

A Brief Primer on Spiritual Perception

Considering that many of my advanced course completers are still taking what I say on complete faith; and they have been unable to verify what I tell them about the level they have achieved, and rarely are able to gather much information about that level.

Instead, they see vague, fuzzy images in meditation, and can't see anything clearly. They hear buzzing and ringing sounds, but they can't hear the voice of their guide, or discern their own Soul's revelation of its experience.

It has occurred to me that I need to do another brief education session to give you some pointers on how you can do this. I'm going to draw on material that I have already put out there

On the website (OK, you are forgiven if you had trouble finding it)

In my books (What, you don't have *The Psychic Realm*, or *A Mudrashram® Reader*, where I raved on at length about inner visioning?)

In my webinars (Did you take the Vision Workshop?)

Now it could be that you have read this material and/or taken the workshop, and you have filed it away somewhere in your already overwhelmed memory—the same memory I have inundated with tidal waves of spiritual information—but you have not yet implemented it. [Yes, I know...it's on your list!]

Or maybe, I have not explained this process to you in a way that will make the lights go on and make your little train run on its tracks. I am going to try again. I sincerely hope you will get it this time!

Nonetheless, even if you don't get it this time, I am committed to work with each one of you until you do! Fair enough?

Turning on Inner Vision and Hearing

Excerpted from *The Yoga of the Seven Mudras, Volume Two*

The attentional principle is consciousness itself. It is ever awake. It innately sees, hears, and feels.

If this is so, why is it that aspirants have such a difficult time activating these faculties of the attentional principle?

- (1) They do not unite attention with the attentional principle.
- (2) If they do contact it, they don't focus on the wave of consciousness at the brain center of the attentional principle, so they never become fully conscious.
- (3) They do not enter suggestion to see, hear, or feel the contents of awareness.
- (4) They do not give active suggestion to contemplate to become intuitively aware of the contents of awareness
- (5) They do not locate the attentional principle when they attempt to focus on it; they have not built their inner landmarks to arrive at this center.
- (6) They have emotional expectations about what the experience of the attentional principle will be like, and engage in thinking about it, and imaging the experience of what it might be like, instead of simply having it.
- (7) They develop a concept to represent the attentional principle instead of focusing on its actual essence.

There are three tasks that must be mastered.

The first key task is to **identify** the attentional principle—not conceptually, not through imagination, but in its essence.

The second key task is to **unite attention with** the wave of consciousness.

The third key task is to use **suggestion** to activate inner seeing.

Suggestion can turn on the inner seeing and hearing of the attentional principle and spirit, which is continually operating, but our attention is not synched with their inner sensory currents. Examples of these inner suggestion methods:

“Let me see what you are seeing.” “Let me hear what you are hearing.”

“Let my third eye be opened.” “Let my third ear (the ear of the spirit) be opened.”

“Show me what your consciousness (of my attentional principle) beholds.” “Show me what the consciousness (of my spirit) beholds.”



Becoming Aware of Your Inner Senses Exercise

In this present moment, notice:

What is your brain seeing? What is your brain hearing?

What does your attention see? What does your attention hear?

What do your astral eyes see? What do your astral ears hear?

What does your attentional principle see? What does your attentional principle hear?

What does your spirit see? What does your spirit hear?

What does your Soul see? What does your Soul hear?

Inner Vision in Meditation

Excerpted from *The Psychic Realm: Finding Safe Passage through the Worlds of Illusion*

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 metavision 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

Stage	Ability
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.

In the next exercise, you will inventory which of these faculties are currently operating in you.

Metavisional Abilities Inventory

Notice whether the ability to use your **astral senses** to discern the following vistas is present or absent:

- 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 (Soul)



Notice whether the ability to use your **causal senses** to view the following vistas is present or absent:

- 1) Thought forms
- 2) The colored energies of directed thought
- 3) The 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
- 7) The attentional principle of others

Notice whether the ability to use your **mental senses** to view the following numinous objects is present or absent:

- 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
- 7) The ensouling entity of the Subtle, Planetary, Transplanetary, Cosmic, and Supracosmic bands of the Continuum



Notice whether the ability to use your **senses of the essential body of the attentional principle (purusa)** to view the following essences is present or absent:

- 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 of consciousness
- 6) The guide forms of teachers in each band of the Great Continuum of Consciousness
- 7) The origin of mind stuff and consciousness (chetan)

Invocation for the Rehabilitation of Your Innate Abilities

You have honestly examined yourself to see what faculties of your metavision are currently operating. The object of this exercise is not to have you beat up on yourself because all of these faculties are not working.

Instead, you will aim to strengthen the faculties that are operating by practicing them until you can use them efficiently and competently.

You have noticed that certain abilities are not yet awakened in you. You must ask with sincerity and humility that these other abilities be bestowed upon you, for you need to use them to be able to serve others, and to gain your own illumination and Mastery.

Realize that each of these abilities is your birthright. **These abilities are built into you.** For even as your brain contains the necessary neural framework to allow you to physically see and hear; within your spiritual nature, these abilities are also present. They have always been present in you; they are present in you now—**acknowledge them.**

It may be that because you have focused your attention on other things and have not used these faculties, they have lain dormant within you. **Resolve now that you will fully rehabilitate them, and dedicate them to the service of others, and offer them as tools on the feet of your form of future Mastery.**

Now call upon the Masters of the Mudrashram® lineage, the Divine as you know Him, or the Masters of any other tradition upon whom you rely for support and guidance to fully restore these abilities in you and to guide you to use them rightly.

Receive their blessings with gratitude and be willing to receive whatever is for your highest good at this time.

Thank you for attending our webinar today!

