

Another Look at Inner Vision, part two

In this webinar, we will explore the causal, mental, and pure consciousness faculties of the attentional principle, and teach you meditations to tap these levels.

We will start with the causal covering over the attentional principle, which is stage five of inner vision. This confers the ability to use the causal senses to view 8) thought forms, 9) colored energies of directed thought, 10) colors of the Seven Rays, 11) karmic impressions in the unconscious mind, 12) entities in the unconscious mind, 13) the attentional nexus of mind stuff and 14) the attentional principle of others.

Stage Five Inner Vision Exercises

Exercise Eight – Meditation on Integrated Thought Forms

Thought forms are the animated astral presentations of your ideas and desires in the Astral Plenum. Integrated thought forms are the ones that you have made a part of your personality.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the different thought forms that hover in your emotional band of your aura that within your lighted consciousness, which you have integrated.]

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the **right foot** center of this subtler form.

As you contemplate this center you will become aware of the conscious lighted zone of your mind. If you continue to hold your attention here, you will become aware of the thought forms that have been integrated into this zone of the mind. These thought forms operate through your persona.

WHAT – This grants you the ability to objectively look at your character from a detached viewpoint.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the thought forms that you have integrated and made a part of your personality. [These thought forms are the subpersonalities you have incorporated into your identity, and you can personify these as different voices and behavioral expressions. For example, you might express one of these when you mimic an Irish voice and mannerisms.]

Exercise Nine – Meditation on the Colors of Directed Thought

Each thought has a distinct energetic signature and can be viewed as a distinct color. Thoughts stream out like laser beams from the attentional principle of others (*intentional thought*, when you channel when you do healings or attunements), from the spirit (*invocational thought*, expressed through prayer, worship, and devotional aspiration), from the Soul of others (*illuminated thought*, comprising the intuitive stream from the Soul and the downpour of knowledge from the Buddhi), from the Self (*will-directed thought*, which operates through the intellect and other mental faculties), and the ego (*desire-laden, emotionalized thought* that embodies your drives, passions, and desires), from memory (*crystallized thought*, which you record into memory and reanimate when you recall it), and from the entities of your unconsciousness (*repressed thoughts*, which embody the fantasies and desires you cannot express through your personality or incorporate in your life—these thoughts appear to arise from your unconscious thought forms).

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the energy of thought that emanates from different spiritual essences, integration centers, from memory, or the unconscious mind.

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the

Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on **navel** center of this subtler form.

As you contemplate this center with your attention, think in turn about your Soul, your spirit, your attentional principle, your Self, and your ego [for this exercise, we will forgo memory and unconscious thought] and notice if any thought energy is streaming from these centers. Feel the energy of the thought. Listen to it to detect what you are thinking at that level. Behold its colored energy signature.

Those of you who are able to get a clear visual impression of your thoughts may wish to notice the differences in the colors of your thoughts coming from your Soul, your attentional principle, your spirit, your Self, and your ego.

WHAT – This grants you the ability to consciously experience the energy of thought through feeling, hearing, and sight.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the dynamic forces of thought that emanate from different aspects of your consciousness.

Exercise Ten – Meditation on the Seven Rays

The Seven Rays are the streams of thought coming forth from the Divine Spirit that activate the archetypes upon the Soul's Path and enliven the forms that dwell within your Superconscious, Metaconscious, Subconscious, and Conscious mind. When you are attuned the energy of the Rays that animate your Soul and your personality, you experience inner harmony and flow—you are in tune with the Great Plan.

WHO – Your attentional principle conjoined with your attention

WHEN – When you wish to detect the operation of the Seven Rays. You might do this when you are doing a Basic Soul Reading, or you are learning to differentiate the activity of the Seven Rays during spiritual study.

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the **solar plexus** center of this subtler form.

As you contemplate this center, you will become aware of the Seven Rays as an inner prism of light broken into seven streams. When you think about the medulla chakra in the chakras of the Subconscious mind, you will sense these energies as tracks leading to different Metaconscious vehicles. When you think about the Self, you will sense these Rays as tracks that unite from the Self from below—these are the seven pathways you use for Centering. When you think about being, you become aware that one of these Rays appears to color the Self—this is your Personality Ray. When you think about the Jet of Spirit above your Soul on the next Plane, you become aware that one of these Rays colors your Soul—this is your Soul Ray. When you think about any Subplane, you will become aware that one of these Rays overshadows that Subplane—this is the Subplane Ray. When you think about any Plane, you will become aware that one of these Rays imbues that Plane—this is the Plane Ray.

WHAT – This grants you the ability to detect the energy of the Seven Rays, wherever you direct your attention.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the activity of the Seven Rays for any aspect of the Continuum to which you can direct your attention while you are holding this focus.

Exercise 11 – Meditation on Karmic Impressions

Karmic impressions are embedded in the helix of the mind. They can be golden impressions for dharmic, good and holy karmic patterns; or black for adharmic, desire, passion, and craving imbued karmic patterns. These impressions resemble chromosomes in appearance, which has led some Psychic sources to equate these patterns with DNA—they are not.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the actual karma that dwells in the inmost layer of the mind, which we call the Nijmanas. You might use this when you are studying your own karma or doing a Karma Reading for others.

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the **throat** center of this subtler form.

As you contemplate this center you will become aware of the karmic impressions that dwell in the helix of the mind. You may detect these impressions in the right hand side or the left hand side—impressions on the right side make up your Kriyaman Karma; impression on the left hand side comprise your destiny karma or Pralabdha Karma.

WHAT – This grants you the ability to view the impressions of karma.

WHERE –At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of karma as it is embedded in the mind.

Exercise 12 – Meditation on Non-Integrated Thought Forms

Non-incorporated thought forms are the animated astral presentations of your ideas and desires in the Astral Plenum. These thought forms are those that are not integrated into your personality and operate autonomously. They dwell in the zone of your unconscious mind.

WHO – Your attentional principle

WHEN – When you wish to view the different thought forms that hover in your emotional band of your aura that make up your unconscious mind [when you tap this zone, you will sense that there is an area of shadow behind your lighted consciousness, and these thought forms represent your desires, wishes, and hopes dwell in that zone.]

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the left foot center of this subtler form.

As you contemplate this center, you will become aware the thought forms that dwell in your unconscious mind, which comprise your unresolved issues and unmet needs.

WHAT – This grants you the ability to objectively look at your issues from a detached viewpoint.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the issues that you have not resolved and they remain in the unconscious mind.

Exercise 13 – Meditation on the Attentional Nexus

The attentional nexus comprises the mind stuff or attention viewed through different parameters. There is the relative concentration or diffusion of the attention. There is the location where it is focused. There is the detection of whether it is moving to a new focal point or remaining in the one where it is fixed. There is the discernment of whether it is united with the attentional principle, the Self, the spirit, or the Soul—or whether it is communing with an inner guide.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to observe the attention of others, for example, if you are guiding them in meditation.

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the **medulla** center of this subtler form.

As you contemplate this center you will become aware of the presence of mind stuff. Upon whomever you direct your thought from this center, you will become aware of the state of your attention. With practice, you can learn to discern each of these parameters.

WHAT – This grants you the ability to observe attention.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To directly detect the attention of others.

Exercise 14 – Meditation on the Attentional Principle

When you activate this center in your causal covering, you are able to view the attentional principle in other people.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to detect the attentional principle of others. You might use this if you were going to guide the attentional principle of others, or help them focus their attention on this essence.

HOW – You can project your attentional principle with conjoined attention up to the Light of the Father Mother God at the top of the Psychic Realm. When you do this, your astral covering will merge in that Light and you will find that you are in a subtler body—the causal covering. Take one step beyond the Divine Light at the top of the Psychic Realm and you will disengage from the projections of the astral form, and you will experience great silence and stillness around you. Focus your attention on the **point between the eyebrows** center of this subtler form.

As you contemplate this center you will become aware of the attentional principle in whomever you direct your focus.

WHAT – This grants you the ability to view the attentional principle in others.

WHERE – At any point above the top of the Psychic Realm to the top of the Transplanetary, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To directly behold and encounter the attentional principle in others. This is normally utilized when you are engaged in guiding the attentional principle of others, you seek to make them aware of this essence, or you are training them to use their intention and other faculties of their Purusa.

We encourage you to practice these meditations of stage five to activate the abilities of the causal 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.

Stage Six Visioning

Stage six visioning operates in the mental covering over your attentional principle. This begins to function when your attentional principle moves beyond Saguna Brahman in the Transplanetary Realm, and it moves over the threshold into the Cosmic Sphere. This zone of visioning operates in the Cosmic and Supracosmic Spheres. It confers the ability to use the higher mental senses to discern 15) the forms of inner vehicles, 16) the concentric spheres of consciousness that make up the Inner Planes, 17) the spiritual essence of others, 18) the Nadamic Path, 19) the awakened Path of the Soul, 20) the seed atoms and nuclei of identity at the core of each vehicle, and 21) the ensouling entity of the Subtle, Planetary, Transplanetary, Cosmic and Supracosmic bands of the Continuum

Stage Six Inner Vision Exercises

Exercise 15 – Meditation on the Forms of Inner Vehicles

Your inner vehicles of consciousness of your personality comprise the forms through which your Self operates in your Conscious, Subconscious, and Metaconscious mind. Your ensouling entities and the integration centers of your higher mind (nuclei of identity) express through the vehicles of consciousness in your Superconscious mind.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the vehicles of consciousness.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **navel** center of this subtler form.

As you contemplate this center you will become aware of the vehicles of consciousness that are at the different strata of your mind

WHAT – This grants you the ability to objectively look at your vehicles of consciousness from a detached viewpoint.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the vehicles of consciousness comprising your personality and which embody the Soul. [If you do this meditation while your attentional principle merged in Brahma Jyoti, you will sense each of the awakened and unawakened vehicles of consciousness of the Cosmic Sphere. If you do it while you are in union with your Supracosmic Soul, you will sense the chakras of your Supracosmic Soul and its associated Supracosmic seed atom.]

Exercise 16 – Meditation on the Spheres of Consciousness

Your inner vehicles of consciousness of your personality and your higher mind are the Microcosm, your individual presence on each Plane of Life. When you adopt this viewpoint, you behold your individual forms embedded on each Plane as a single strand within the Universal Life, the Macrocosm.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the Planes in which your vehicles of consciousness are embedded.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **solar plexus** center of this subtler form.

As you contemplate this center you will become aware of the Planes upon which the vehicles of consciousness that are at the different strata of your mind dwell

WHAT – This grants you the ability to objectively look at your vehicles of consciousness as contained in a universal perspective.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the Planes where vehicles of consciousness comprising your personality and which embody the Soul dwell. [If you do this meditation while your attentional principle is merged in Brahma Jyoti, you will sense each of the Planes of the Cosmic Sphere. If you do it while you are in union with your Supracosmic Soul, you will sense the Planes on which your Supracosmic Soul and its Supracosmic Seed Atom dwell.]

Exercise 17 – Meditation on the Spiritual Essences of others

The spiritual essences of others—their spiritual heart or spirit—can be glimpsed through your mental covering. You have learned to meditate on your own spirit using Nada Yoga: this meditation enables you to view the spirits of others.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the spiritual essences of others. You might do this if you were acting as a spiritual guide.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **heart** center of this subtler form.

As you contemplate this center you will become aware of the spirit in anyone upon whom you focus your attention.

WHAT – This grants you the ability to objectively view the spiritual heart—or magnetic center—of others.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain direct knowledge of the spiritual essence dwelling within any individual. From this vantage point, you will be able to detect the spiritual essence of the first, second, third, and fourth Nadamic Path. [If you lift your attentional principle beyond the entrance to the Third Cosmic Initiation, you will be able to detect the spirit upon the fifth Nadamic Path. This meditation will typically draw your attention to the spiritual essence that is active in another individual. You will not be able to detect from this vantage point the spiritual essences upon the Transcendental Paths.

Exercise 18 – Meditation on the Nadamic Path

When you perform this meditation, you perceive the Nadamic Path in which the spirit of others dwells. In the last exercise, you learned to detect this spirit in others; in this exercise, you will expand your vision to witness the Nadamic channel in which they dwell. In the Sixth Ray Raja Yoga meditation you learned in the Mudrashram® Advanced Course in Meditation, you learned to trace your own Nadamic Track. From this viewpoint, you can detect the Nadamic Path in others.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the Nadamic Channels in which the spirits of others dwell. You might adopt this perspective if you were acting as a spiritual guide for others.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **right temple** center of this subtler form to detect the light channel; focus your attention on the **left temple** center to detect the sound channel. [For the fifth Nadamic Path, you will only be aware of the current in

the left temple center, as there is no light channel for this segment of the Nadamic Path.]

As you contemplate these centers, you will become aware of the track of the Nada and sense the portion that is opened.

WHAT – This grants you the ability to objectively view the channels of the Nadamic Path in others.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the Nadamic channels in others, and to assess the extent they are opened. You would need to use this capability if you were functioning as a Nadamic Master.

Exercise 15 – Meditation on the Way of the Soul

The Way of the Soul is the track of Light that the ensouling entity opens as it moves from nodal point to nodal point.

WHO – Your attentional principle conjoined with attention

WHEN – You use this view when you wish to view the progress of the Soul on the spiritual Path. For example, if you were doing a Basic Soul Reading, this would allow you to assess how far the Soul has progressed along its Path.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **throat** center of this subtler form.

As you contemplate this center you will become aware of the Soul and the opened channel of Light in front of it.

WHAT – This grants you the ability to objectively at the Souls of others from a detached viewpoint and to assess their relative progress.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain understanding of the spiritual evolution of the Soul. [If you do this meditation while you attentional principle merged in Brahma Jyoti, you will sense relative awakening of the Astral Soul in the Cosmic Sphere. If you do it while you are in union with your Supracosmic Soul, you will its relative progress along its Path.]

Exercise 20 – Meditation on the Seed Atoms and Nuclei of Identity

Your seed atoms are the vibratory core of your inner vehicles of consciousness of your personality and your Superconscious mind. Nuclei of identity are the integration centers of the vehicles of consciousness in your Superconscious mind.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to view the seed atoms and nuclei of identity that are within your vehicles of consciousness. You might need to take this perspective, for example, if you were going to do a re-balancing attunement and you wished to assess whether a person's vehicles of consciousness were misaligned.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **point between the eyebrows** center of this subtler form.

As you contemplate this center you will become aware of the seed atoms and the nuclei of identity within the vehicles of consciousness that are at the different strata of your mind

WHAT – This grants you the ability to objectively look at the seed atoms and nuclei of identity of your vehicles of consciousness from a detached viewpoint.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To detect the seed atoms and nuclei of identity of the vehicles of consciousness comprising your personality and which embody the Soul. [If you do this meditation while you attentional principle merged in Brahma Jyoti, you will sense each of the seed atoms and nuclei of identity for the awakened and unawakened vehicles of consciousness of the Cosmic Sphere. If you do it while you are in union with your Supracosmic Soul, you will sense the seed atoms of the vehicle of your Supracosmic Soul and its nucleus of identity, the Supracosmic seed atom.]

Exercise 21 – Meditation on Ensouling Entity

Your ensouling entity operates through a core form that we call its essential vehicle. This dwells directly above the vehicles on the Planes that your ensouling entity has awakened. For example, if your Soul dwells on the Abstract Mind Plane, it will operate through its essential form and the vehicles of consciousness on the Abstract Mind Plane, the Biophysical Universe, the Subtle Realm, the five Kosas, and interface with your personality. The ensouling entity dwells above its essential form on its own Plane. In the Planetary Realm, this is called the Soul or Atmic Plane. This perspective enables you to detect the active ensouling entity in the Subtle, Planetary, Transplanetary, Cosmic, or Supracosmic Realms.

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to encounter the Divine Spark within an individual.

HOW – You can project your attentional principle with conjoined attention into the Cosmic Sphere—you will feel you are crossing a threshold. When you do this, your causal

covering will merge in the Light beyond Saguna Brahman, and you will find that you are in an even subtler body—the mental covering. Take one step beyond threshold of the Cosmic Sphere and you will disengage from the clear insights of the causal form, and you will experience that you are in a vast field of infinite knowledge and illumination. Focus your attention on the **medulla** center of this subtler form.

As you contemplate this center you will witness any active ensouling entity in another as you scan from Subtle through Supracosmic. [You will not detect the Transcendental ensouling entities from this perspective.]

WHAT – This grants you the ability to objectively look at the ensouling entities of others from a detached viewpoint.

WHERE – At any point from the beginning of the Cosmic Sphere to the top of the Supracosmic, your attentional principle will operate in this covering and you can access this knowledge.

WHY – To gain direct knowledge of the ensouling entities of others. [If you do this meditation while your attentional principle is at the entrance to the Cosmic Sphere, you will only be aware of the Soul Spark, the Soul, and the Monad. If you do this meditation while your attentional principle merged in Brahma Jyoti, you will sense the Astral Soul of the Cosmic Sphere. If you do it while you are in union with your Supracosmic Soul, you will sense the Supracosmic Soul.]

We encourage you to practice these meditations of stage six to activate the abilities of the mental 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.

Stage Seven Visioning

Stage seven visioning utilizes the pure consciousness form of your attentional principle. This begins to function when your attentional principle moves beyond the top of the Supracosmic Sphere into the Transcendental Sphere. This zone of visioning operates in the Transcendental Sphere. It confers the ability to access the pure consciousness faculties of the form of consciousness (purusa) to detect 22) the ensouling entities of the Transcendental Sphere, 23) the 12 forms of the spirit and its paths,

24) vehicles of consciousness in each realm of consciousness, 25) the operation of intention, 26) the origin of ensouling entities, spirits and vehicles, 27) the guide forms of teachers in each band of the Great Continuum of Consciousness, and 28) the origin of mind stuff and consciousness (chetan). Unlike viewing through the coverings of the attentional principle—as you have done up to this level—when you reach this stage, *you will move your attentional principle where you can access these perspectives.*

Of these abilities, only the detection of the activity of the attentional principle's intention is innate to the Purusa, and this ability arises upon you when you move into the Transcendental Sphere. This does not require that you move to any location, but only the awareness of the abilities within your essential form of consciousness (Purusa), and the ability to witness the Purusa in another person.

For most of you attending this webinar, much of the Bridge Path is buried in the unconscious, and your ability to see the content of the centers at these levels is significantly curtailed. [You may recall your experiences in the Mudrashram® Advanced Course in Meditation, when we guided you up to show you several of the stages in the Introductory Level of the Bridge Path—the Form of the Disciple, the Jewel of Alaya, the Mirror of Souls, and the Path Gnosis Center—you didn't see much at these levels.

Moreover, since several of these abilities begin to dawn upon the higher stages of the Path for the Soul of the Bridge Path and Satchitananda, during:

- (a) Awakening of the Mahatma Stage of spiritual development on the Bridge Path—particularly 23) the 12 forms of spirit and its paths, and 24) the vehicles in each realm of consciousness [You are able to glimpse this in part at the Path Gnosis Center.]
- (b) Awakening of the form of the Lineage Holder on the Bridge Path—especially 26) the origin of ensouling entities, spirits and vehicles, and 27) the guide forms of teachers in each band of the Great Continuum of Consciousness [This is greatly extended as the Soul of the Bridge Path moves onto the Planes of Adi Sat Guru Desh, and assumes the mantle of Multiplane Mastery; some initial detection of guide forms becomes possible at the Path Gnosis Center.]
- (c) Ascension of Satchitananda and the spirit of T7 beyond the origin of T6 to the Infinite stage, which confers the ability to consciously witness the origin of the mind stuff, the inmost form of the attentional principle, and wave of consciousness, e.g., 28) the origin of mind stuff and consciousness

The chance of you getting a meaningful perceptual experience at these levels in the short time we will visit them in this webinar is slim.

Therefore, we will focus on the two aspects of this extended visioning available in the Transcendental Sphere that you can more readily access, viewing 22) the ensouling entities of the Transcendental Sphere, and 25) the operation of intention.

To do the first of these exercises, we will return to one of the centers you studied in the Mudrashram® Advanced Course in Meditation, the Mirror of Souls Center on the Bridge Path.

Stage Seven Inner Vision Exercises

Exercise 22 – Meditation on the Ensouling Entities of the Transcendental Sphere

Your ensouling entity operates through a core form that we call its essential vehicle. This dwells directly above the vehicles on the Planes that your ensouling entity has awakened. For example, if your Soul dwells on the Abstract Mind Plane, it will operate through its essential form and the vehicles of consciousness on the Abstract Mind Plane, the Biophysical Universe, the Subtle Realm, the five Kosas, and interface with your personality. The ensouling entity dwells above its essential form on its own Plane.

This perspective enables you to detect the active ensouling entity on the Bridge Path, and Transcendental Path 1 (T1) through Transcendental Path 7 (T7).

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to encounter the Transcendental ensouling entity within an individual on one of the eight Transcendental Paths—this perspective allows you to extend the view to all 13 ensouling entities.

HOW – You can project your attentional principle with conjoined attention into the Transcendental Sphere—you will feel you are crossing a threshold. When you do this, your mental covering will merge in the Light of Mahaparinirvana, and you will find that you are in the subtlest body of your attentional principle—the pure consciousness form. Take one step beyond threshold of the Supracosmic Sphere and you will disengage from the illumined knowledge of the mental covering, and

you will experience that you are in a great void of absolute clarity and silence. Focus your attentional principle on the **Mirror of Souls** center on the Bridge Path

As you contemplate this center you will become aware of any active ensouling entity in another as you scan from Subtle through Transcendental. [You will also detect which ensouling entity is active from this perspective.]

WHAT – This grants you the ability to objectively look at the ensouling entities of others in the Transcendental Sphere from a detached viewpoint.

WHERE – At the selected focal point in the Transcendental Sphere, your attentional principle will operate in its core form and you can access this knowledge.

WHY – To gain direct knowledge of the ensouling entities of others on the Bridge Path and T1 to T7 in addition to those of the Subtle, Planetary, Transplanetary, Cosmic, and Supracosmic Realms.

Exercise 25 – Meditation on the Detecting Intention from the Attentional Principle of Others

The core form of your attentional principle, the Purusa, has the ability to use intention in a variety of ways. This meditation will train you to actually detect intention in others. We will review the seven abilities of intention in this exercise [this includes a new one that we did not present in the original chart.]

WHO – Your attentional principle conjoined with attention

WHEN – When you wish to purely encounter the attentional principle in other people apart from its coverings, and witness the dynamic activity of intention as it is operating.

HOW – You can project your attentional principle with conjoined attention into the Transcendental Sphere—you will feel you are crossing a threshold. When you do this, your mental covering will merge in the Light of Mahaparinirvana, and you will find that you are in the subtlest body of your attentional principle—the pure consciousness form. Take one step beyond threshold of the Supracosmic Sphere and you will disengage from the illumined knowledge of the mental covering, and you will experience that you are in a great void of absolute clarity and silence. In this state of the Great Void, focus on the attentional principle of any other Purusa that

has projected into the Transcendental Sphere. [You will get the best results if you gaze at the point between the eyebrows of this form, where intention originates.]

[After you perfect this ability to detect intention at this level, you will later be able to extend this skill to become aware of the operation of intention wherever the attentional principle of others dwells. For example, we demonstrate this skill during Light Sitzings, when we ask you to point someone out to us using intention, so we may give them a Personal Blessing of the Light.]

As you contemplate in this fashion, you will eventually become aware of *any activity* that the attentional principle generates using intention, as it accesses the centers of its Purusa form. In review, we will excerpt from the Raja Yoga coursework you learned in your intermediate meditation class, the Accelerated Meditation Program or the Mudrashram® Master Course in Meditation, so you may recall the activities that intention produces.

Excerpted from the *Mudrashram® Course in Meditation Manual, 3rd Revised Edition* ©1999

“The attentional principle is encased in four coverings. The first is called the astral covering, which resembles a body of shimmering, sparkling stardust. The second is called the causal covering, which appears as a fine indigo-colored mist. The third is the mental covering, which is a golden form and shines with a golden effulgence. The fourth form, called Purusa, is the inner crystal-clear form of consciousness. The essence of the attentional principle is a wave of consciousness, which is called chetan.”

“The attentional principle operates in the astral covering from its ground state to the top of the Psychic Realm. It functions in the causal covering from the Wisdom Plane to the top of the Transplanetary Realm. It acts in the mental covering from the edge of the Cosmic Sphere to the top of the Supracosmic Sphere. It dwells as Purusa its pure spiritual form, in the Transcendental Sphere up to high in the 7th Transcendental Path, when even this finest covering of the wave of consciousness is dropped.”

“As Purusa, the attentional principle has the following abilities:”

Ability	Activity
Consciousness	To experience the wave of consciousness directly. [Brain]
Intention	To send a beam of thought to concentrate the mind stuff and focus it on any focal point, to switch any inner vehicle on or off, to project out of the pituitary center focus to any inner level of the Great Continuum of Consciousness, and to activate your bija mantra. [Point between the eyebrows]
Telepathy	To communicate a thought to the attentional principle of others. [In advanced disciples, this ability is extended to send thought and Light to others’ spirits and ensouling entities. This is called Attunement.] [Throat]
Contemplation	To discern the structure and content of your inner vehicles. [In advanced disciples, this ability is extended to look into the vehicles of others. This is called Metavision, direct seeing with the attentional principle.] [Heart]
Programming	To introduce suggestion into any vehicle. [Solar Plexus]
Empathy	To understand the context of the conscious experience of others. [Navel]
Affirmation	To agree that something will be so. This is the power of Manifestation or Creation. [Base of spine]
[Guiding]	[<i>Note: This is new material added to this table.</i> To send out a “homing signal” to your attention so it can find the attentional principle and focus on it. This ability operates through the feet (pedal) center of the Purusa, and is utilized to guide your attention and the attention of others in meditation.]

[If our re-presentation of this material in this webinar brings about perplexity and consternation, may we suggest that you review this material in the Raja Yoga section of your intermediate course at your leisure? It will be valuable for you to truly experience these abilities of your Purusa, as opposed to having vague intellectual notions about them.]

WHAT – This grants you the ability to objectively witness the operation of intention in others.

WHERE – This ability to see the activity of intention in others operates in any focal point in the Transcendental Sphere, where your attentional principle operates in its core form and you can access this knowledge.

WHY – To gain direct knowledge of intention—this enables you to witness others’ activation of their transformational mantra, the beam of thought energy and the Light during attunements, and the movements of the Purusa during direct projection.

In part one and part two of this webinar, we have touched upon the inner vision that operates through the coverings and in the essential form of the attentional principle.

In part one, we answered your questions about this type of inner visioning, and went over exercises to help you access the astral covering of the attentional principle.

In part two, we continued this exploration of the causal and mental coverings, and gave you an introduction to operating as the Purusa in the Transcendental Sphere.

We encourage you to enhance your ability to use these subtler aspects of inner vision through continued practice and study. Through skillfully using your intention and replicating these exercises, you will hone these abilities to a high level of competence, and you will use them with confidence.

Since we are introducing these exercises in a webinar format, where you will have only a short time to learn the meditation and practice it one time, we suggest that you especially work on those exercises that you found were challenging, so you can rehabilitate your ability to use your faculty of inner vision at this level.