

Meditation on the Forms of a Spiritual Master

Today's webinar extends our exploration of meditating on the Guide form of a Master to meditating on his or her essential form. We begin this webinar with a monograph drawn from some of the original teachings given in the 1970s. We will also excerpt from our other writings on this topic.

It turns out that during the time when Swami Prem Dayal and Adi Sat Guru T were preparing George to be a spiritual teacher, they would give George spiritual discourses, or satsang. Some of these gems were secreted in some of our obscure unpublished volumes, ne'er to be glimpsed by another human eye. But one of them slipped out, and was included with a collection of poems that we published in *The Collected Poetry of George A. Boyd, Volume Two*, in the section, "Beyond the Final Storm." Here it is:

On Meditation

"Meditation requires an object of meditation: an idea, or a symbol to focus the mind upon. The Higher Self is the focus that projects all knowledge. Concentrate your attention on the spiritual "brain" center where the Higher Self is, and you will experience the "Buddha" (enlightened one) within."

"Focus your attention in the "heart" where the spirit resides. Feel the flow of love that lets you feel love for all creation: this is the heart of Christ within."

"Focus your attention in the point between the eyebrows. Visualize the "pillar of fire" pathway leading to your Soul, or Higher Self. Here ask your questions: offer your "lamb" of devotion, or "bullock" of affirmation upon this sacred altar in your forehead. When you offer a living concern, the flame will descend. It will consume your offering, and give you an answer: this is the power of intuition, the voice of the Presence within you."

“Meditate on the seven chakras of an exalted being such as Jesus, or Maitreya (the Christ). Meditate on the inner glorified form of an enlightened being—if you do this with love and devotion, you will receive a blessing from that being.”



Then move your attention above so you can contemplate the chakras of the holy being you have chosen for your meditation.

- Back of head
- Point between the eyebrows
- Center of neck
- Heart
- Solar plexus
- Belly button
- Base of spine

First direct your attention

“Hold your attention on your breath. Follow it. It will lead you to your Higher Self. Listen to the sound the breath makes; this is a natural mantra. It is like a tranquilizer for the mind; it has a calming influence on your emotions. Feel serenity and peace, as the breath calms down. When the mind becomes calm and still, the Self becomes reflected in its still waters.”

“Make of your hours, a constant inquiry of the import of your events, your experiences, your observations, and your behavior. Be continually interested in the mystery of everything. By keeping this questioning process awake, you light the inner candles of your higher mind, and you create the process of enlightenment. Be like Cat Stevens’ character, continually “on the road to find out.”

“Listen to the silence. Hear the sound your own soul continually is making. This is the sound current, the inner “path.” This will awaken your spirit within. This will awaken your spirit to the contemplative meditation of the mystics: seeing with the inner eyes of the heart. You enter the world of meditation through attention, awareness, and thinking.”

“It is in your power to activate your meditational world within, by focusing your mind on an object of meditation. By prayer, men have received the solace, blessings and Grace of God, but by meditation they have entered the Divine Presence.”

“Those who have become “Perfect”, i.e., at-One with God, have done so by the secret practices of meditation that enable the Soul to be nourished, awakened, and translated—from glory to glory.”

“Decide to make meditation a part of your life. Part the Red Sea of excuses that your inertia puts before you, and enter the Promised Land of your Divine Birthright. The Divine discovery awaits, only you must take the steps.”

“My goodwill and blessings: may you find your “keys.”

Forms of the Inner Master

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

There are a variety of experiences of the inner Master. From the exoteric perspectives, only unclear revelations or mysterious scriptures that defy cogent understanding reveal the Master. The esoteric perspectives are a direct encounter with this Master Power.

These exoteric and esoteric perspectives are summarized in the table below.

Perspective	Level	Form of the Master
Exoteric	1	Scholars and theologians attempt to interpret the meaning of scriptures, who then teach this to clergy. Clergy reinterpret this material and teach it to their congregations.
	2	Elements of intuitive messages and symbolic material are codified as scriptures or sacred documents, which form the basis of religious belief and practice.
	3	Disciple receives cryptic, veiled messages in a symbolic format or through archetypal forms that convey aspects of the Master's original message, which may be distorted by misinterpretation or contaminated by the products of the disciple's own imagination.
Esoteric	4	Disciple receives an intuitive message from a reflected form of the Master (3) or the guide form (4). This may be spoken aloud in real time (channeled) or written down (dictated), or simply learned and remembered (aural reception).
	5	Guide form of the Master appears to the attentional principle and/or spirit of the disciple.
	6	Reflected form of the Master on other Planes carries forward the Ministry of the Initiation on this Plane
	7	Form of the Master dwells in the presence of the Divine while the ensouling entity is liberated—the Initiate carries

out ministry through this form

Perspective	Level	Form of the Master
Esoteric (continued)	8	Ensouling entity of the Master dwells in the Presence of the Divine, anointed and empowered as an Hierarchical Office Holder or a Lineage Holder

Scholarly approaches to the “Master,” “Prophet,” “Avatar,” or “Savior” of each faith characterize level one. Here careful study of the language, the cultural context in which the teaching was given, and material from other scholarly sources are combined to arrive at a coherent doctrine and tentative explanation of the teaching. These theological approaches are founded upon the scientific and philosophical strata of the Abstract Mind Plane.

At level two, clergy of different faiths must decide what is scriptural canon and what is the raving of unstable minds. Sometimes original writings are available. Sometimes only remembrances from a rich oral tradition can be gathered and written down.

At the beginning of inner self-exploration, the aspirant seeks to uncover the reality of the Master through the veil of the unconscious. During this stage, there is the beginning of intuitive insights and revelation of truths, but it is difficult to tease apart the gems of authentic truth from the fool’s gold of imagination. This type of experience is a common marker of entry into the Psychic Realm; veiling or encrypting of truths may continue throughout the journey to the top of the First Planetary Initiation.

Level four is also usually first encountered in the Psychic Realm. Here different entities, some of whom purport to be Masters, send spiritual messages through verbal channeling or inspired “automatic” writing. The challenge at this level is to discern whether the message is genuinely from a Master, or whether it is of alternate, questionable origin.

Contextual discernment must be developed by the chela, as there are a variety of guide forms on the path, and not all belong to a Master. Anyone who gains the rudimentary mastery of Kriya Shakti can manifest an astral guide form.

The Issues of Guides

By the time the chela is able to discern the guide form of a Master, he or she has gained requisite inner development to being a conscious relationship with the teacher. This is the beginning of the level 5 encounter with the Master. But the whole subject of encountering this inner guide form has several issues.

An Adept Master ascends as the Monad to take up an Office in the Planetary Hierarchy. But, as before, it is sometimes hard to discern whether the guide form is that of a Master, is a product of the disciple's imagination, or an encounter with an animated thought form. At the early stages of spiritual development, aspirants are unable to tell what they are seeing within, and so can be easily deceived by the productions of their unconscious mind.

It is for this reason that the Mudrashram® lineage introduces knowledge of the Great Continuum of Consciousness from the very beginning, so that aspirants can identify phenomena that arises on the inner journey contextually. For example, they identify "this is material from the Abstract Mind Plane," "this is from the Psychic Realm," or "this is from the Wisdom Plane."

A genuine Adept or Adept Master in the Planetary Realm would be able to lead the chela up to the Nirvanic Flame and reunite their soul with the Monad; whereas a Psychic Guide could only take the chela to the Jet of Spirit at the top of the Psychic Realm, a weak reflection of the Supernal Light from which the Soul was born. Likewise, a Saint or Rabboni could only lead to the top of the First Mesoteric Planetary Initiation, an Ascended Master only to the upper reaches of the Second Planetary Initiation.

For this reason, aspirants must select a spiritual teacher who can take them all the way, through Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental bands and liberate them at each level.

A guide who is a thought form will take the aspirant nowhere, but a guide who cannot complete the work will leave the aspirant still short of the goal.

There are guides for each major segment of the spiritual journey: guides for the sojourn through the Cosmic Sphere; for each path of the Supracosmic; and for each of the Transcendental paths; so the confusion of aspirants is multiplied as they encounter a plethora of spiritual ideologies; “Which path is the correct one?” and “Which guide should I follow?” are the perennial questions of the seeker. The ultimate decision to commit to a path will condition the form of the Master they encounter.

Contemplation of the Form of a Master

Excerpted from *Light on Meditation*

Contemplation of the form of a spiritual teacher may reveal His or Her special gifts of ministry and state of spiritual attainment, using methods one and two shown in the table below. Through spiritual evolution, you will encounter the teacher in His or Her spiritual forms or vehicles, and ultimately in Essence, in methods three and four.

Later, Masters of a similar attainment will reveal themselves, and the Initiate may either be subsumed into their lineage, or inducted into the Hierarchy, or may pass beyond into Liberation. The teacher may finally be seen as the transparent mirror through which the Light of Spirit is immaculately focused; through the Perfected Master, the Truth of Divinity is realized in its Original State beyond Creation.

Method	Description
1	Tratakam on the physical form of a spiritual teacher
2	Contemplation on the feet, heart, eyes, and head of the astral guide form of a spiritual teacher
3	Encounter with the reflected form of the spiritual teacher's Being in an inner vehicle
4	Encounter with the teacher's Being on its own Plane
5	Encounter with members of the teacher's lineage
6	Empowerment by that lineage—or alternatively—the granting of Liberation (Moksha)
7	Encounter with the Divine; revelation that the spiritual teacher has been chosen its direct representative and ministerial instrument

While Raja Yoga contemplation will enable an individual to ascertain the level to which a teacher has attained, only transformation of the Soul to a similar level will allow the initiate to know the Master in truth.

It is an unfortunate verity that due to our own limited vision, we sometimes mistake an inner form for the teacher's true attainment. Many seekers have made the mistake of judging a Master falsely due to their ignorance of His or Her true nature, and have thus fallen prey to the subtle deception of egotism and self-delusion.

Only when the aspirant is able to scan Subtle, Planetary, Cosmic, Supracosmic, and Transcendental octaves of Being does the possibility arise of truly understanding the stages of Mastery achieved by a teacher. A "soul reading" of this type will help the seeker discern whether a teacher may be of an order and attainment necessary to facilitate their transformation the ultimate goal, or whether that teacher is but a helper established in a way-station along the path.

Taking the time to intuit the teacher's standing may aid seekers in avoiding time wasted with those teachers, who are clearly not suitable for their path of spiritual evolution; for deviation from work at the spiritual cutting edge is a fruitless and time-wasting labor.



Let's try meditation upon one of the forms of Mastery on the Path. Within each of you there is a form of Mastery at the very top of the Second Planetary Initiation, called the Superphysical Adept. We will review the description of this form in *Your Life Never Ends* that Adi Sat Guru T provided to us. Here it is:

The Superphysical Adept

“The Superphysical Adept is the firstborn son of the Divine Father, being the Perfect Master of all the initiatory realms of the astral spirit, [the spirit on the third Path of the Nada] of which there are ten.”

“The crown [brain center] represents the uncreated aspect of Being. It contains the Ocean of Being. The flame from which the astral spirit was born, the soul of the Divine Father, the personal aspect of God (the Lord of Hosts), and God as the Impersonal Word pervade this whole Creation. It is merged in the tenth realm.”

“The eye center [point between the eyebrows chakra] is the court of the saints and the seat of the astral spirit, and having perfected itself, finds a place here. This directed power has the ability to radiate the energies of the Divine Father to the astral spirits, acting as a guide. This is the eighth realm.”

“The throat center is the AMEN: The vibration of God within Creation. Mirrored here are the seven Planes of the Superphysical realm [e.g., the Planes of the Second Planetary Initiation].”

“The heart center is situated on the fifth [Plane]. *Souls who reach this realm in their upward journey become Ascended Masters*, having power over life and death, having command over the angels and elemental powers, having the ability to perform miracles such as materialization of astral substance, dematerializing their physical body, walking on water, being unharmed by elemental forces of nature, healing, and instant knowledge about a being. The powers direct the force of the spiritual will through the power of divine speech, thus they speak the Word within their I AM Presence, [the nucleus of identity] on these Planes, and whatever they desire comes to pass.

The solar plexus center of this being is at one with the consciousness of the World Mind of humanity. Subtly, these Masters direct the inner affairs of nations, by giving guidance to selected individuals. Their work also may involve starting esoteric schools or healing centers. This is in the fourth [Plane].

The navel center is involved with the battle of light and darkness, the purification of the vehicles of the disciples and the destruction of negative entities. These are the armies of light, and the Armageddon of the battle of the Forces of light and darkness is continually being waged here. The power to exorcise demon spirits, to purify the atmosphere, to destroy negative influences is gained on reaching this Plane. This is on the third [Plane].

“The throne center is on the Tree of Life, on the second [Plane]. The lives of all men appear as branches of this tree. The Ascended Master is the root of these branches, and enlivens them by his cosmic spiritual energy. He nourishes and feeds the lives, so that they express their inner spiritual capabilities.”

“The feet center is upon the fiery floor of the first realm. Here the Superphysical Adepts bring about rebirth into the I AM Presence, giving forth teachings in the mystery schools. They teach the esoteric secrets of the use of the Laws of these Planes, and of the mysteries of ascension in consciousness.”

“There are also two other centers about which we can speak. The center of the back of the skull (medulla) is on the sixth Plane. Here the Superphysical Adept knows the state of the astral spirits [of people] that have died, and can contact them on the Planes. He can travel by directing his astral form to any dimension, and can contact disciples in the dream state (when they are on these Superphysical Planes, although still connected to the physical body).”

“The ninth Plane is the flame from which the astral spirit was born. This is a center in the head, below the crown chakra. Upon mastering this Plane, the Superphysical Adept gains the power to liberate astral spirits of others, and to translate the consciousness into the next realm where it comes within the domain of the Planetary Adept...”

Let’s extrapolate a simpler picture of the centers of your own Superphysical Adept form from Adi Sat Guru T’s poetic and mystical description.

Center	Content	Purport
Brain	Void	The Soul merged with the highest nodal point on this seventh Subplane of the Second Planetary Initiation—completion of this Initiation
Center of the Head	The origin of the spirit	Liberation on the third path of the spirit
Point between the eyebrows	The Word and the guide	The Plane from which the guide comes

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Center	Content	Purport
Medulla center	Ability to contact the spirit on other states of consciousness	An additional power of the Superphysical Adept
Throat center	The top of the Seventh Plane	The origin of all vehicles of consciousness, and the Mighty I AM Presence
Heart Center	Form of the Ascended Master	Mastery of all Superphysical powers
Solar Plexus Center	Union with the World Mind	Ability to work with large groups of people
Navel Center	Form on the Battle of Good and Evil Subplane	Ability to confront the forces of darkness and ignorance
Base of spine	Form on the Tree of Life Subplane	Ability to minister to the lives of men
Feet center	Beginning the Second Planetary Initiation	Union with the Solar Angel at the beginning of the Path



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