

The Astral Matrix of Vision

As spiritual development occurs, it clears the matrix within the astral body. When we examine this mirroring effect of spiritual development, we find there is an point to point exact correspondence to this opening of sensory awareness in the astral body to the development in the Anda, the Grand Astral Plane, which encompasses the Great Continuum from the beginning of the Subtle Realm to the top of the Cosmic Sphere. These correspondences are shown in the table below.

Level of Astral Vision	Where It is Mirrored in the Astral Body
Contents of the personality (Conscious, Subconscious, and Metaconscious mind) up to the Self	Toes
Lower Subtle Realms (from the Annamayakosa to the Temple of the Goddess)	Feet
Middle Subtle Realm (from the Subtle Physical to Subtle Social Planes)	From the ankles up to the middle of the calf
Lower Astral and Intellecty	From the middle of the calf up to the back of the knee
Probationary Path (Biophysical Universe, Abstract Mind Plane, Psychic Realm, and Wisdom Plane)	From the back of the knee to the middle of the thigh
The Five Planetary Initiations	From the middle of the thigh, through the hips, terminating in the area of the navel
The Transplanetary (Monadic Realm)	The astral umbilicus (silver cord) terminating in the entrance to the astral spinal tube (Sushumna Nadi)

Level of Astral Vision	Where It is Mirrored in the Astral Body
First Cosmic Initiation (up to Kaivalyam Loka)	The astral spinal tube through the chakra at the base of the spine (comprising the Cosmic Physical, Cosmic Astral, and Cosmic Causal Planes) up to the navel chakra (comprising the Ideational Plane and realms of the gods up to the presence of the Brahman), Amrita chakra (slightly behind the navel chakra, this is the seat of the Yogi Preceptor), and the liver or hepatic chakra (comprising the worlds of the Divine Mother, the Cosmic Brahma, and Kaivalyam—the origin of Cosmic Consciousness)
Second Cosmic Initiation	The astral spinal tube from the liver to the spleen or splenic chakra (the five Planes up to the Presence of the Light Master), and up to the solar plexus chakra (the Planes of the Liberated Saints, Cosmic Builders, and Cosmic Kabala, culminating in the origin of the Cosmic Soul Awareness)
Third Cosmic Initiation	The astral spinal tube from the solar plexus through the heart or cardiac chakra
Fourth Cosmic Initiation	The astral spinal tube from the heart chakra up the back, then down to the chakras of the two hands (the palmar chakras), and up the throat or cervical chakra

Level of Astral Vision	Where It is Mirrored in the Astral Body
Fifth Cosmic Initiation	The astral spinal tube from the throat chakra to the medulla chakra, awakening the five astral senses in the midbrain area (from the cheeks to the point between the eyebrows), the point one fingerbreadth above the point between the eyebrows (the center of the astral will), and terminating in the astral eye center (the thalamic chakra) in the middle of the forehead
The Cosmic Angelic Realm	From the center in the middle of the forehead through the frontal lobes of the brain, and terminating in the twin centers in the left and right temple (when this center is opened, a crescent moon appears spanning from the point between the eyebrows to the temples)
The Cosmic Starry Realm up to the Cosmic Word or Logos Center	From the center in the temples to the top of the temporal lobe area
The Cosmic Hierarchy	From the temporal lobe area, the parietal lobe, and the occipital lobe, terminating in the fontanel center at the center of the brain chakra or thousand petalled lotus—this is the abode of Brahma Jyoti

Physical vision is not mirrored in the astral body. However, the neurological matrix in the physical brain does establish an energetic connection with the astral body. This may be responsible for the reception of images that are sent back to the brain from the astral body that produce the phenomena of psychic vision.

In psychic vision, the brain and nervous system create an energetic facsimile of the idea or thought form that is sent through from the astral body—this is interpreted and translated through the brain’s associative network to create an identifiable image.

Because these neural networks are wired differently in each individual, an identical idea dropped into the subatomic interface of two individuals will yield a different interpretation of the same thought form. This may explain the widely varying experiences of meditators when they first begin to “receive impressions” from their astral body.

When the disciple has purified the entire track through the Grand Anda or Astral Plane—which includes the Subtle, Planetary, Transplanetary, and Cosmic Bands of the Great Continuum of Consciousness—his or her astral body becomes fully glorified. When this exalted stage is reached, “every pore is an eye; he or she is covered with eyes from the bottoms of the feet to the top of the head.”

This innate and spontaneous astral seeing arises when the ensouling entity opens the nodal points of the Great Continuum from the Subtle to the Cosmic. This astral vision effectively mirrors the Soul’s journey through the Superconscious mind as it purifies the Grand Astral Plane.

This astral vision is direct prehension of the Macrocosm of the Anda. You sense this astral cosmos within as slices or Planes through different levels of the astral body, culminating in the state of the entire astral body becoming a “living eye” when you complete your Cosmic Sphere development—and you literally “see” from the soles of your feet to the top of your head.

As this spontaneous and innate astral vision awakens, the other aspects of inner seeing are augmented. Attentional, metavisual, spiritual, and transpersonal intuitive vision grows more acute and clearer.

You begin to gain that subtlety of sight that permits you to detect an individual's spirit, their nuclei of identity, the vehicles of consciousness, and the four ensouling entities of the Grand Astral Plane—the Soul Spark (Jivan Atma) in the Subtle Realm, the Planetary Soul (Atma) in the Planetary Realm, the Monad (Param Atma) in the Transplanetary Realm, and the Astral or Celestial Soul (Hamsa Atma) in the Cosmic Sphere.

A note on terminology: The reference to the ensouling entity as Atma continues in the higher spheres, as well. The Mudrashram® Masters refer to the Supracosmic Soul as Brahmanda Atma, the ensouling entity that unfolds at the Transcendental path aligned with your axis of being as Adi Atma, and the Eternal Soul—the ensouling entity of T7—as Avayakta Atma or Satchitananda].

For example, when you detect someone's Soul, you may feel it, hear it, and see it resonating within your own astral body. This blending of the senses, called synesthesia, allows you to touch, hear, see, smell, taste, and see any object that your attention contemplates.

So whatever objects of meditation upon which you focus your attention, your synesthetic astral senses “fill in the details” about those objects. As you shift your attention from one contemplative focal point to another, your mind flows to give you information about it—this is called **samyama**, the flow of attention, awareness, and absorption that brings spontaneous knowledge.

The greater your Soul's spiritual development, the more of your innate and spontaneous seeing and sensing is active. To verify this state of inner awakening, we will meditate upon the astral body and trace this opening of the astral senses in you.

A Meditation on Your Astral Body



How much of your astral body has been purified? Move your attention from the waking state to the medulla center of the Subconscious mind. Lift your eyes to gaze upward to the point between the eyebrows. Notice the track leading upwards to your pituitary center, your pineal center, and the top of the etheric brain. Move your attention upwards along this track until you merge in the jet of Spirit at the top of the brain center of the system of Subconscious chakras.

Now follow the astral umbilicus until you reach the entrance to your sensitive astral spine, and move upwards until you reach the edge of darkness that demarks the upper limit of your development in the Cosmic Sphere—which mirrors the relative awakening of your Astral Soul.

Once you have anchored your attention here, allow your awareness to fully open to this center. Next you will use the Tibetan mantra, Heeg Kah—breathing Heeg on the in-breath, Kah on the out-breath—to minutely examine the track through your astral body to notice which aspects of this synesthetic corridor you have opened.

When you reach the top of the opened corridor through your astral body, you will breathe out three times the syllable AH (intoning softly AH - AH - AH at one-second intervals). Then simply contemplate the sensation of bliss that you feel as you touch the reflection of your ensouling entity in your astral body.

Fire in the Belly

Yogi Preceptors typically start the purification of the astral body in the Cosmic Sphere, and awaken the track from the entrance to the spinal tube to the navel center. Slightly beyond the navel center is the ghar or abode of the Yogi Preceptor, which we call the Amrita center, the center of the Ambrosia of the Divine. When the yogi pierces to this center, his or her heart is melted and nurtured by the nectar of the love of God, and an inner fire is ignited.

This ignition of the Cosmic Fire marks the enlightenment and empowerment experience of the Yogi Preceptor. The real “fire in the belly” refers to this inner awakening.

Yogis open themselves to this track by keeping attention fixed in (1) the cosmic consciousness center—this is at the navel center of the vehicle of the Astral Soul; (2) the Divine Eye Center—this is at the thalamic center of the vehicle of the Astral Soul, and is the preferred focal point for Kriya Yogis, and (3) the Astral Soul itself, which is used in Agni Yoga and Integral Yoga traditions. By keeping their attention fixed in these higher centers, they awaken the deep “samadhic vision” that occurs when you experience being one with your object of meditation in the Cosmic Sphere.



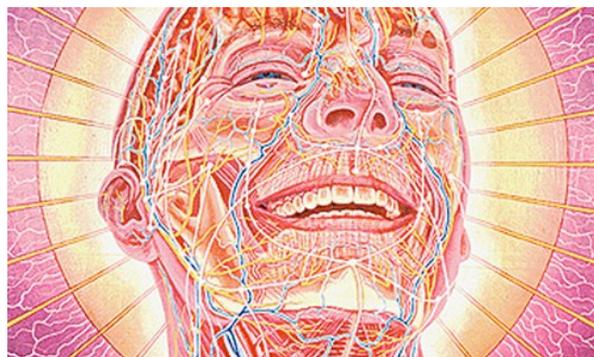
But the practice of skipping over the work at the lower centers of the astral body and working directly with the astral spine has its complications.

First, vision remains blocked in the lower centers below the entrance to the astral spine. This contributes to a sense of separation from this cosmic vantage point and state of identification in the Cosmic Sphere. The personality (Self), and your cutting edge ensouling entity—Soul Spark, Soul, or Monad—seem split off, dream-like, or alien.

This has led to the strange doctrine that the centers in the astral body—from the feet to the entrance to the astral spine—are “lower worlds,” or worlds of the “demons (asuras).”

In Mudrashram®, we do not think it is appropriate to demonize the natural and cutting edge track of spirituality, or to create artificial splits in consciousness by skipping ahead into Cosmic Sphere spiritual work without first completing the work in Subtle, Planetary, and Transplanetary Realms.

By performing your development in synchrony with the Divine Enlivening Force, the Alaya, you ensure that you do not create split off islands of perception in your astral body and create an unnecessary war between your members. Rather, in following the natural track of cutting edge spiritual development, you open the entire sensate capability of the astral body from the soles of the feet to the top of the head. This is fully in keeping with the Divine Design, calls you to be Illumined “Seer” of every world of the Grand Astral Plane.



Thank you for attending our webinar today!

