

Reflections on Process Meditation

Today's webinar will explore process meditation, which we have introduced to you in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, in greater depth. We will draw upon our published and new writing on this topic to give you a better understanding of what this method does and how—and where—it works.

Psychological Processing: A Discussion of Process Meditation

By George A. Boyd ©2003

Psychological processing of issues may be seen to arise in four ways:

1. **Spontaneous processing** – processing of deeply painful and meaningful issues that arise out of a traumatic loss or experience. Grieving at the death of a loved one is an example.
2. **Structured processing** – used in Scientology™ and [in other groups that utilize process meditation]—and in modified forms—in psychotherapy. This introduces a question geared to induce psychological process in a specific issue. The answer that arises is then acknowledged.

This question/answer/acknowledgement processing cycle continues until the original occurrence of the issue is uncovered. This is typically done with another person asking the questions, although the client can also process himself/herself.
3. **Insight-driven processing** – this arises during periods of deep insight and illumination when the Superconscious Mind discerns the essence of an issue. This brings about spontaneous processing and release.
4. **Transformational processing** – this occurs during inner transformation in which karmic issues are directly transmuted and all seven aspects of the issue are eradicated from the mind.

Transformational meditation techniques or Light Immersion activates this kind of processing.

These seven aspects of processing can be described as follows:

Aspect	Description
Physical	Marked by relaxation, release of tension, relief of pain, abatement of psychosomatic symptoms
Etheric	Uncovering associated memories, going back to the first incidence of the issue
Emotional	Expressing associated emotions, going back to the first incidence of the issue
Mental	Activating associated beliefs, values, concepts or ideas going back to the first incidence of the issue
Volitional	Identifying choices that occurred at the beginning of the issue and choices that were made subsequently that hold the issue in place.
Identity	Encountering the viewpoint and sense of identity encapsulated by the issue at its origin and over time to the present
Karmic Essence	Foundational level of karmic impressions (samskaras) from which the other phenomena accessible through process meditation may be seen to arise.

Modalities that Stimulate Processing

A number of modalities may trigger different types of processing. For example:

- *Body-mind modalities* such as massage, structural balancing and acupressure may tap the stream of process by stimulating its physical substrate through touch.
- *Psychotherapy* stimulates psychological processing by accessing memory, emotions, beliefs, choices and self-image through skillful questioning and leading the client to become aware of aspects of himself/herself.

- *Scientology™* and other groups that use process meditation introduce the client to a progressive series of structured process meditations in order to uncover deeper layers of the unconscious mind until breakthrough to the client's spiritual or noetic essence is achieved.
- *Hypnotherapy* may catalyze insight-driven processing by suggesting significant dreams or by guiding the client to encounter a symbolic representation of the issue.
- *Meditation* relies upon insight-driven processing brought about by deep reflection and inquiry in order to drive character reformation, and also upon trans-formational processing induced by transformational techniques or Light Immersion to directly burn away karma.
- In the Mudrashram® System of Integral Meditation, we introduce the techniques of *Jnana Yoga* in order to activate insight-driven processing and the trans-formational technique of bija mantra in order to bring about transformational processing.

Psychological growth and recovery from trauma can be augmented by the skillful induction of psychological process through any of these means...

Where Does Process Meditation Operate?

Process meditation primarily operates on the Akashic Records Subplane and the Dynamic Creation Subplanes of the Abstract Mind Plane, where it dissolves the karmic impressions that are layered there.

The nodal points of this band of the Continuum are described in the Mudrashram® Correspondence Course, from which we excerpt.

The Akashic Aether

The Akashic Aether is a record of our experience in time, moment by moment. In the present, creative moment, the Soul can activate the apperceptive atom to create, know, and transform experience. Out of this moment-to-moment creation is constructed the story of human life.

The Akashic Aether records in exquisite detail the record of each experience in multiple tracks. It records sensory tracks of visual, auditory, tactile, gustatory, and olfactory experiences. It lays down deep tissue tracks of pain, pressure, kinesthetic movement, sensations of nerves and chemoreceptors. It imprints the emotional tracks of your sadness, anger, disgust, and joy. It impresses the subtle vibrations of your thoughts. It captures your choices. It mirrors the image you hold of yourself. It reflects your inner visions and deep intuitive learning.

This Great Remembrance Book of the Ages preserves a complete record of your experience, moment-to-moment. While human memory retrieved from the Subconscious mind is partial, incomplete, often with gaps and distortions; the Akashic Aether's Superconscious record is complete. It records not only that which you can consciously remember, but that which is buried in your unconscious part of your mind.

The unconscious subtly influences our conscious experience even though we are not aware of it. The unconscious may bring out reactive patterns of fear, avoidance, attack and condemnation, strong desire and attraction, self-sabotage, self-delusion and denial, and keep aspects of experience out of awareness (repression).

While the ego of the Conscious mind works with the present-time issues of the unconscious, the Akashic Aether records these issues as they emerged and maintained themselves both in this life and in past incarnations.

Meditators, who access this Subplane of the Abstract Mind encounter, remember, and re-live experiences from past incarnations. Meditation upon the 12 nodal points on this Subplane reveals the following levels of temporal experience:

- (1) Present time, the instant (ksana) of present recording
- (2) Short term memory, about two minutes, or the time you typically retain a visual afterimage
- (3) Recent memory, up to three or four days, whose details you can recall into Conscious mind experience readily

- (4) Cyclic memory, the remembrance of your experiences during this developmental period of your life, up to about seven years
- (5) Long term memory, back to the earliest memory you can consciously recall
- (6) Present life memory, back to your moment of conception; contains both material you can consciously remember and that which is unconscious
- (7) Immediate, *primary antenatal memory*, including experiences between this incarnation and the former one, and impressions of experiences in the immediate former incarnation
- (8) Active karmic cluster, *secondary antenatal memory*, typically deriving from experiences from the past four to five lifetimes that are influencing the current lifetime
- (9) Latent karmic cluster, *tertiary antenatal memory*, going back six to ten lifetimes, consisting of issues that have been largely resolved, and rarely influence the current life
- (10) Deep, dormant karmic cluster, *quaternary antenatal memory*, comprising the past 11 to 20 lives, going back to the beginning of the Chaldean epoch of evolution
- (11) Deepest, dormant karmic cluster, *quintessential antenatal memory*, deriving from the earliest lifetimes, often experienced during the Atlantean or Lemurian epochs of evolution
- (12) *Eternity*, the Soul's experience before its first incarnation, and the mirror of its evolution in each life

The Demiurgic Subplane

On the Demiurgic [or Dynamic Creation] Subplane, the volitional core of the apperceptive atom begins to function with greater effectiveness, planting dynamic thought seeds in the fertile matrix of the Abstract Mind to manifest its goals and intentions.

The 12 nodal points of the Demiurgic Subplane are described below.

1. Choosing incarnation – you will behold your Soul choosing to send the ray of life into your present incarnation, and may witness that there may have been alternative options for your birth.
2. Parental influence – you will become aware of the programming you received from your parents or parental surrogates, and how that shaped your life.
3. Influence of entities – your significant unresolved life issues will appear as an entity, such as an imp, a demon, or a wild animal, etc. At this level you will confront and interact with these directly.
4. Goals and purposes – you will identify your authentic goals and life purpose, and differentiate these from those you have adopted to please other people or to avoid others' criticism or withdrawal of affection.
5. Creation of personal life – at this level you will begin to create by choice what you want to do, be, and have in your life.
6. Creation of relationship – at this level you will make choices about selecting a desired sexual partner and life partner if you do not have one. If you are currently in relationship, you will begin to clear up your communication, make your needs known to your current partner and create by choice the relationship you want to have.
7. Creation of career – at this level you will identify what you want from your career, and manifest those goals.
8. Contributing to and serving humanity – at this level you choose to have your life make a difference in the lives of other people, and you take on a project to better their lives.

9. Serving the kingdoms of Nature – at this level you choose to preserve and protect living creatures by making lifestyle changes, political activism or environmental advocacy.
10. Serving the planet – at this level you choose to preserve and protect the natural environment and the ecosphere by making lifestyle changes, political activism or environmental advocacy.
11. Serving the spirits of human beings – at this level you take on a role serving others as a minister by choosing to comfort, heal, counsel, guide, or teach the spirit in others
12. Manifesting the Infinite to fulfill others – at this level you assist the Souls of others to overcome the temporal conditioning of the time track, support them in becoming free and independent, and to become creators of their destiny.

Levels of Process Meditation

Excerpted from The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation, volume one: The Fundamentals of Meditation © 2008

Process meditation is a repetitive question asked over and over to the subconscious mind to elicit information. In process meditation, there is a question/ response/acknowledgement cycle. This cycle continues until an end point phenomenon occurs. An end point phenomenon is when the emotional charge held in associated memory traces (engram) has been fully discharged. When this occurs, the original incident or trauma that has conditioned the repression and other psychological defenses to arise within the mind has been experienced and released, and the original state of being at cause is realized.

Process can be done at a number of levels, including

- 1) Process of memory
- 2) Process of feeling
- 3) Process of relationship
- 4) Process of intention or willingness

- 5) Process of creation (being at cause)
- 6) Process of the contents of consciousness
- 7) Process of the entire reservoir of the unconscious mind (including the preconscious, personal unconscious and collective unconscious)
- 8) Process of the dynamics of self, relationship, group, humanity, other species, universe, spiritual world, and God
- 9) Meta-processing, or formulating processes to address the issues that arise

In the *process of memory*, you ask a repetitive question to the subconscious mind in the form of "remember a time when you..." This rehabilitates the ability to recall information from the subconscious mind, and improves memory.

In *processing feelings*, you process emotions successively along a gradient of feelings, starting with very negative or painful feelings such as depression, on up to enthusiasm. A typical gradient would be to process feelings of depression, apathy, sadness, propitiation, covert anger, anger, boredom, interest, and then enthusiasm.

Questions are asked like, "when did you feel sadness?" These processes clear up the distortions caused by the subconscious habit of emotionalizing every experience. This results in the formation of attitudes, prejudices, and opinions about our experience, instead of just objectively experiencing it as it is. It enables you to live more in the here and now.

The *processing of relationships* has to do with the clearing up of the communications between individuals. It combines the processing of feeling and memory with the assumption of an objective viewpoint, moving from "I" felt this, to "you" felt this, to "he or she" felt this.

This objectification of viewpoint allows you to clear up the misinterpretations of the meaning and intention of communications that you have originated, or that have originated from others.

An issue that has taken on relevance because of the experience of pain, of loss, or the failure to communicate with another is processed with an aim to complete the unfinished business of relationship.

This further allows you to clear up the "transference" issues, the early relationships with significant others that have significantly colored your beliefs, your values, and sense of yourself. When the overlay of other people's values and beliefs are removed from your subconscious, you are enabled to get into touch with your genuine values, perceptions, and who you genuinely are.

Once you have cleared up relationship issues, *processing of intention or willingness* allows you to discover what your goals are, and to determine which goals you have completed, and which are incomplete. You also process what has impeded your willingness to perform certain actions that would result in your achieving your goals.

Clearing up the barriers to your willingness by uprooting your internal resistance and stubbornness results in increased success in realizing your goals. It also strengthens your ability to set new goals and achieve them.

The *process of creation* examines the match between what you have said to yourself or others about what you are going to do (intention), and what you actually did. The questioning here is aimed to uncover what stands in the way of you actually fulfilling your word. For example, if you said, "I will make \$40,000 this year," and you actually made \$9,000, you would notice a discrepancy between your intention and your behavior. Self-doubt and low self-esteem are linked to this inability to do what you say you will, as well as the issue of others respecting and trusting you.

As you process this level, you uncover the defenses, rationalizations, and excuses that you made to yourself and others to protect your self-image. When you tell the complete truth, the real causes of your failure emerge from the unconscious.

Once conscious, you can eliminate these causes and re-create your intention to actually carry out what you said you would. Increasingly, what you say you will do and what you actually do become congruent. With this greater congruence, both your personal power to create your life experiences in the way you choose them to be, and self-esteem are enhanced. You also gain a greater sense of personal integrity.

In *processing the content of consciousness*, the constructs, beliefs, thought forms, and entities attached to the aura are processed, reducing the subtle influences that keep your original intentions or dreams from being realized. As this advanced processing is completed, the mind is freed from aberrations and can function at its highest capacity.

Processing the entire unconscious with global processing questions ultimately leads one to union with that which existed before human experience, the Soul. By processing an issue through the entire memory bank of the unconscious, you leave behind all conditioning and enter into the Unconditional. During this aspect of processing, material that comes up from past incarnations is uncovered, and handled through specific processes. This brings the highest freedom to move on the time track, and to utilize the gifts and experience of multiple lifetimes, and brings realization of the essential self as a spiritual being.

Processing the dynamics dissolves what was created in the past, and re-creates what you desire to manifest in your life, and in your world. It is a progressive act of taking responsibility for each of the areas of your functioning, and specifying what it is you will experience. This is done from the standpoint of you as a spiritual being. Because you have cleared out the aberrations and conditioning that got in your way, you now can create freely.

Meta-processing, the final aspect of processing, is when you are able to formulate a process for any area of difficulty that arises. It requires an intimate knowledge of the workings of the subconscious and unconscious levels of the mind, and the ability to formulate a specific process meditation to address the issue.

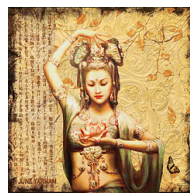
What Are Ways Process Meditation Can Be Done?

Structured process meditation can be done in seven major ways:

1. *Self-process* – You ask yourself a series of process questions. This is what you learn in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.
2. *Group-process* – In this type, process meditation is done with a group, whom are each working on the same process question. This type of process is used in the Landmark Forum, Insight™ Seminar training, and other transformational trainings.
3. *Dyadic-process* – This more intimate type of process occurs when the person giving the process questions to the client is regarding the client with empathy, unconditional positive regard, and a non-judgmental mindset. Psychotherapy and coaching utilize this type.
4. *Auditing with a skin-galvanometer* [also called an electro-psychometer or e-meter] – The Church of Scientology™ calls this measuring of the electrical resistance of the skin while asking structured process questions, auditing. A trained auditor is supposed to be able to read the e-meter to determine when the person doing processing (called a pre-clear in Scientology™) has completed the process and is ready to move onto the next one.
5. *Transmutation through Transformation and Light Immersion* – As the Soul moves to a new nodal point, the Light dissolves the karmic impressions in the unconscious mind. Through activating a transformational mantra or doing Kriya Yoga, some of the impressions in this band of the mind may be transmuted. Attunements, such as Guru Kripa Yoga and Light Immersion, can also bestow spiritual unfolding of the Soul and burn away these impressions. You learn of these transformational methods, and receive Light Immersion in Mudrashram®.

6. *Reduction through Buddhist Illumination* – The downpour of the Illumined Mind during profound, Samadhi meditation reveals the content of the unconscious mind, and transmutes these impressions. You learn about this process in the Mudrashram® Advanced Course in Meditation in the Chord Six Jnana Yoga section of the class.
7. *Inspection and creation of process meditation* – This “Master-mind” version of process meditation recognizes the impression in the unconscious mind, and develops a process meditation to work with this impression. To do this advanced form of process meditation you must
 - (a) Have the ability to travel as the attentional principle to the level of the mind where the impressions are
 - (b) Have clear “metavisional” sight to see the impression
 - (c) Formulate a process meditation and give that suggestion directly to the impression along its track
 - (d) Continue the process with your intention until you reach the end phenomenon

This type of process meditation is called *meta-processing*.



What Are You Processing through this Meditation?

You are processing the impressions in the unconscious mind when you do process meditation. You work with each issue individually until it is finished, you release it, and your Soul is able to make a new choice about it.

Depending on the perspective you take, these impressions may appear in different ways, for which varying remedies have been devised.

Ray	How Impressions Appear	Apparent Remedies to Address this Problem
1st	These appear as tendencies to action; rebellious will, or aspects of the will not integrated with the personal or transpersonal Self	Inner struggle, forcing the wayward element to obey, using the Light to destroy it
2nd	These are desires and cravings that the individual is not able to fulfill. This forms the substrate of stored karma.	Mindfulness, following the Eightfold Path, using Vipassana to find the roots of the desires and cravings and release them
3rd	These impressions appear to be layered in the inner vehicles, filling micro-microforms, microforms, and forms within the vehicles of consciousness that dwell on the inner Subplanes of the Continuum. These impressions appear as the “substance” of karma.	Use of transformational mantra, Kriya Yoga, Light Immersion, or other transformational methods to progressively dissolve and transmute these impressions, and enable the Soul to move forward on the Path and redeem and integrate this unconscious “substance.”
4th	The impressions appear as iron filings that resemble the intricate structure of chromosomes, which leads some in this perspective to conclude that they are purifying DNA.	Various attunements and body-mind techniques such as the Emotional Freedom Technique seek to purify and heal these impressions.
5th	These impressions are <i>engrams</i> , which are sequences of an issue that originated in a particular moment on the time track. These can originate, for example, during moments of trauma, unconsciousness, or when one made a harmful decision.	These engrams can be removed through process meditation.

Ray	How Impressions Appear	Apparent Remedies to Address this Problem
6th	These impressions are viewed as <i>sin</i> , a willful disobedience to the Divine Will and moral commandments. These sinful tendencies of mind become bad habits, contribute to negative aspects of character, and lead to a destiny of misery and suffering.	They are removed through confession, repentance, and voluntarily committing oneself to follow the Divine Will and the Moral Law of the Universe.
7th	These impressions appear as subpersonalities or “thought forms” that dwell in the unconscious, which personify karmic issues. Negative passions and addictions may appear as devils and demons.	Psychosynthesis, imagery techniques, Voice Dialog, and Gestalt Therapy are among the methods devised to work with these issues, and resolve them.

Process meditation groups view these impressions from the standpoint of the 5th Ray. Mudrashram® primarily addresses them from the transformational 3rd Ray approach.

What Is End Phenomenon?

Process meditation interfaces with emotionalized impressions in the unconscious mind through structured, repetitive questions. Reaching the end of a process meditation, which is called its end phenomenon, can have a variety of outcomes:

1. Empowerment to make a new choice and visualize a new outcome or direction
2. Experiencing compassion and forgiveness for the entire sequence of the emotionalized experience
3. Gaining understanding of the stages of development of the entire sequence, resulting in insight and realization
4. Ability to be present with each moment of the sequence without emotional reaction, resulting in cessation of upset, anxiety, and stress about it

5. Having exact knowledge of each incident of the sequence, which enables careful analysis and clear memory
6. Change in emotional tone, moving from hopelessness, depression, and despair to enthusiasm, contentment, and peace
7. Rehabilitation of ability, learning new options for response and alternate ways to handle the issues underlying the sequence

How Long Does It Take to Clear this Material?

These sequences of emotionalized and traumatic experiences can be progressively removed through process meditation, and other means. We estimate that in a person with relatively few issues in this band of the mind, there may be as few as 150 to 200 sequences to process; those with severe traumatic experiences may have to process as many as 4,500 or more issues.

The number of issues will influence the speed of processing. For example, a comprehensive and thorough structured process meditation program, which might remove 95% to 98% of these impressions for this band of the mind, but might take five to twenty years to accomplish.

In comparison, using a transformational mantra to move the Soul through these 24 nodal points of this band of the mind—if one could move the Soul one nodal point per day—would only take 24 days to accomplish. We would expect, however, that this reduction of these karmic issues through transformation would not be as complete as the methodical, issue-by-issue clearing of structured process meditation, and might remove somewhere in the range of 75% to 85% of the impressions—with additional clearing taking place as the Soul advances further on the Path.



- Have you experienced issues resolving through practicing your transformational mantra? What issues were not resolved through this means?
- If you have processed an issue completely, what types of end phenomena did you experience? How did you change as a result?
- How do you view the impressions in your unconscious mind? What methods have you used that reliably removed them?
- Though what ways have you performed process meditation? What results did you get from them? Is there one that you feel works best for you?
- Which levels of process meditation have you tapped? Were you able to resolve any of your life issues through doing this?
- Which of the modalities that stimulate psychological process have you experienced? What outcomes did you experience as a result?
- What issues in your life do you feel would be helped through process meditation?
- How might you design the process meditation to target this issue? What question would you ask?

Thank you for attending our webinar today!

