

Opening the Spiritual Senses

For our webinar today, we will return to the exploration of awakening the spiritual senses. We are reminded that you were not meant to witness soft grey mist, but full Technicolor in your meditations. We will select from some of our recent articles on this topic to go more deeply into this topic of perennial interest and perpetual challenge. Here we go:

The Awakening of Inner Sensation

By George A. Boyd ©2015

Q: Many meditators report that they just don't see anything in meditation. What is holding them back?

A: The portals of perception must be cleared. In some cases, this involves removing the karmic accretions that obscure the inner vehicles of consciousness. In other cases, these vehicles of consciousness have been opened, but the meditator has not fully activated their faculty of metavision, which operates through the attentional principle.

They must learn how to project their attentional principle from its ground state behind the pituitary center of the Subconscious mind to higher levels of the Superconscious mind, and contemplate from that higher vantage point. They must remain in this inner contemplative state until they kindle inner vision and awaken the intuitive knowledge of the Soul.

They can remove karmic accretions through use of transformational meditation techniques and through Light Immersion. This karma, which blocks inner vision, appears to block perception through 14 layers, which can be described as follows:

Layer	Band of Vision	What is sensed?
1	Physical	Environmental sensations from the space around the body
2		Sensations from the inside of the body, awareness of the tissues and organs
3	Astral	The energy and vibrations that emanate from the body and surround it, the aura; as this type progresses, one can detect the energy of the chakras
4		The presence of thought forms in the matrix of the mind; at this stage, one can anchor thought forms through visualization and affirmation, and can dissolve unwanted thought forms through process meditation
5		Spiritual entities ("spirits"), guides, angels, and "Masters"; this is the beginning of telepathic communion with the inhabitants of the Astral Plane

Layer	Band of Vision	What is sensed?
6	Causal-Mental	The presence of the vehicles of consciousness and their mental activity; one can detect selected nuclei of identity, seed atoms and centers within these vehicles of consciousness at this level
7		The presence of mind-stuff in self and others
8		The attentional principle in self and others
9		The spirit in self and others; advanced meditators can detect the spirit in more than one domain
10		The Soul; advanced meditators can detect more than one Octave of Being—the Soul Spark, Soul, Monad, Astral Soul, and Supracosmic Soul
11		The presence of the Divine Spirit or Shakti; at this level the meditator can clearly sense the activity of the Light
12	Transcendental	The content of the unconscious mind behind each vehicle of consciousness
13		The origin or state of liberation behind vehicles of consciousness, the spirit, and the ensouling entity; advanced meditators can detect this for multiple Divisions of the Great Continuum—Subtle-Planetary-Transplanetary, Cosmic, Supracosmic, and for entire Transcendental Paths
14		The Alaya, the energy that animates the ensouling entity at the cutting edge of spirituality

Those that do not meditate and who are spiritually unawakened are only aware of level one. Those who purify their body and find to some degree through fasting, prayer, and detoxification may begin to sense their deeper organs and tissues—this is the dawning of level two.

Those who begin to meditate start to see auras and sense the energy field around objects and other people. This progresses to the stage where they can detect the energy of the chakras. This level three perception is typical in those who begin to develop their psychic abilities.

Those who move their Soul onto the upper reaches of the Abstract Mind Plane and lower bands of the Psychic Realm may begin to become aware of thought forms. At level four, they may learn to actively create and dissolve these thought forms to manifest what they want in life, and to remove unwanted conditions.

In the middle and upper Subtle Realm, ranging to the top of the Second Planetary Initiation, level-five awareness begins, and they can detect different spiritual entities. Here they can see the forms of the

entities on the Astral Planes, and they can hear their thought transmissions. Some gain the ability to channel these communications through speech (channeling) or writing (automatic writing). Advanced psychics, channelers, and mystics operate at this level of sensory functioning.

When the causal mental stages, six through eleven, dawn upon the mind, meditators can become aware of the vehicles of consciousness and their contents, and the essences of consciousness—the attention, the attentional principle, the spirit, the Soul, and the activity of the Divine Spirit. This deeper layer of sensing typically arises at the time meditators take the Third Planetary Initiation and continues to develop to the top of the Supracosmic Sphere.

Global intuitive discernment begins when meditators have evolved into the Transcendental Sphere. This confers the penetrating discernment of levels twelve through fourteen, which can look into the entire reservoir of the unconscious mind, detect the origin of spiritual essences, and behold the energy of the Alaya animating the ensouling entity.

Aspirants can catalyze this process of inner seeing through learning techniques, such as are taught in the Vision workshop and the Mudrashram® Advanced Course in Meditation, and spending time doing Raja Yoga and contemplating their inner vehicles of consciousness. A thorough study of each vehicle of consciousness and each band of the Great Continuum of Consciousness, such as is presented in the Mudrashram® Correspondence Course, augments the acquisition of intuitive discernment and inner sensing.

Those who purify their vehicles of consciousness solely through the use of the transformational mantra will gain some enhancement of their ability to see and hear within, but the practice of Raja Yoga and contemplation from the attentional principle will improve this markedly beyond use of T-mantra alone.





Meditation on the Sensory Pathway

By George A. Boyd ©2016

There are seven major focal zones for the each of the senses. These focal zones are:

1. The physical senses, which operate during the waking state of awareness
2. The astral senses, which operate in the states of dream, reverie, hypnosis, meditation, and drug-induced altered states of consciousness
3. The senses of the focused attention, which are the sensations you experience when you concentrate your attention on a focal point, contemplate the content at that point, and allow your energy to flow into that point—this brings about the state of union with the object of concentration
4. The senses of the attentional principle, which allows you sense from its standpoint and experience the higher Planes of the Superconscious mind
5. The senses of the spirit, which allows you to experience the many dimensional worlds that are contained along the Nadamic Path from the perspective of your spirit
6. The senses of the Soul's consciousness, which illumines each of the vehicles of consciousness and their integrating centers (seed atoms and nuclei of identity that dwell in them); this is sometimes referred to as transpersonal intuition
7. The core of the senses uniting in the Soul, which brings about Gnosis or Soul Realization

Focal zones two to six operate behind the physical senses. To experience these finer faculties of sensation, the attention and the sensory currents must be withdrawn from the physical senses, and shunted into the focal zone that you wish to contact and experience the world from its viewpoint.

This withdrawal of sensory currents, called Pratyahara, occurs to some extent whenever attention is drawn into the inner vehicles of consciousness during meditation. Pratyahara is more pronounced when

you spend sufficient time to attain full absorption with the object of meditation, which is called samadhi.

These focal zones beyond the physical, alas, are largely dormant in many people. They are dormant because people do not focus their attention in those bands of the mind. Most people do experience astral sensation in dreams, and reach states of attentional sensing when they are studying or deeply absorbed in a book, a movie, or other states of deep concentration or fascination—but they simply do not tap into the other forms of sensing because they never move their attention into a state where these other focal zones can be activated.

Activation of these focal zones has three parts.

1. Placing the attention on the core of the focal zone and contacting the aspect of being where this octave of sensation operates
2. Giving suggestion to focus attention on the separate sensory pathways of sight, sound, smell, taste, and touch (active mode)
3. Requesting that the Soul show you the contents of that octave of the senses (passive mode)

You can access these subtler aspects of sensation in two different modes:

In the *active mode*, you are shifting your attention into the different sensory tracks and simply experiencing it. You experience this mode when you are dynamically inquiring and searching for an answer and seek to have an inner experience. This mode has been called self-study, and it operates when your attention can detach from involvement with the contents of the inner vehicles of consciousness.

In the *passive mode*, you ask your Soul to reveal this content to you. You use this mode when you might be having difficulties accessing the deeper bands of the mind, because you cannot disengage your attention from certain vehicles of consciousness or you are experiencing a blockage that does not allow you to move beyond it. This mode has been called revelation, which occurs when something is shown to you; it has also been referred to as aural reception, which happens when the Soul, a spiritual guide, or other numinous spiritual entity tells you something.

For many beginning meditators, because they cannot disengage their attention from certain vehicles of consciousness—which may take the form of becoming absorbed in the streams of consciousness of feelings, thoughts, personal problems, issues in their relationship, projects at work, or memories—they often must rely upon the passive method of inner sensing from these deeper focal zones. Here you ask your Soul to show you the content for seeing, hearing, smelling, tasting, and touching at that level.

Once you have had some experience with these deeper levels of the mind, you can then take the active approach. After you focus on the core of this focal zone, you simply witness the sensations that are occurring through uniting your attention with that essence and shifting your attentional focus from one sensory stream to another.

These key points to activate each focal zone are shown in the table below.

Focal Zone	Where you focus attention	Comment
Physical	Default mode: this occurs when you are awake, your attention is in the waking state of awareness, and you are passively experiencing the environment and your internal dialog	Focusing on the sensory vehicle of the Conscious mind in the practice of sensory Vipassana heightens your experience of each sensation
Astral	On the eye in the middle of the forehead of the astral forehead	When you are completely absorbed in the astral body, you can experience auras, remote viewing of physical and dimensional realms, and sensing energies and objects beyond their normal parameters of the physical senses
Mental	Unite attention with the “ball of mind stuff” behind the medulla center, and then move this essence to successive focal points in the vehicles of consciousness	Uniting attention with this ball of mind stuff is called mindfulness: you sense you are completely present with each moment of your experience, and simply witness the content.
Attentional principle	Unite attention with the attentional principle (Purusa Dhyana)	When you merge attention with the wave of consciousness of the attentional principle, you gain fusion with this essence
The spirit	Unite attention with the spirit (Surat Dhyana)	When you merge attention with the wave of consciousness of the spirit, you gain fusion with this essence
Transpersonal intuition	Unite attention with the brain center of the Soul’s essential vehicle (Param Manasa Dhyana)	When you merge attention with the Light of the Soul’s consciousness, you awaken the rings of the Soul’s eternal knowledge. This faculty is called mandalic reasoning or discernment. It enables you to intuit and directly sense each of the Planes and Subplanes of the Superconscious mind, and the content of each vehicle of consciousness. When this faculty is fully activated, it enables you to detect the content of each nodal point the Soul has awakened.

Focal Zone	Where you focus attention	Comment
Ensouling entity	Unite attention with the Soul on its own Plane (Adi Atma Dhyana)	When you focus upon the Soul and withdraw all energies from the vehicle of consciousness, you experience full fusion with the Soul (Atma Samadhi). This is the core of sensation, where the streams of the five senses merge with absolute knowledge and Gnosis.

Some people experience partial activation of their transpersonal intuition when they unite attention with the seed atom of a higher vehicle of consciousness (Swarupa Bija Dhyana) or upon a nucleus of identity (Manasa Dhyana). In religious and spiritual groups that teach their adherents to meditate upon a seed atom—for example, in the New Age groups that teach their students to focus on the “star seed” in the Psychic Realm—or upon a nucleus of identity, as do Judeo-Christian groups (Moon Soul or Christ Child), I AM Movement groups (Mighty I AM Presence), or groups affiliated with the Yogi Preceptor lineages (Cosmic Consciousness)—they awaken awareness to that level of the mind and activate the faculties of that vehicle of consciousness.

They do not fully awaken their transpersonal intuition, however, until they contemplate the brain center of the essential body of the Soul. This opens all aspects of the Superconscious mind up to the stage of the Soul’s spiritual evolution.

It is possible to activate essences that are beyond the Soul—what we call the cutting edge of spirituality—and awaken the sensory faculties that operate at that level. Groups that contemplate and unfold Cosmic Consciousness, Cosmic Soul Awareness, the Astral Soul, the Supracosmic Seed Atom, or the spirit and ensouling entity on one of the Transcendental Paths do awaken the senses into these even subtler octaves of being. While it is valuable for aspirants to familiarize themselves with these higher octaves of being—and we do this when we guide our students into these realms in the Mudrashram® Advanced Course in Meditation—we do not encourage students to take up residence in these realms and do their spiritual work in these higher octaves until these bands of the Continuum have become their cutting edge of spirituality.



Meditation on Your Sensory Streams

1. *Meditation on the Physical Senses* – Close your eyes and gaze at the point between the eyebrows. Collect your attention at this place until you sense that your mind’s eye awakens. Suggest and witness the content that arises:
 - This is my physical sight stream. Notice its pathway from the eyes to the surface of the brain.
 - This is my physical hearing stream. Notice its pathway from the ears to the surface of the brain.
 - This is my physical smell stream. Notice its pathway from the nose to the surface of the brain.
 - This is my physical taste stream. Notice its pathway from the tongue to the surface of the brain.
 - This is my physical touch stream. Notice its pathway from the skin to the surface of the brain.

2. *Meditation on the Astral Senses* – Fully relax your body. Visualize a tube connecting your medulla center with the astral body. Travel through this tube, into the astral spine. Move up the astral spine to the point between the eyebrows in the astral body, and then up to the middle of the forehead. Focus on the star-like central point of that astral eye until you feel that you have fused with that light. Suggest and witness the content that arises:
 - This is my astral sight stream. Notice the content of what your astral eyes are seeing.
 - This is my astral hearing stream. Notice the content of what your astral ears are hearing.
 - This is my astral smell stream. Notice the content of what your astral olfactory sense smells.
 - This is my astral taste stream. Notice the content of what your astral gustatory sense tastes.
 - This is my astral touch stream. Notice the content that arises from the surface of the astral body.

3. *Meditation on the Mental Senses* – Fully collect your attention in the medulla center using concentration or the sniff breath (Han Sa method) until you sense that you are fully present. Now shift to the next focal point, the Movement Awareness Center. Allow your awareness to open into this focal point, and witness whatever content arises as you do this. Once you feel a sense of union with this focal point—you are experiencing each instance of content as it arises—suggest and witness as follows:

- This is my mental sight stream. Notice the content of what your mental eye sees.
- This is my mental hearing stream. Notice the content of what your mental ear hears.
- This is my mental smell stream. Notice the content of what your mental olfactory sense smells.
- This is my mental taste stream. Notice the content of what your mental gustatory sense tastes.
- This is my mental touch stream. Notice the content of what your mental tactile sense feels.

Shift to the other focal points of the Conscious mind—sensory center, deep body sensation center, emotional center, reason, ego and preconscious—and repeat this exercise. Do this exercise until you can isolate each sensory stream that opens through that vehicle of consciousness into its focal point.

4. *Meditation on Attentional Principle Sensation* – Focus attention on the attentional principle using the Purusa Dhyana technique or the direct focusing of attention on the attentional principle using Tratakam. Use microconcentration to focus on the brain center of the form of the attentional principle above and behind the pituitary center of the system of chakras of the Subconscious mind, until you fuse with the wave of consciousness. Suggest and witness as follows:
 - This is attentional principle sight (metavision). This is what my attentional principle sees.
 - This is attentional principle hearing (meta-audition). This is what my attentional principle hears.
 - This is attentional principle smell. This is what my attentional principle smells.
 - This is attentional principle taste. This is what my attentional principle tastes.
 - This is attentional principle touch. This is what my attentional principle feels.
5. *Meditation on Sensation of the spirit* – Focus attention on the spirit using the Surat Dhyana technique or the direct focusing of attention on the spirit using Tratakam. Use microconcentration to focus on the brain center of the form of the spirit in its seat in the Superconscious mind, until you fuse with its wave of consciousness. Suggest and witness as follows:
 - This is my spirit's sight (heart sight). This is what my spirit sees.
 - This is my spirit's hearing (heart hearing). This is what my spirit hears.
 - This is my spirit's smell. This is what my spirit smells.
 - This is my spirit's taste. This is what my spirit tastes.
 - This is my spirit's touch. This is what my spirit feels.

6. *Meditation on Transpersonal Intuition* – Focus attention on the Soul’s consciousness using the Silver Onion Technique or through Tratakam. Merge into the Jet of Pure Spirit that dwells in this center, and breathe into it until your awareness opens through all the rings of consciousness and merges into this Light of Illumination. Suggest and witness as follows:

- This is the stream of sight that passes through all of my Soul’s vehicles. This is what my visual intuition reveals.
- This is the stream of hearing that passes through all of my Soul’s vehicles. This is what my auditory intuition reveals.
- This is the stream of smell that passes through all of my Soul’s vehicles. This is what my olfactory intuition reveals.
- This is the stream of taste that passes through all of my Soul’s vehicles. This is what my gustatory intuition reveals.
- This is the stream of touch that passes through all of my Soul’s vehicles. This is what my tactile intuition reveals.

7. *Meditation upon Core Sensation* – Focus attention on the Soul [or other ensouling entity that is your cutting edge of spirituality] using Adi Atma Dhyana or enter into Atma Samadhi. Allow your awareness to fully open until you fuse into the Soul, and experience the state of Soul Realization or Gnosis. Notice each of your sensory streams have their origin in the Soul: the Soul is the Knower of the field of the senses, both gross (physical sensation) and subtle (sensation of focal zones two through six). Suggest and witness as follows:

- This is the stream of sight that is anchored in my Soul. I am the Knower of vision.
- This is the stream of hearing that is anchored in my Soul. I am the Knower of hearing.
- This is the stream of smell that is anchored in my Soul. I am the Knower of smell.
- This is the stream of taste that is anchored in my Soul. I am the Knower of taste.
- This is the stream of touch that is anchored in my Soul. I am the Knower of touch.

Now feel the entire sensory stream—from each of the physical senses through each of the subtle senses up to your Soul. Realize the senses are anchored in the Soul, and sensation forms a continuous stream from the physical body to the Soul. Realize that this stream is unbroken and always present, whether your attention is focused in that sensory focal zone or not.

Now give the suggestion to *turn on* each sensory focal zone in turn [e.g., if it is not active in you right now]:

- I turn on my physical senses.
- I turn on my astral senses.
- I turn on my mental (attentional) senses.

- I turn on the senses of my attentional principle.
- I turn on the senses of my spirit.
- I turn on the sensory streams of my transpersonal intuition.
- I turn on the core senses of my Soul. I am aware of the continuity of the sensory stream. I am the Knower of the senses.

Now give the suggestion to *turn off* each sensory focal zone in turn:

- I turn off my physical senses.
- I turn off my astral senses.
- I turn off my mental (attentional) senses.
- I turn off the senses of my attentional principle.
- I turn off the senses of my spirit.
- I turn off the sensory streams of my transpersonal intuition.
- I turn off the core senses of my Soul.

Now you realize that you can activate the gross and subtle senses at will. Turn on your physical senses and your core senses. Decide whatever other levels need to be active at this time, and turn them on. When you don't need them, give the suggestion to turn them off. Here are some examples:

- If you are doing a psychic reading, you will want to turn on your astral senses.
- When you are studying deeply or meditating on your inner vehicles of consciousness, you will want to turn on your mental senses.
- If you are doing Raja Yoga, you will want to turn on the senses of your attentional principle.
- If you are doing Nada Yoga, you will want to turn on the senses of your spirit.
- If you are doing Jnana Yoga, you will want to turn on the senses of your transpersonal intuition.
- If you are entering into union and fusion with the Soul (Atma Samadhi), you will want to ensure that your core senses are turned on.

Full functioning of the sensory streams is your birthright. Do not settle for less. We encourage you to practice these exercises until you can experience each octave of sensation fully.



Thank you for attending our webinar today!

