

## Another Look at Inner Vision, part one

This webinar is being developed at the behest of one of our students who would like us to go into greater depth about the stages of inner vision in meditation. We have previously addressed these levels in the Vision Workshop with a series of guided meditations on each aspect of inner seeing—if you are genuinely interested in learning how to see within, this paid webinar is highly recommended. It is available in the Public In-Depth webinar series, which you can access on the Order Webinars tab in your dashboard area. In this webinar we explored the levels of inner seeing—Physical, Astral, Attentional, Metavisual, Personal Intuition, Spiritual, Transpersonal Intuition, and Core Sight.

This new treatment will cover the progressive unfolding of inner sight. It is based on an article that our student found on our legacy website—this article is now in the Library on the new website. We will replicate that article here: it will be a stepping off point for our exploration.

### **Inner Vision in Meditation**

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Inner seeing in meditation develops progressively as a byproduct of the operation of the coverings over the attentional principle. At first, you are aware only via the physical senses. Then you begin to see with your attention when you learn how to contemplate the content of your awareness with your eyes closed.

True metavisual is the seeing faculty of the attentional principle when you first unite your attention with your attentional principle. As the attentional principle is projected from its ground state behind the pituitary center of the subconscious mind into the higher Planes, the faculties of its coverings begin to operate.

Between the ground state and the top of the Psychic Realm, the attentional principle operates in its astral covering. From the Wisdom Plane to the top of the Transplanetary Band, it operates through its causal covering. From the entrance to the Cosmic Sphere to the top of the Supracosmic Sphere, it operates through its mental covering. In the Transcendental Sphere, it operates from its essential form of consciousness.

These seven stages of inner seeing are detailed below:

Stage	Ability
One	Operation of visual senses through the brain to identify objects in the environment
Two	Ability to see content of the mind while concentrating attention with the eyes closed
Three	Ability to gaze using the attentional principle, activating the principle of metavision
Four	Ability to utilize the astral senses to view 1) the finer particles of matter, 2) the energies of the electromagnetic spectrum, 3) the auric and pranic fields of others, 4) distant locations in space (remote viewing), 5) dimensions of the physical universe and the astral world, 6) time-travel through the personal, embryonic, phylogenetic and reincarnational bands of the collective unconscious, and to 7) commune with the astral forms of other people, angels, spiritual guides and your own Transpersonal Self
Five	Ability to use the causal senses to view 1) thought forms, 2) colored energies of directed thought, 3) colors of the Seven Rays, 4) karmic impressions in the unconscious mind, 5) entities in the unconscious mind, 6) the attentional nexus of mind stuff and 7) the attentional principle of others
Six	Ability to use the higher mental senses to discern 1) the forms of inner vehicles, 2) the concentric spheres of consciousness that make up the Inner Planes, 3) the spiritual essence of others, 4) the Nadamic Path, 5) the awakened Path of the Soul, 6) the seed atoms and nuclei of identity at the core of each vehicle, and 7) the ensouling entity of the Subtle, Planetary, Transplanetary, Cosmic and Supracosmic bands of the Continuum
Seven	Ability to use the pure consciousness faculties of the form of consciousness (purusa) to detect 1) the ensouling entities of the Transcendental Sphere, 2) the 12 forms of the spirit and its paths, 3) vehicles of consciousness in each realm of consciousness, 4) the operation of intention, 5) the origin of ensouling entities, spirits and vehicles, 6) the guide forms of teachers in each band of the Great Continuum of Consciousness, and 7) the origin of mind stuff and consciousness (chetan)

You may wish to check to see which of these inner seeing faculties have awakened in you beyond the activity of your physical visual senses. As you are able to visit the higher Planes at will through your attentional principle, one by one these faculties of inner seeing will awaken in you.

So in our new treatment we are going to approach the art of inner vision from the standpoint of how Metavision—the seeing faculty of the attentional principle—expands its ability through each of its coverings. These coverings include the astral, causal, and mental; these surround the essential form of the attentional principle, which we call the purusa.

We will go into where, how, and when these faculties operate, and we will give you exercises to practice using each of these.

## **Stages One to Three**

In **stage one**, physical vision, your attention is seated at the waking state of awareness. For people who do not meditate, this is the only kind of vision they know. We give some exercises in the Vision Workshop to experience the range of vision available at this level. We refer those of you who are interested in carefully studying the parameters of your physical vision to the treatment in the notes of that workshop.

**Stage two** is the vision mediated through your attention itself. You primarily use this type of vision when you collect your attention to become present and mindful, and then move your attention through the focal points of the Conscious and Subconscious mind up to the place where you encounter the attentional principle. The quality of this type of inner seeing is dependent on (a) your inner alertness, (b) the relative concentration you are able to achieve, (c) the length of time you contemplate each focal point, and (d) your ability to maintain the focus of contemplation until you can gain full insight (Jnana) and union with that state of awareness (Samadhi).

You can extend your contemplation using attention to any level of the Continuum, but typically above the pituitary center of the chakras of the Subconscious mind, this type of vision conjoins with the Metavisual seeing of the attentional principle. The greater illumination inherent in Metavisual seeing greatly augments the clarity, brilliance, and lucidity that are normally present in attention alone. For this reason, we will consider this type of seeing as subsumed into Metavisual seeing—as for all intents and purposes, this is the way you will be using it as a disciple.

Those of you who are teachers of the Introduction to Meditation Course (ITM), you will be guiding your students' *attention* to selected vehicles of the Conscious, Subconscious, and Metaconscious mind, plus you will guide their attention lift up into their Soul and explore its essential vehicle. ITM students are introduced to the attentional principle and how to activate it in our intermediate classes, the Accelerated Meditation Program and the Mudrashram® Master Course in Meditation.

In disciplic work, however, you will normally fuse the two, and travel conjoined to the higher centers of the Subconscious, Metaconscious, and Superconscious mind. For you to be conscious of when your attentional principle is using intention ministering the Light, or communing with the inner Master, you will need to keep your attention fused with this essence.

Union of the attention and the attentional principle marks **stage three**. We give the practice of Purusa Dhyana to bring about this union and fusion. To become an advanced student capable of developing the higher stages of Metavisual seeing, you will have to master this basic skill: everything we cover in this webinar series is contingent on your ability to establish this union between your attention and attentional principle at will.

## **Introduction to Stage Four**

Stage four vision occurs when your attentional principle is traveling in the astral body. This vehicle operates from the level above the etheric chakras of the Subconscious mind to the Flame of the Mother Father God at the top of the Psychic Realm in the Planetary Realm.

You can access the astral body through

- (1) Relaxing the physical body, which is used in hypnosis and astral projection. In hypnosis, someone gives you suggestion to travel to different vehicles of consciousness or levels of the Superconscious mind. In astral projection, you relax your body until your attention is merged in the astral body, and it travels. You do something similar in dreaming—you have little control over where your astral body travels either in astral projection or dreaming.
- (2) Opening pathways through the brain across the etheric veil into the astral body, which occurs in psychedelic and stimulant drug ingestion. Like astral projection or dreaming, you have little control over where your astral body travels.
- (3) You can move your attention into the astral body through the medulla center of the system of chakras of the Subconscious mind, or through the brain chakra. Going through the medulla center will make you aware of the life force currents that flow through the astral body. Going through the brain chakra will make you aware of the functioning of the astral body. In both of these scenarios, you contemplate the centers of the astral body—but with your attention, you have only limited control of what you can make your astral body do.
- (4) You move your attentional principle to the next focal point above the brain center of the system of chakras of the Subconscious mind on any of the Seven Ray tracks, and the attentional principle steps into the astral body. Using this method, you exert complete control over the astral body and can command it through intention. This is the method we will be using to explore the operation of the astral senses. [We do a thorough exploration of

the different varieties of astral sensing in the Vision Workshop, and you may wish to review this material before we move into our treatment of it in this webinar series.]

To review, in stage four, you gain the ability to utilize the astral senses to view:

- 1) The finer particles of matter
- 2) The energies of the electromagnetic spectrum
- 3) The auric and pranic fields of others
- 4) Distant locations in space (remote viewing)
- 5) Dimensions of the physical universe and the astral world
- 6) Time-travel through the personal, embryonic, phylogenetic and reincarnational bands of the collective unconscious
- 7) Commune with the astral forms of other people, angels, spiritual guides and your own Transpersonal Self

Before we go into the actual exercises for this part of this webinar, we would like to answer some questions that have been raised about how we approach these different bands of Metavisual sight.

### **Your Questions about Stages of Inner Vision**

Q: What is the basis for each stage?

A: We approach this from the standpoint of the interiorization of your attention. In stage one, you are in the waking state of awareness and focused outwardly, in the environment. In stage two you collect your attention, and move it inwardly to different focal points. In stage three, you encounter your attentional principle and gain union with it. In stage four, you are using the astral covering of your attentional principle; stage five, its causal covering; stage six, its mental covering; and in stage seven it is operating in its core form.

Q: What differentiates them?

A: From the standpoint of the wave of consciousness (chetan), these stages appear as mandala-like rings or fields around it. Stages one and two are the zones of the outer shadow. Stage three is attention's first encounter with its essence. Stages four through seven mark a progressive exploration of the coverings surrounding the wave of consciousness.

Q: Are abilities for these stages more naturally evolved at certain stages of the Continuum?

A: You generally focus on the abilities inherent in these stages as you are operating in the band where that covering operates. So the astral abilities tend to be primarily developed when your Soul is evolving up to the top of the Psychic Realm; the causal abilities, through the Wisdom Plane up to the top of the Transplanetary Sphere; the mental abilities, from the entrance to the Cosmic Sphere to the top of the Supracosmic Sphere; and the core vehicle, in the Transcendental Sphere.

Q: Are Ray influences a factor?

A: Ray influences condition how you use the ability and how you frame it.

- The influence of the First Ray leads you to focus on the conative factors—will, intention, and wish—and how you control that force to get your intended results.
- The Second Ray influence focuses on the quality of your experience, how you use the ability to develop your virtues, and what you might learn from the acquisition of this ability.
- The Third Ray influence looks at practical applications of the ability—for example, how can it be utilized to do a reading? Could you use it find solutions for societal problems?
- The Fourth Ray influence emphasizes the experiential component: how this is expressed in your life, and how it can be channeled through art, healing, and mysticism.
- The Fifth Ray influence seeks exact knowledge and studies the parameters of the use of the ability, and determines thresholds for its effectiveness.
- The Sixth Ray influence prompts you to dedicate and consecrate the power for the service of others. It brings to you the perspective that living beings are suffering, and that you cooperate with God and the Masters to assist them.
- The Seventh Ray influence spurs you to explore innovation and greater mastery of the skill. How can you improve it? How can you modify the way you are using it to make it more effective? How you extend it to enhance the way you are able to utilize it?

Q: Where are they found? What band of the mind? Where on the Continuum?

A: Astral abilities are primarily developed when your Soul is evolving up to the top of the Psychic Realm; the causal abilities, through the Wisdom Plane up to the top of the Transplanetary Sphere; the mental abilities, from the entrance to the Cosmic Sphere to the top of the Supracosmic Sphere; and the core vehicle, in the Transcendental Sphere. We will cover this more in this webinar series.

Q: How are they found? Where does the attentional principle need to be placed?

A: Four things have to be in place for you to operate these faculties.

1. Your Soul needs to have opened the band of the Continuum where these abilities operate to maximize the light that is available for you to see in that level. If you wish to use the astral ability to view the phylogenetic bands of the Biophysical Universe, if your Soul has not opened this band you will only find darkness there, and it will be hard to see at this level.
2. You must actively contemplate this level once you have accessed it. You must take the time to bring your attention through this zone slowly so you can cognize its contents.
3. You must give suggestion for exactly what you want to occur. You might give the suggestion, “I want to clearly see each dinosaur that is on my particular phylogenetic pathway.”
4. You must actively study the band and practice using your ability. Then you will be able to extend this ability to others by following their track.

Q: Which senses are employed for one ability, as opposed to another?

A: From the astral level and above, each of your senses are synesthetic. This means that you can shift to whatever sense is pertinent to what you are studying or expressing. So if you want to know what an object looks like on the higher Planes, you will use vision. If you want to listen to the sounds of the Nada, you will shift to hearing. If you want to know what the nectar tastes like in the Epigastric center of your vehicle in the First Cosmic Initiation, you will use inner taste. If you want to feel the bliss and energy of the Monad, you will shift to feeling. This is based on (a) what are you trying to learn, and (b) in which modality can you learn this?

Q: What unique faculties are associated with the capacity to either view, discern, or detect?

A: It is important that you differentiate between these functions. In general:

*When you view something, you are using your inner sense of sight.* This gives you a certain perspective or viewpoint on something, depending on from where you are viewing it. So one of the astral abilities of the attentional principle is the ability to view the phylogenetic track. You go to a certain level along this track and you view everything in front of it. When you go to the beginning of the track, to the first living organism, you view the whole track.

*When you discern something, you are using your transpersonal intuition.* If you consider that your Soul's consciousness contains the knowledge from each nodal point the Soul has opened, and these exist as a series of concentric rings around the light in the core of the brain center of its essential vehicle. So discernment is the intuitive location of an object within this lighted zone of consciousness. So you might ask your transpersonal intuition, "Show me the nature of my vehicle of consciousness in the Biophysical Universe." If your Soul has opened this band, it can discern what information you are requesting and reveal this to you.

*When you detect something, you are using your attention.* Let us say you are moving your attention through the feeling center, and you become aware of an emotion of deep serenity and gratitude arising. To detect something, (a) your attention needs to be focused on it, (b) your awareness needs to be opened to the point where this object of meditation is within your consciousness, and (c) you need to recognize or identify what you are seeing. So your attention is (a) focused in the feeling center, (b) your awareness is open to the point where you can be conscious of the content arising, and (c) you are able to recognize and label that feeling a serenity and gratitude. If you couldn't place your attention on it, you would not be aware of it. If you were unaware of it, it would be outside the field of your conscious awareness—in a liminal or unconscious state. If you could not recognize it—you had no words for it or had never experienced it before—it might be present, but you couldn't detect it.

Q: What determines which technique is chosen over another?

A: What technique you use depends on your objective. If you are going to do a Basic Soul Reading, you will select a different ability than if you wanted to do a past life reading. You would need to focus on (a) a different location on the Continuum, and (b) in the case of the Basic Soul Reading, you would need to be able to view the essence of the Soul and the Rays that influence it—plus the Rays activating the personality.

Q: What specific techniques are required to cultivate each ability within a stage? For example, relative to stage 4, I want to time-travel through the phylogenetic bands of the collective unconscious. Do I need a magic carpet or particular instructions to get there?

A: You have the inner magic carpet of your attentional principle. The instructions you need are to locate the band of the Superconscious mind where this material can be viewed—the fifth Subplane

of the Biophysical Universe. You go there and you view it. We will show you techniques in this webinar series—you will do some guided meditations to go there and view there.

Q: What type of experience may be anticipated for each ability within a stage? For Stage 5, for example, how would “thought forms” be differentiated from “entities in the unconscious mind?”

A: Because each person places different perceptual filters on anything they view inwardly, no two people will see the same object exactly the same way. Let us say three people behold a radiant thought form of Krishna on the Astral Plenum. One person may pick out that Krishna was playing his flute. Another may note that He is blue with four arms, and admire the dexterity of His fingers on the flute. Another may notice that there are cows and a beautiful forest around Him, smell the fragrances of the abundant and redolent flowers, and feel how tranquil the environment is. [To differentiate whether a thought form is in the unconscious mind, you need to discern where is the demarcation between the conscious zone of the mind, and the unconscious zone. If it’s in the lighted zone, it’s conscious and integrated; if it’s in the dark zone, it’s unconscious and non-integrated.]

Q: What do “things” look like? How do they appear, or how are they manifest? Are they felt or tasted as opposed to be seen?

A: Things look different, depending on the octave or sensing you are using. The same object you see with your physical senses will look different to your astral, mental, metavisual, personal intuition, spiritual, transpersonal intuition, and core sensing. *If you contemplate a rose or lotus flower, try shifting your inner visual sense through each of these octaves.*

Objects *appear* to be made of the substance or matter of each band of the Continuum. They are formulated of that basic material substance, and they persist for a while in form, and then return to that substance. So you make a pot out of clay. It persists as the pot. Then when you crush it, it returns to the clay. The same thing for a thought form: it comes out of the thought form ether; it persists; and then it dematerializes back into that substance.

*Manifestation* can occur in different ways. You can create something through intention, or replicate something in your imagination. Someone else can create it. It can be manifest through the agency of the spiritual beings that made the levels of the Continuum. [The challenge of the disciple is to view what is there; to discern what is the creation of imagination and what is actually there; and to detect

that which is stable and abiding, as to opposed that which is created from astral substance—e.g., the Soul as it is on its own Plane, as opposed to an astral image of a Wise Woman, who says she is your Soul and tells you remarkable and unusual things.]

You can use any appropriate sense to gather information from any object that you are contemplating. See what it is. If it talks, listen to it. If it's nectar, taste it. If it's a flower, smell it. If it's energy, feel it.

Q: What verifies an experience?

A: You will be able to view, discern, and detect what is actually there when you are able to view the actual spiritual essences—attention, attentional principle, spirit, and Soul; the actual forms of the vehicles of consciousness; the actual strata of the Great Continuum of Consciousness, and you can discern the content at each level; you can differentiate the phenomena that arise at each level from the structures that underlay them; and you can discern the differences between the lighted area of consciousness and the unawakened bands of the unconscious. This ability comes when you are able to stably operate in the essential form of the attentional principle, and find these abiding markers beneath the phenomena.

Q: How is success defined?

A: First you will learn that a certain ability exists. Next you will practice it until you are able to perform it proficiently for your self. Then you will be able to extend this ability to do it for others. Then you will gain sufficient experience, so that you can teach it to others.

For example, you learn it is possible to read auras. You focus on the solar plexus center of your form on the Psychic Realm. You begin to detect energy fields interpenetrating your physical body in yourself. You gaze at others from this center, and behold their auras. You might start to do readings of the aura for others. When you get very good at this, you hold psychic development classes and show others how to read auras.

Success is achieved at each milestone: (1) discovery and recognition of the ability, (2) getting good enough with the ability to use it on yourself, (3) gaining the proficiency to reliably use it with others, (4) using it as service to others, and (5) reaching the stage of proficiency where you can train others.

## Performing the Exercises

To learn these exercises, we will describe each to you through the six mental verification factors: who, when, how, what, where, and why.

- Who, for purposes of this class, is normally your attentional principle—though in some cases, you will gather the knowledge with your attention.
- When, describes your objective for using the technique.
- How, tells you the method for performing the technique.
- What, tells you the ability you are gaining.
- Where, identifies the place you will focus your attentional principle [or in some cases, your attention]
- Why, gives you a reason for performing the technique

So let's do the meditations.

### *Exercise One – Meditation on the finer particles of matter*

WHO – Your attention

WHEN – You wish to study the material substance that makes up the matter of the physical, astral, and causal mental worlds

HOW – Focus your attention on the physical body at the fourth nodal point of the Conscious mind. Use microconcentration to progressively more finely concentrate your attention from the body, a selected organ, a cell in that organ, a sub-cellular structure in that cell, a molecule in that sub-cellular structure, an atom in that molecule, and the subatomic field out which that atoms arises.

The more advanced practice is to move your attention along the astral umbilicus up into the astral spine to the medulla center, and hold your attention there. As you gaze at any object, you will become aware of the information ether, the resonance ether, the life force ether, the astral attractive ether, and the thought form (astral imaginative) ether that interpenetrate that object. [The medulla center operates on the element of space or ether.]

WHAT – The ability to see the finer particles in the physical and astral world: this utilizes your astral senses

WHERE – The physical body (4th nodal point of the Conscious mind) and the astral body behind it

WHY – You wish to activate your astral senses and extend your vision beyond the physical spectrum

*Exercise Two – Meditation on the energies of the electromagnetic spectrum*

WHO – Your attention

WHEN – You wish to study the energy that makes up the Plenum of the physical, astral, and causal mental worlds

HOW – Focus your attention on the physical body at the fourth nodal point of the Conscious mind. Pay attention to the energy in your body, noting your physiological rhythms. Sink your attention deeper into this field of energy until you sense your body is a pattern of energy in a unified field of light.

Then move your attention along the astral umbilicus up into the astral spine to the solar plexus center, and hold your attention there. As you focus on that center, you will sense the wave patterns that make up the different frequencies of the electromagnetic spectrum (ES). Request to your Soul to show you the different resonances of the ES: “Show me the visual spectrum.” “Show me infrared.” “Show me ultraviolet.” “Show me radio waves.” “Show me microwaves.” “Show me X-rays.”

Now go deeper. Feel the increasing energy of each astral dimensional world and notice any patterns of energy that appear at each higher vibrational frequency of the Astral Plane. [The solar plexus center operates on the element of fire or the electromagnetic spectrum of light and the Astral Light of the Astral Planes.]

WHAT – The ability to sense the energy fields of the physical and astral world: this utilizes your astral senses

WHERE – The physical body (4th nodal point of the Conscious mind) and the astral body behind it

WHY – You wish to activate your astral senses and extend your vision beyond the physical spectrum

*Exercise Three – Meditation on the auric and pranic fields of others*

WHO – Your attentional principle

WHEN – You are studying your own aura or doing an aura reading for others

HOW – Project your attentional principle with conjoined attention along the 2nd Ray track up to your Psychic Vehicle in the Psychic Realm. Move your attentional principle to the brain chakra of this form, and then move down to the solar plexus chakra. Breathe into that chakra until your awareness is opened to the center where your attentional principle is. Now gaze at your physical body from this perspective. You will sense that four energy shells interpenetrate your physical body. Closest to the physical body is the etheric or pranic field—this is the capsule of life force that animates the body. The next energy field extending around the body is the emotional or astral field—this swirling field of ever-changing colors represents the field of your emotions. The next field is the mental field—this is the sphere that represents the activity of your Self and the thoughts that emanate from your personality. The next field you will sense comes from your spiritual core—you will feel the energy of your Superconscious mind in this zone.

WHAT – This gives you the ability to sense the energy of your personality and Soul in dynamic expression

WHERE – The solar plexus chakra of your psychic vehicle

WHY – You wish to activate your psychic abilities to study others and ultimately, to be of service to them

*Exercise Four – Meditation on distant locations in space (remote viewing)*

WHO – Your attentional principle

WHEN – You seek to gain greater control over your astral body's movement and perception

HOW – Project your attentional principle with conjoined attention along the 7th Ray track up to a point beyond the Earth's atmosphere. Then select a point somewhere on the earth to project your astral body. Move your astral body there. Breathe into your attentional

principle until your awareness is focused in the astral sense of sight. Now gaze and notice what you perceive in this location: a series of impressions will enter your awareness, giving you information about the locale you have selected.

WHAT – This develops your ability to bi-locate and utilize your astral senses

WHERE – A point on the earth that you are selecting for your exercise

WHY – You wish to rehabilitate your ability to use move and gather information through your astral body

*Exercise Five – Meditation on the dimensions of the physical universe and the astral world*

WHO – Your attentional principle

WHEN – You seek to gain greater knowledge of the astral dimensional worlds

HOW – Project your attentional principle with conjoined attention along the 7th Ray track up to the center of the physical universe, then move it beyond into the Astral Light. Move very slowly through each dimensional world—contemplate each one before moving on to the next one. Breathe into your attentional principle, as it is present in this dimension, so you can be fully aware of the content of this astral world.

WHAT – This develops your ability to sense the astral dimensions

WHERE – The lighted path of the 7th Ray track that tunnels through the Astral Planes

WHY – You wish to rehabilitate your ability to view the astral worlds using your astral senses

*Exercise Six A – Time-travel through the personal, embryonic bands of the personal unconscious*

WHO – Your attention

WHEN – You seek to gather information about an incident that occurred before your first conscious memory from your personal or embryonic unconscious

HOW – Move your attention to the first band of the Subconscious mind, the personal temporal track at the 10th focal point. Move from the present time in memory to your first conscious memory in the life narrative zone. Now move your attention very slowly through the post-natal zone of your personal unconscious, noting whatever memories or impressions surface.

Next, move your attention to the time of birth, and slowly move back through the pre-natal zone of your personal unconscious, the zone of your embryonic development. Notice whatever sensations arise as you move very slowly deeper into this zone, observing earlier and earlier periods of your pre-natal experience.

WHAT – This develops your ability to access the deep vaults of memory beyond what you can retrieve through the Preconscious

WHERE – The personal unconscious zone of the temporal band of the Subconscious mind

WHY – You wish to explore aspects of your experience beyond what is available in your life memory [You might do this, for example, if you were trying to find the origin of an irrational belief that hinders your personal growth and success.]

*Exercise Six B – Time-travel through the phylogenetic band of the collective unconscious*

WHO – Your attentional principle

WHEN – You wish to gather more information about your ancestral and phylogenetic unconscious—this is often done during your study of the Biophysical Universe.

HOW – Project your attentional principle with conjoined attention along the 5th Ray track up to your form on the Planes of Etheria at the top of the Biophysical Universe. You will follow the thread of consciousness downwards to its seed atom on the Astronomical Geological Subplane, and then to its seed atom on the Phylogenetic Subplane. You will then breathe into this seed atom until your awareness opens to this point. Move your attention to your physical form on this Subplane, and slowly trace—generation by generation—each human ancestor, and then, each pre-human ancestor until you unite with your seed atom on this Subplane.

WHAT – This develops your ability to perceive the content of the Phylogenetic Subplane of the Biophysical Universe, and trace back your ancestors back to the origin of life.

WHERE – The Phylogenetic Subplane of the Biophysical Universe

WHY – You wish to experience your connection with all living beings and trace your own origins back to the first living cell

*Exercise Six C – Time-travel through the reincarnational band of the collective unconscious*

WHO – Your attentional principle

WHEN – You wish to study your own past lives—and when it is given to you as part of your Soul’s service—to read past lives for others

HOW – Project your attentional principle with conjoined attention along the 5th Ray track up to the wave of the present time on the Akashic Record Subplane of the Abstract Mind Plane. Move back to the time of your conception in this lifetime. Then travel back slowly so you become aware of earlier and earlier times. [You may find it helpful to breathe into your attentional principle, as you move to each earlier vantage point to fully awaken your awareness, so your experience of this band is more vivid.]

WHAT – This develops your ability to read your own past lives. When you become very skilled in this, you can do it for others.

WHERE – The Akashic Record Subplane of the Abstract Mind Plane

WHY – You seek to understand emotional and behavioral patterns in your life that originated in other lifetimes, or you wish to trace where your abilities and interests began.

*Exercise Seven A – Commune with the astral forms of other people on the inner Planes*

WHO – Your attentional principle

WHEN – You wish to contact the spiritual essence of those who have died to give comfort to the living—you would use this if your Soul has been given this service. [This ability is not granted to satisfy your idle curiosity.]

HOW – Project your attentional principle with conjoined attention along the 7th Ray track up to the center of the physical universe, then move it beyond into the Astral Light. Move through each dimensional world—scan with your attention to detect if there are beings that dwell in this dimensional world. Move your attentional principle dimension-by-dimension until you detect an astral entity. [In theory, you might detect astral forms in any astral dimension. This practice is usually done in the Heavenly Realms Subplane of the Psychic Realm, where there appear to be many astral entities that inhabit these inner dimensional realms.]

Once you detect an astral entity, breathe into your attentional principle, as it is present in this dimension, so you can be fully aware of the this being within the content of this astral world.

WHAT – This develops you ability to detect the inhabitants of the astral worlds.

WHERE – The lighted path of the 7th Ray track that tunnels through the Astral Planes—many people find that the Heavenly Realms Subplane of the Psychic Realm is one of the easier locales to detect the beings that inhabit these astral dimensional worlds.

WHY – You seek to understand more about the dimensional worlds of the Astral Plane

*Exercise Seven B – Commune with the astral forms of angels and spiritual guides on the inner Planes*

WHO – Attentional principle

WHEN – You wish to commune with a highly spiritually-evolved being to gain understanding and wisdom, to develop compassion and saintly virtues, and to train to master your spiritual abilities

HOW – You will normally encounter angels and spiritual guides that commune with the attentional principle upon the 2nd Ray track. You will encounter spiritual guides of the Nadamic Path on the 6th Ray track.

There are two major ways of communing with a guide or angel: (1) receptive/intuitive and (2) connecting with their inner form. We will describe both methods.

To experience the *receptive/intuitive type*, project your attentional principle with conjoined attention along the 2nd Ray track up to your Psychic Vehicle in the Psychic Realm. Move your attentional principle to the brain chakra of this form, and then move down to the chakra at the point between the eyebrows. Breathe into that chakra until your awareness is opened to the center where your attentional principle is. This is where you will receive the telepathic impress of any guide or angel that is working with you, and you can dialog with this being to ask him or her questions.

[The major downside of this method is you can't really be sure who is communicating with you—it might be a mischievous entity of the Psychic Realm, who is making the whole thing up to have some fun at your expense. One might wonder, given the quality

of many messages received from those who allege to be in communion with Ascended Masters and angels, how many mischievous ones are pulling astral pranks!]

To use the *connecting with the inner form method*, you have to know where the guide forms of the Masters and angels appear on the Continuum. [In the Mudrashram® Advanced Course in Meditation, for example, you learned the locations where you can commune with Swami Charan Das and Swami Prem Dayal.]

You may encounter *spiritual guides* in the Heavenly Realms Subplane, the Pleiadean Vortex Subplane, and the Astral Forms Subplane of the Psychic Realm; in the First Mesoteric and Esoteric Planetary Initiations; the Second and Third Planetary Initiations; the First, Second, Third, and Fifth Cosmic Initiations; on each active Supracosmic Path; and on each active Transcendental Path.

You may encounter *angels* in the Heavenly Realms Subplane, the Pleiadean Vortex Subplane, and the Astral Forms Subplane of the Psychic Realm; in the First Mesoteric and Esoteric Planetary Initiations; the Second and Third Planetary Initiations; in the Transplanetary Realm in the worlds of the Angels; the First, Second, and Fifth Cosmic Initiations; on certain Supracosmic Paths; in the Angelic Kingdom of the Lokas of Existence; and on each active Transcendental Path.

To commune with an angel or guide form, you will project your attentional principle along the Second Ray track to the location where the guide or angel dwells, greet this being with reverence and love, and begin a dialog by asking your questions.

If you wish to see the guides on the Nadamic Path, you will project your attentional principle along the Sixth Ray track. You commune with these guides with your spirit when you are doing Nada Yoga, so if you wish to listen to their guidance, you need to master fusing your attention with your spirit.

WHAT – This enables you to commune with an angel or a guide form.

WHERE – For the receptive/intuitive type, in the point between the eyebrows center of your form in the Psychic Realm; for the connecting with the inner form method, you will project to the inner location where the angel or guide can be encountered.

WHY – You seek to gain knowledge, wisdom, Grace, and blessings from a guide or angel.

*Exercise Seven C – Commune with your own Transpersonal Self on the inner Planes*

WHO – Your attentional principle

WHEN – When you wish to do contemplation of your Soul's consciousness and your Soul on its own Plane

HOW – You can project your attentional principle with conjoined attention along the any of the Seven Ray tracks up to the presence of the Soul's consciousness.

The most common tracks are those of the Second Ray, Third Ray, Fourth Ray, Fifth Ray, and Seventh Ray. Use the Second Ray to contemplate the Soul's forms; the Third Ray to contemplate its expression through form; the Forth Ray to merge with it energetically; the First Ray to study its vehicles of consciousness; and the Seventh Ray to locate it in the dimensional worlds of the Great Continuum of Consciousness.

Travel beyond it to the presence of the Soul on its own Plane. [If you have moved your cutting edge of spirituality beyond the Planetary Realm, you may do this practice for the White Lotus of Immortality, the Monad, the Astral Soul, the Supracosmic Soul, your aligned Transcendental ensouling entity, or the Soul of the Bridge Path—depending on where you have progressed.]

WHAT – This grants you the ability to enter into Samadhi, where you can learn from the intuitive wisdom of your Soul directly.

WHERE – Along any selected Ray Track that unites with your Soul.

WHY – To facilitate integration of the material incorporated into the Soul during each new Initiation, and to facilitate the expression of the Soul's love, wisdom and power through the personality and through the Soul's spiritual service.

We encourage you to practice these meditations to activate the abilities of your astral covering over your attentional principle. Once you learn these rudiments, you can begin to extend these skills to broaden your ability to gather information, do readings, and directly experience the bands of the Great Continuum of Consciousness in a deeper and fuller way. In our next webinar of this series, we will explore the causal, mental, and pure consciousness faculties of the attentional principle, and teach you meditations to tap these levels.