feel this form
13. The expression of that form (if any) through your behavior

For this exercise, you will meditate on the brain chakra of the Soul's essential vehicle, and the vehicle on the higher Planes that your Soul is expressing through. As you practice this exercise, you may wish to later extend it, so you are gathering this information for each of the Soul's chakras of its essential body and each vehicle of consciousness that it embodies.

## Considering Illumination

Excerpted from *The Winds of Adi Sat Guru Desh*

When we consider what creates genius and illumination, we see it is the coordinated activity of ten substrates, which are shown in the table below.

| Level    | Substrate                     | Activity  |
|----------|-------------------------------|---|
| Physical | Neurological substrate        | Coordinated firing of the nervous system, ability to use neural networks in both hemispheres  |
|          | Biochemical substrate         | Ability to readily transfer phosphate energy bonds (somatic) and to readily produce sufficient quantities of neurotransmitters to carry out higher order mental processing (neural) |
| Etheric  | Glandular essence substrate   | Ability to transmute the glandular energies, particularly the sexual energy, into ojas  |
|          | Kundalini energetic substrate | Opening the chakras of the etheric body with the ability to raise the kundalini energy into these higher chakras at will  |



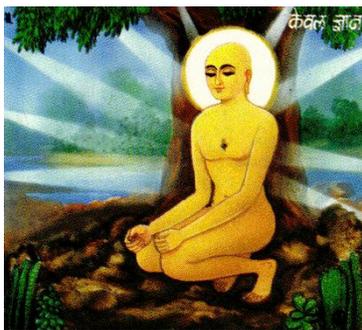
| Level     | Substrate                        | Activity   |
|-----------|----------------------------------|--|
| Emotional | Commitment substrate             | The ability to make long term commitments to projects with tenacity and perseverance despite obstacles   |
|           | Spiritual substrate              | Having the gift of devotion and desiring to serve the Divine; dedicating mind, body, and life to the service of God  |
| Mental    | Intellectual substrate           | Awakening of the intellectual spindle to the fourth order of intellectual functioning, where an individual can use deductive, mnemonic, inductive, dialectic, synthetic, and mandalic reasoning strategies to solve problems; this ability may operate in one or more of the intellectual quadrants—in the verbal quadrant, the mathematical quadrant, the visual-symbolic quadrant, or through the communication quadrant comprising written and spoken communication |
|           | Buddhic substrate                | Operation of the Buddhic vehicle with activation of the Augoiedes conferring discernment, understanding, and wisdom  |
| Essential | Spiritual evolutionary substrate | Spiritual evolution of the ensouling entity to a stage of Mastery in the Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, or Transcendental realms  |
|           | Essential empowerment            | Upon attainment of an order of Mastery, Divine anointing and empowerment of that individual to carry out spiritual ministry and a Divinely-ordained mission at that level  |

Illumination appears to operate at three levels: the intellectual, the Buddhic, and the Essential.

**The intellectual order of illumination is also called genius.** Those that have sufficient commitment and devotion to their intellectual quest can accelerate the functioning of the intellectual spindle to the fourth order, which confers on them the ability to carry out the highest orders of mental functioning. These become luminaries and teachers in their field of endeavor and commonly become professors, noted scholars, or writers in their field.

**The Buddhic order of illumination is called Enlightenment or Illumination.** In this type, the commitment and the devotion of the individual is extended into aspiration, which leads them beyond the scientific, artistic, and philosophical realms of human endeavor into metaphysical and mystic bands of the higher mind. The awakening of the Kundalini Shakti into the Superconscious mind drives this type of illumination.

This energetic activation of higher vehicles of consciousness in the Superconscious mind is coupled with the progressive layering of meditational insights that builds the intuitional bridge—called the Antakarana—between the human intellect and the mind of the Soul, or Buddhi. This level permits insight into the realms of the Superconscious mind, which inspires creativity and revelation.



**The Essential order of illumination occurs when an ensouling entity enters the presence of the Divine at one level of the Continuum, and is empowered to teach and guide others.**

This empowerment also can occur when a nucleus of identity is developed out of synchrony with the axis of being, or the individual spirit is drawn up into the presence of the Divine without concomitant ascension of the ensouling entity and its vehicles; this type of development is seen in some spiritual traditions.

This type of illumination is seen in saints, preceptors, and spiritual Masters in every major spiritual and religious tradition—these individuals are the living force that animates these traditions, and makes them a crucible for spiritual learning and growth. To reach this stage of development requires the highest levels of commitment and devotion.

To begin to understand Illumination, aspirants should study the examples of those who have become luminaries in their field of chosen endeavor and determine what enabled them to reach these heights.

Disciples should begin to study the substrates and begin to take measures to augment their functioning at those levels through:

- Enhanced nutrition to nourish the neural and biochemical substrates
- Observation of moderation in daily living to preserve the glandular essences
- Using affirmation and resolve to push forward to greater achievement of both personal and spiritual objectives
- Contemplating the spirit to awaken devotion

- Cultivation of the intellect through a burning quest to find answers to their moral and metaphysical questions through research and self-study
- Progressively awakening the higher mind through transformative meditation coupled with measured awakening of the Kundalini Shakti.

Illumination with Empowerment is the highest gift that is granted to human beings; those that complete their spiritual journey will at last arrive at those Supernal Shores and become the Way Shower to the rest of humanity.



Thank you for attending our webinar today!

