

## **The Art of Doing a Soul Reading: Exploring the Seven Rays in Greater Depth, Part One**

Our advanced webinar today will begin the study of the Seven Rays, and how this is applicable to doing a Basic Soul Reading (BSR). The BSR is central to all spiritual counseling in the Mudrashram® system of Integral meditation.

It will be valuable for serious advanced students to learn this method, and to augment it with a thorough grounding in the recognition of the activity of the Seven Rays, and how these color the individual's qualities and character.

We will begin with excerpts from an article that is part of our Teacher Training One. While you will not be expected—as an empowered teacher would, to identify a student's Quintessence mantra—it certainly will be of value for you to be able to do a BSR. All other readings that I do are founded on this one. Let us begin:

### **What Makes Up a Basic Soul Reading?**

Excerpted from "The Inner Game of Soul Reading:  
the Making of the Fortune Cookie"

By George A. Boyd ©2007

"In the Mudrashram® Master Course in Meditation on the second night of class, participants are given individualized guidance in their "fortune cookie." This fortune cookie combines the basic information about their Ray make-up and level of spiritual evolution found in the Soul Reading with customized meditation directions geared to their stage on the spiritual path"

[The meditation guidance you receive when you take the Accelerated Meditation Program is essentially a "fortune cookie."]

### *Skills Needed to Develop a Fortune Cookie*

“The Soul Reading part of the fortune cookie requires that the meditation teacher be able to do a reading for the class participants, and accurately determine:”

- What is their cutting edge of spirituality?
- Where is their ensouling entity located on Great Continuum of Consciousness? In which Division, Plane, Subplane, and Nodal Point does it dwell?
- What is the Ray suffusing the Soul? What Ray colors the activity of the Personality (the Self)? What is the dominant Mental Ray? What is the dominant Emotional Ray? What is the physical etheric Ray? [We will focus on this portion in this webinar series.]

“The Meditation Guidance part of the fortune cookie requires that the meditation teacher be able to determine:”

- What contemplative mantra is appropriate for contacting the spirit at this level of the Continuum?
- What transformational mantra will unfold the spiritual evolutionary potentials of the ensouling entity at its cutting edge?
- What specific meditation techniques can be recommended for this level of development?

“Providing this information is contingent upon the meditation teacher's ability to see the ensouling entity and vehicles of consciousness of the participant. This seeing with the attentional principle we call *metavision*.”

“It also requires that the meditation teacher have broad experience with many different meditation techniques, to know their range of effectiveness and which techniques are appropriate for which stages of the path.”

“The meditation teacher must also detect the very subtle vibration of the transformational mantra found on the lotus feet center on the Bridge Path for each student, and be able to transliterate this resonance into an activated mantra. This inner listening, which is called *Shruti*, must be coupled with clear metavision to detect the Alayic Divine Name that resonates upon the lotus feet center.”

[When you move your cutting edge of spirituality to the Bridge Path, you will gain greater facility in seeing and hearing the resonance of the Alayic Divine Name. For now, we will focus on just doing the reading part.]

### *Steps of the Reading for the Fortune Cookie*

“The meditation teacher developing the fortune cookie must perform a series of inner observations, using the faculties of metavision [to do the basic Reading] and Shruti [to find the transformational mantra].” [We list below just the steps to do the reading.]

- (1) Sit with the individual for whom the fortune cookie is to be developed. Alternately you may use a picture to identify the correct body.
- (2) Follow the thread of consciousness upward until you locate the Ray coloring the etheric body of the Metaconscious mind. [Is it 3rd Ray or 7th Ray?]
- (3) Continue to follow the thread of consciousness upward until you locate the Ray coloring the emotional field of the Metaconscious mind. [Is it 6th Ray, 2nd Ray, or 4th Ray?]
- (4) Continue to follow the thread of consciousness upward until you locate the Ray coloring the mental field of the Metaconscious mind. [Is it 5th Ray, 3rd Ray, or 7th Ray?]
- (5) Continue to follow the thread of consciousness upward until you locate the Self, the nucleus of the Personality. Upon which of the seven Rays does it dwell?

- (6) Continue to follow the thread of consciousness upward until you locate the Soul Spark or the Soul. Determine upon which of the Seven Rays does it dwell? Note the level of spiritual evolution of this ensouling entity, identifying the Plane, Subplane and Nodal Point of its habitation...

[Today, we recommend that you practice this method from the Soul downwards—so you will read the Soul Ray first, then the Personality Ray, then the Mental Ray, then the Emotional Ray, and then the Physical Etheric Ray. For extra credit, you can also check on the Egoic Ray, though this would not characteristically be part of a Soul Reading.]

“After this information has been gathered, post this information to the fortune cookie template. The final steps are to tie all the components together by contemplating the meaning of the Rays for this individual's alignment, and to give meditation guidance for this individual...”

### *Contemplating the Meaning of the Rays*

“Go back down in turn to the cutting edge ensouling entity, Self, mental field, emotional field, and etheric field of the individual. Notice at each level, what intuitive impressions occur to you? What qualities can you describe that capture what you are seeing? Write these down for the Soul level, the Personality level, and for the mental emotional and etheric fields.”

“Next contemplate how the Rays interact with one another. Are there any significant interactions? Does one Ray amplify the qualities of another Ray at different level? Do the Rays engender conflict and tension at different levels by poor aspecting? Write down any significant interactions.”

“Finally consider, how might this alignment of the individual's current spiritual development color the expression of the Rays? What might this individual perceive, believe and value as a result of the interaction of Rays in this alignment? Write down any additional impressions you receive.”

### *Providing Meditation Guidance*

“Study of the Mudrashram® Correspondence Course in Meditation will prepare the course instructor to identify meditations pertinent for each band of the Great Continuum of Consciousness. The meditation teacher may wish to consult this manual for information about meditations, as well as using it to get coordinate information to locate the exact nodal point of the individual's current spiritual development.”

“When making recommendations, also notice trends that will suggest to you what meditations may be helpful to the individual. For example, a Third Ray Soul and Third Ray mental alignment may naturally gravitate to Jnana Yoga practices. A Sixth Ray Soul with a Sixth Ray Personality may have an innate affinity for Nada Yoga...”

“When you can prepare the fortune cookie and have been empowered to give the seven mudras, you will be able to effectively teach the Mudrashram® Master Course in Meditation.”

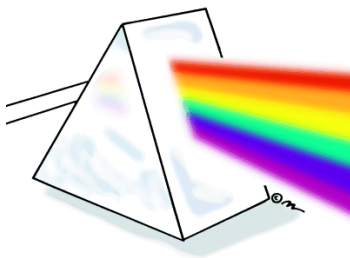
## **An Overview of the Seven Rays**

Excerpted from “The Mudrashram® Correspondence Course”

By George A. Boyd ©2006

### ***Understanding the Seven Rays***

“When white light is projected through a prism, it is transformed into the colors of the rainbow. In a similar way, the Light of Spirit is broken up into the Seven Rays, which express the infinite diversity of the Soul's activity at the different stages of the Path...”



### ***The Qualities of the Seven Rays***

“The Seven Rays can be said to have distinct qualities that give clues to their expression. The Rays can be briefly described as follows:

<b>Ray</b>	<b>Name</b>	<b>Keynotes</b>	<b>Color</b>
1st	Will or Power	Mastery, overcoming obstacles	Ruby red
2nd	Love-Wisdom	Understanding and compassion	Royal blue
3rd	Active Intelligence	Practical application of abstract principles through intelligence and work	Golden yellow
4th	Harmony through Conflict	Synthesis of opposites	Emerald green
5th	Concrete Knowledge	Scientific knowledge, inquiry into truth, development of technology	Coral orange
6th	Devotion or Idealism	Faith, dedication, sacrifice, and worship	Magenta
7th	Ceremonial Magic	Combining all elements to successfully manifest desired conditions and produce results	Violet



### *Introductory Meditation on the Seven Rays*

“Unite your attention with the Master Mind state of awareness at the top of the Abstract Mind Plane...”

“Visualize a great circle around this center that is divided into a front 180° arc and a rear 180° arc. In the rear arc you will become aware of energies flowing into this center from higher Planes. In the front arc, as you scan from right to left, you will become aware of seven streams of energy that pour out of this center. Each stream is approximately 25.7 radians wide.”

“The 1st Ray is at your far right, and the 7th Ray at your far left, with the 4th Ray in the center between them. Focus your attention successively into each of these streams from right to left, and attempt to sense the qualities of the Rays, and how they express in your inner vehicles of the Abstract Mind. See if you can identify which Ray is attuned with your apperceptive atom.”

### *Spirit Into Expression*

In the pouring forth of the energies of the Spirit, these Rays manifested on each of the Planes to produce the multiplicity of potential spiritual experiences. In the human makeup, these Rays express as follows:

<b>Ray Influence</b>	<b>Focus of Ray</b>	<b>Dominant or Active Rays</b>
Physical Body Ray	Physical Seed Atom	3rd and 7th Rays
Emotional Body Ray	Emotional Seed Atom	6th, 2nd, and 4th Rays
Mental Body Ray	Mental Seed Atom	5th, 3rd, and 7th Rays
Astral Body Ray	Fontanel of Astral Brain	All Seven Rays
Etheric Body Ray	Forehead seed atom	All Seven Rays
Personality Ray	Attunement with Self	All Seven Rays
Soul Ray	Attunement with Soul (The Path)	All Seven Rays

Ray Influence	Focus of Ray	Dominant or Active Rays
Monadic Ray	Attunement with Spirit (the Overshadowing Presence)	All Seven Rays

### In the *Physical Body Ray*

3rd Ray physical bodies tend to conform to established familial and cultural customs and traditional lifestyles.

7th Ray physical bodies seek out novel and individualistic lifestyles, seeking to differentiate themselves from the established norms of society and discovering a unique self-expression.

### In the *Emotional Body Ray*

6th Ray emotional bodies governed by the Desire Body can be characterized as possessive, controlling, jealous, and acquisitive, but capable of great loyalty and commitment.

2nd Ray emotional bodies can be detached, empathic, understanding, kind and altruistic, but can also be prone to game playing and hiding behind roles—characteristics of the Persona that governs this alignment.

[4th Ray emotional bodies are very rare. They are marked by a rigid adherence to the rules of the conscience, or scripture, which allows for no deviation from an absolute standard.]

### In the *Mental Body Ray*

5th Ray mental bodies are dominated by reason, emphasize practical and pragmatic concerns, focus on facts and empirical evidence, and have strengths in analysis and deductive reasoning. The Concrete Mind is their primary mental focus.



3rd Ray mental bodies are dominated by Intellect, emphasize abstract, theoretical modeling of reality, focus on concepts, categories and the organization of knowledge, and have strengths in inductive and dialectical reasoning.

7th Ray mental bodies are dominated by Intuition, emphasize symbolic and metaphorical meanings, focus on the nature of consciousness and its elaboration, and have strengths in synthetic and mandalic reasoning.

In the *Astral Body Ray*, the attentional principle attunes to an Initiate upon a certain Ray, who works with this conscious principle as teacher and guide, presenting truths colored by the Ray path upon which the Initiate works.

In the *Etheric Body Ray*, different Ray influences come to color the expression of the Subconscious Mind. Different environments draw out varied responses from the Subconscious mind, and have a powerful, almost magnetic influence on behavior. For example,

- The 1st Ray influences incline the individual to overcome obstacles by an act of will, to take charge of circumstances, which in extreme expressions can take the form of coercion, violence or war.
- The 2nd Ray influences encourage the individual to study, to reflect and to perform self-inquiry to find subjective truths and meanings.
- The 3rd Ray influences bring out goal setting, planning and intelligently working to reach objectives.
- The 4th Ray influences spark artistic expression and creativity.
- The 5th Ray influences activate tendencies toward scientific investigation and discovery of objective truth.

- The 6th Ray influences the individual to idealize and praise others, and to judge them by internalized moral standards, and to worship, know and serve the Supreme Being.
- The 7th Ray influences organize activity toward achievement of desires, sets up necessary conditions, resources, and capital for their realization, and motivate other people to cooperate in their fulfillment.

The *Personality Ray* governs the dominant personality style through which the Soul expresses in the world.

The 1st Ray personalities emphasize the use of Will as a primary agent in achievement, and often adopt careers as corporate leaders, soldiers, and police, where they can direct others and command their respect.

The 2nd Ray personalities have a predominant faculty of intuition, which leads them to professions where teaching, healing and understanding are paramount, such as education, counseling, psychotherapy and pastoral ministry.

The 3rd Ray personalities develop intellect as a primary faculty, and excel at organization and communication, and can be found working as managers, superintendents, journalists, non-fiction writers and philosophers.

The 4th Ray personalities express imagination as their ruling faculty, develop acute sensory perception and have ready access to their Subconscious mind. They often take up artistic careers such as musicians, painters, performers, architects, poets, fiction writers and actors.

The 5th Ray personalities highlight reason as an ascendant faculty, and may be found in great numbers among scientists, mathematicians, librarians, clerical workers, and engineers.

The 6th Ray personalities have emotion as their regnant faculty, and are drawn to careers where they can channel their impulses to love, to serve and to idealize and persuade. These may lead them to careers as salesman, humanitarian volunteers, philanthropists, evangelistic and charismatic ministers, practitioners of the healing arts, medicine and nursing, childcare workers, domestic workers, and caretakers for the physically and mentally ill.

The 7th Ray personalities have physical behavior as their principal function, with a focus on bringing abstract, symbolic and spiritual ideas into manifestation. They can be found as mechanical and construction workers, fashion models and designers, motion picture directors, entrepreneurs and business owners, and as priests or practitioners of religious or magical rites.

The *Soul Ray* is dominantly expressed in the Soul during those stages of the Path where it undergoes the Initiations.

1st Ray Souls work to destroy obstacles and illusions, to empower and to activate dormant potentials.

2nd Ray Souls emphasize teaching, emotional healing and meditation.

3rd Ray Souls cultivate spiritual discernment, and seek to discover and utilize the inner laws to gain mastery over nature.

4th Ray Souls focus on finding a synthesis between the dualities in their nature, and creatively expressing the dynamic interplay between these polarities.

5th Ray Souls quest for exact knowledge of the external and internal universe through science and analysis of the spiritual worlds.

6th Ray Souls practice fervent devotion, service and sacrifice to make spiritual progress and draw closer to mystic union with the Divine.

7th Ray Souls bring spiritual gifts and abilities into expression through the personality and the body, working to make the human pole into an instrument for the Soul.

The *Monadical Ray* steps down the Primal Impulse of the Spirit into Creation. It passes through the following levels of manifestation from the Primordial Light:

- (1) The Father (Brahma, Sanat Kumara) The Creator, the Divine Will and Plan
- (2) The Son (Vishnu, The Christ) The Lord and Savior of Creation
- (3) The Holy Spirit (Shiva, The Bodhisattva) The Transformer and One Initiator
- (4) The Origin of the Seven Rays (The Maha Chohan) the fountainhead of the Seven Rays, the Lord of Synthesis
- (5) The Seven Rays in Manifestation (The Seven Ray Lords, Chohans)
- (6) The Masters on the Rays (The offices of the Hierarchy of Light, the Adept Masters)
- (7) The dominant Ray on each Plane of Creation
- (8) The dominant Ray on each Subplane
- (9) The Angelic Rays governing the angelic kingdom and their activities
- (10) The Rays governing group activity overshadowing nations, states, cities, companies, families and other groups of people engaged in intelligent, purposeful activities to serve humanity (Group Soul Manifestation)
- (11) The Soul Ray (Initiates and Disciples upon the Path, Individual Soul Manifestation)



(12) The Soul Ray in Expression, interfacing with the Ray makeup of the personality, etheric body, astral body, mental seed atom, emotional seed atom, and physical seed atom to bring about a unique demonstration of the Soul's gifts and abilities in human experience

(13) The Seven Rays as manifested in the Cosmos, in Nature and the Universe

(14) The Seven Rays as expressed in the Animal, Plant and Mineral Kingdoms

### Homework for Next Session

- (1) Review all of this material—you should have a good familiarity with each of the levels described here
- (2) Select a live person or a picture to do your reading
- (3) Get a pendulum

		
<p>You hold a pendulum like this</p>	<p>You can select from a wide variety of pendulums</p>	<p>Visualize the Seven Rays like this behind each center</p>

- (4) Ask your pendulum to tell you what is “yes” and “no”

- (5) Ask for the Soul, “Is this 1st Ray?” “2nd Ray?” “3rd Ray?” “4th Ray?” “5th Ray?” “6th Ray?” “7th Ray?” [Notice which one the pendulum indicates “yes”, and write down your answer]
- (6) Do the same for the Personality
- (7) Ask for the Mind, “Is this 5th Ray?” “Is this 3rd Ray?”
- (8) Ask for the Emotions, “Is this 6th Ray?” “Is this 2nd Ray?”
- (9) Ask for the Physical Etheric “Is this 3rd Ray?” “Is this 7th Ray?”
- (10) Write down your answers. [If you want me to review it, I’ll need a picture of the person]





Thank you for attending our webinar today.

