

Exploring Vehicles of Consciousness in Meditation

Vehicles of consciousness play an important role in advanced meditation. They allow you to discern the function of each aspect of your Soul's nature, and ultimately, bring mastery over each of those faculties. Swami Prabhu Maharaj has provided new insights about vehicles of consciousness in *The Winds of Adi Sat Guru Desh*; I would like to share those with you in today's webinar.

You learned how to meditate on the vehicles of consciousness up to the pituitary center of the Subconscious mind in the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program—we call this the Purusa Dhyān technique. You learned about the 2nd Ray track for Raja Yoga in the Mudrashram® Advanced Course in Meditation, and did some preliminary exploration in that class.

In today's webinar, I would like to take you much deeper into understanding what your vehicles of consciousness are, and how you use them in meditation.

Vehicles of Consciousness (Swarupa)

Excerpted from *The Winds of Adi Sat Guru Desh* © 2013

Many beginning meditators have difficulty in grasping what is a vehicle of consciousness. This fundamental principle is key in learning to meditate and navigating through the inner strata of the Great Continuum of Consciousness (GCC). A vehicle of consciousness can be characterized by seven functions:

- (1) Form
- (2) Energy
- (3) Quality
- (4) Focal point
- (5) Ability, intelligence or power
- (6) Field of perception

(7) State of identification

Form is the “body” of the vehicle of consciousness. In some cases, form looks like an ellipsoid or spherical field of energy. In other cases, it will appear as a translucent human form. Sometimes it will resemble a replica of the physical body. Sometimes it will take a celestial appearance, like an angel or other archetypal form.

When you move your attention out of the waking state of awareness you will encounter a series of forms. Some of these forms you will recognize as the embodiment of your ego, your Self, and your Soul, but other aspects of your nature have no center of integration.

Energy fills these inner forms. In some cases, the energy will seem to you like the pulsations of an electromagnetic field. In other forms, you will sense the steady current of life force (prana). In other forms, you will feel the fiery, blissful resonance of the Spirit (Shakti).

Quality is the emotional experience emanating from the form. Some forms will emanate different qualities such as love, courage, or compassion. Quality gives forms their numinous, otherworldly “aura.” The aura consists of these emotional emanations from a form, which can be seen clairvoyantly as a field of colored energy surrounding the form.

The focal point is the point within a vehicle upon which you focus your attention. Common focal points are the seed atom of the form, or the centers or “chakras” of the form.

Ability, intelligence and power – When we speak of ability, intelligence or power, we refer to the volitional component within the form.

Ability may express as a dominant faculty within a vehicle, such as sensation or imagination.

Intelligence is a term that captures cognitive functioning of the form, embodying elements such as reasoning, judgment, or discernment.

Power is the ability to activate an ability or intelligence, using the volition or through intention.

The field of perception refers to the aspects of the form that have become “conscious.” Each form appears to have an area that is clear or full of light. This is the conscious zone of the form. The remainder of the form is darkened, obscured by the karmic substance that comprises the unconscious mind. This perceptual gestalt imposes a frame upon this vehicle, delegating part to “self” and part to “not-self.”

The state of identification within many vehicles is the “I AM statement” that is your experiencing of being and functioning through that vehicle. This affirmation of “what I am” and “what I can do” in this altered state of awareness is central to your sense of ownership and control of the vehicle.

Certain vehicles are carriers of nuclei of identity (NOI), ensouling entities (EE), or personal integration centers (PIC). These vehicles embody an integrating function for this level of the mind. Common integrating centers are shown below.

Band of Mind	Integration Center	Type of Integrating Center	Level of GCC Where This Operates
Conscious Mind	Ego	PIC	Personality
Metaconscious Mind	Self	PIC	Personality
Subtle, Superconscious Mind	Soul Spark	EE	Subtle Realm
Planetary, Superconscious Mind	Psychic Seed Atom	NOI	Psychic Realm

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Band of Mind	Integration Center	Type of Integrating Center	Level of GCC Where This Operates
Planetary, Superconscious Mind	“Moon Soul”	NOI	1st Planetary Initiation
Planetary, Superconscious Mind	“Solar Angel”	NOI	2nd Planetary Initiation
Planetary, Superconscious Mind	“Manasic Vortex”	NOI	3rd Planetary Initiation
Planetary, Superconscious Mind	“Augoiedes”	NOI	4th Planetary Initiation
Planetary, Superconscious Mind	Planetary Soul (Atma)	EE	5th Planetary Initiation
Transplanetary, Superconscious Mind	Monad (Paramatma)	EE	Transplanetary Initiations
Cosmic, Superconscious Mind	Cosmic Consciousness	NOI	1st Cosmic Initiation
Cosmic, Superconscious Mind	Cosmic Soul Awareness	NOI	2nd Cosmic Initiation
Cosmic, Superconscious Mind	God Consciousness	NOI	5th Cosmic Initiation
Cosmic, Superconscious Mind	Astral Soul	EE	Entire Cosmic Sphere

Band Of Mind	Integration Center	Type of Integrating Center	Level of GCC Where This Operates
Supracosmic, Superconscious Mind	Supracosmic Seed Atom	NOI	Along the track of a Supracosmic Path
Supracosmic, Superconscious Mind	Supracosmic Soul	EE	On a Supracosmic Path
Transcendental, Supracosmic	Transcendental Ensouling Entity	EE	Bridge Path, T1-T7

Attention placed upon the seed atom of a vehicle stimulates awareness of the content of a vehicle. With sustained fixation, it will bring up associations or memories related to that vehicle. Continuing to hold the attention upon that nexus, it will lead to a state of absorption and union. Finally, it will produce identification with the form.

Holding your attention upon integrating centers leads to a sense of identification that encompasses all vehicles controlled by that essence. This global identification mediated by an integrating center ties together the functioning of each associated vehicle, coordinates activities of these vehicles towards the accomplishment of a unified purpose, and creates a seamless fusion of their abilities.

Studying Your Vehicles of Consciousness

You can begin your own study of your vehicles of consciousness. Start by contemplating key integration centers such as your ego, Self, and Soul. You can gradually explore the other vehicles associated with this integration center and extend your knowledge of the multiple facets of your consciousness...

Advanced Vehicular Monitoring

Excerpted from *The Winds of Adi Sat Guru Desh* © 2013

As disciples meditate, they increase their intuitive knowledge of the spiritual realms. This kind of intuitive knowing is called *Jnana*. This expanding sphere of generalized knowledge, however, does not provide the type of knowing necessary to identify the particular content of each vehicle of consciousness, and where the attention is focused in the visionary cascade of meditation.

What is required instead is to develop the discerning wisdom, which is called *Vijnana*. This type of knowledge identifies what are the landmarks of the path and where attention is during the state of meditation. This type of knowing is crucial to operate as a guide to others attentional principle or spirit, and must be cultivated by those who would be spiritual teachers or Gurus.



To develop *Vijnana*, the Multiplane Masters of the Mudrashram® lineage give their disciples the task of monitoring each vehicle of consciousness, while inquiring through four questions:

What is seen in this vehicle?

What is heard in this vehicle?

What is felt in this vehicle?

What is my state of identity in this vehicle?

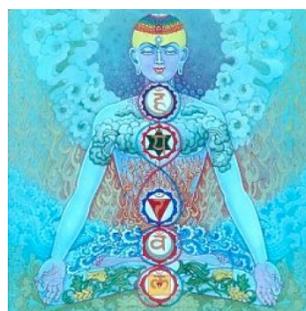
They use this monitoring exercise to familiarize disciples with selected vehicles of consciousness up to their cutting edge of spirituality.

Typical monitoring points are itemized in the table below.

Level of Mind	Focal Point	Integration center
Conscious Mind	Waking state of awareness	Ego
	Movement or life awareness	
	External senses	
	Body awareness	
	Feeling awareness	
	Thought awareness (Reason)	
	Ego	
	Preconscious	
Subconscious	Five nodes of memory [1]	Ensouling entity [2]
	Swastika center [3]	
	Attentional principle (pituitary center)	Attentional principle
	Individual spirit (pineal center)	The spirit
	Astral body	Astral Soul
	Causal body	Supracosmic Soul



Level of Mind	Focal Point	Integration center
Metaconscious mind	Etheric body	The Self
	Desire body (commitment center)	
	Persona	
	Conscience	
	Concrete mind	
	Intellect	
	Personal intuition	
	Volition	
	The Self	
	Being	Ensouling entity (see endnote two)
Superconscious (Subtle)	Annamayakosa	Soul Spark [4]
	Pranamayakosa	
	Manomayakosa	
	Vijnanamayakosa	
	Anandamayakosa	
	Vehicle in the Subtle Realm	



Level of Mind	Focal Point	Integration center
Superconscious (Planetary)	Biophysical Universe Vehicle	Planetary Soul [5]
	Abstract Mind Plane Vehicle	
	Psychic Realm Vehicle	
	Wisdom Plane Vehicle	
	Moon Soul and associated centers of the 1 st Planetary Initiation	
	Solar Angel and associated centers of the 2 nd Planetary Initiation	
	Manasic Vortex and associated centers of the 3 rd Planetary Initiation	
	Augoiedes and associated centers of the 4 th Planetary Initiation	
Planetary Soul (Atma)		
Superconscious (Transplanetary)	Monad and its associated vehicles	Monad
Superconscious (Cosmic)	Astral Soul and its associated vehicles	Astral Soul
Superconscious (Supracosmic)	Supracosmic Soul, its associated vehicles and the Supracosmic seed atom aligned with it	Supracosmic Soul



Level of Mind	Focal Point	Integration center
Superconscious (Transcendental)	The spiritual heart upon the Bridge Path, T1 to T7	The spirit in its Transcendental domain
	The ensouling entities of the Bridge Path, T1 to T7	The ensouling entity of each Transcendental domain
	Lotus feet center, Bridge Path	Quintessence mantra (The Alayic Divine Name)

Aspirants should be able to follow these focal points up to the level of the Soul Spark or Planetary Soul; whichever is their cutting edge of spirituality. Disciples—those who have established a conscious attunement with one of the Mudrashram® Multiplane Masters—will similarly follow these focal points to their cutting edge, but will add the monitoring technique, noting the sight, sound, feeling, and identity state associated with each focal point.

After each vehicle has been monitored in this fashion, aspirants and disciples can practice focusing on selected vehicles of consciousness about which they wish to learn more.

As their facility with Raja Yoga improves, they can skip over a series of focal points, using key centers as quick reference points to make their ascension in awareness more rapidly. For example, after moving through the focal points of the Conscious mind, they can jump to the attentional principle, the spirit, the Self, or the cutting edge ensouling entity.



This powerful thrust of the intention, when fully developed in highly advanced disciples and Initiates, can launch attention from the grounded state of awareness into the Transcendental Sphere in less than a minute. Regular practice of the method of direct projection on one of the Ray Paths can lead to a similar facility for the attentional principle, as can Nada Yoga for the spirit associated with the cutting edge of spirituality.

Endnotes

- [1] The five nodes of memory are the present time in memory, the first conscious memory, and remembrance of birth, conception, and the Soul's blissful atom before birth.
 - [2] The ensouling entity of the Subtle, Planetary, or Transplanetary Realms is reflected in these centers.
 - [3] The swastika center is located at the point in the system of chakras in the Subconscious where the spinal tube (sushumna) has been opened.
 - [4] As spiritual evolution proceeds, this integration center shifts to the Planetary Soul, then to the Monad, and up the scale of being as the cutting edge of spirituality shifts to higher Octaves of Being.
 - [5] There is a similar shift of integration center that takes place as spiritual evolution moves beyond the Planetary Realm into higher Octaves of Being.
 - [6] The technique of spatial projection taught in the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program is the Raja Yoga track associated with the 7th Ray. In the Mudrashram® Advanced Course in Meditation and the Raja Yoga workshop, the course participant is trained to recognize the spectrum of the Seven Ray paths for the attentional principle.
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Thank you for attending our webinar today!

