

Exploring Change

Types of Change

In this realm you will consider the seven types of change, including: (1) physical change, (2) physiological or vital change, (3) emotional change, (4) mental change, (5) volitional change, (6) spiritual change, and (7) world change. The process of observing change leads to the recognition of those agencies or factors that cause the change. Ability to control these causal agencies or factors brings mastery of the phenomena.

The contemplation of observed change develops the faculty of discrimination. Mastery comes by isolation of causal factors and control of the phenomena by application of appropriate means. Fully understanding change leads to mastery of nature, mind and spirit.

Physical change includes the ceaseless movements within matter and energy, out of which our bodies, the world around us, and the entire physical universe are constructed, broken down and molded into new combinations over time. The laws of physics, chemistry, geology and astronomy govern physical change. Higher order physical change is called alchemical transmutation, and controls the process of turning one substance into another.

Physiological or vital change takes place within living organisms. In addition to processing stimuli and procuring nutrients, an organism must ultimately survive the environmental assaults of other organisms, toxins, and a host of other dangers. The organism seeks to maintain a state of optimal functioning, the state of homeostasis and health, ensuring its own survival, and hopefully, of its offspring, as well. The laws of biology, genetics, and ecology govern physiological or vital phenomena. Higher order vital changes are governed by the movement of prana, or life force, within your vehicles, creating those changes known as waking and sleeping, life and death, and attunement with higher octaves of Being.

Emotional change occurs by learning new patterns of reaction to environmental stimuli, and different ways of relating to persons and objects. The laws of psychology, hypnosis, and theology govern emotional change.

Higher order emotional change is in fact, a spiritual awakening. Spiritual awakening constitutes a conversion, or rebirth, from the lower emotionality of the ego, the nucleus of human feeling and desire, to the higher states of emotionality of the human spirit, the Moon Soul, or into yet higher Octaves of Being.

Mental change emphasizes new decisions, which ultimately condition behavior. It also incorporates learning new information that results in a modification of your beliefs or attitudes about objects, persons, ideas, or your viewpoint about society, the world and the cosmos (Weltanschauung). It can alter the processes of thinking, problem resolution and value or standard making to reconstruct character. It can select new goals, which determines what you work to achieve in human life. The laws of psychology, philosophy, metaphysics and the laws of the Universal Mind govern mental change.

Higher order mental change is the working through and living out of the fundamental karmic patterns that are the matrix of psychological growth, insight and integration, which results in the development of new abilities and self-understanding.

Volitional change involves initiating, modifying, and stopping the behavior of the physical body. It may also affect the attention by actively directing the attention and shifting the “mind’s eye” to focus on a new external stimulus (sensory awareness shift). It may alternately move the attention to a new subjective stimulus within the body, emotions or mind (introspective shift), or to trans-subjective stimuli in the higher vehicles or Superconscious Mind (contemplative shift, or meditation).

It may also change the “identity state” appropriate for different social roles or situations, resulting in modification of mental set, verbal response, and behavior.

Volitional change is externally influenced by control of information, which controls belief, and by external contingencies or consequences, which controls perception of the outcome of potential behavior, and by the requirements or challenges of the situation.

Volitional change is internally influenced by cognitive factors of self-concept (the perception of your abilities or capacities) and self-esteem (your perceived standing in the community and perceived meaning of your life).

It may also be influenced by the emotional factor of your aspirations and dreams (your felt needs and desires). The moral factors of self-evaluation (your perception of your relative success according to ideal, internalized standards as to how well you have fulfilled those needs or desires) and the inner requirements of moral values and commitments may influence it.

The relative evolution of the volitional principle (e.g., what higher octaves of the will operate through the personality) and the overshadowing of the Transpersonal Will (as is seen in advanced Initiates) condition it.

Higher order volitional change involves the mastery of the body and the mind by the human will (self-mastery), personal development via education, experience and maturation of the organism (personal growth), and the cultivation and expression of the higher octaves of the Will. This expression of the higher octaves of the will allows the Soul to reveal its abilities as genius, “spiritual gifts,” and the supernormal powers of knowledge, intuition, creativity, and Grace (siddhis).

Spiritual change involves the development of the four internal spiritual principles: the attentional principle, the spirit, the Superconscious Mind with its associated abilities and intuitive knowledge, and the Soul. Spiritual change is by definition a higher order change, and this is produced by active communion with Grace-Bestowing spiritual agencies, and by personal effort (sadhana) using effective and correct spiritual techniques and practices.

World change is marked by individual and collective efforts to influence the environment or the ecological balance between humanity and the other kingdoms of nature. It may also take the form of attempts to influence the community or nation in which one lives, the collective community of nations, the injustices or inequities within human societies, or the spiritual evolution of humanity as a whole. World change is the sum of the effects of the technological, social, political, and environmental impact of humanity on the ecosphere, Noosphere, and spiritual ethers of this planet.

Each of us individually and collectively influences the quality of life in the present, and creates the future for succeeding generations and our selves. World change, which is also known as collective karma, is the ultimate challenge that each of us must deal with individually and by working together.

World change calls us to transform what is no longer useful in what we have inherited from the past. It challenges us to remedy that which is causing problems in the present, so the future will hold a brighter promise for ourselves, our children, for our fellow human beings and for the other creatures that share this planet with us.

To continue on with ways that do not work is at best, peril, and at worst, suicide—so it is incumbent upon each of us to reflect on how we as individuals affect the collective, and resolve to determine what we will do to make this world a better place.

Meditation on Change

The table below summarizes these seven types of change, observed changes, and what factors influence these changes. Contemplate on each type of change.

Type of Change	Observed Change	Change Factors
Physical Change	Solid to liquid to gas to plasma	Heat and cold
	Molecular composition	Heat and cold, presence of catalyst and substrates, correct pH factors, presence of reactants
	Atomic composition	Collision with alpha, beta and gamma rays from radioactive disintegration
	Subatomic structure	Collision with subatomic particles and photons
Physiological (Vital) Change	Health to disease	Presence of toxins, bacteria and viruses; quality of nutrition; integrity of the immune and other organ systems; genetic and other constitutional factors affecting physiological functioning and immune response
	Waking state to sound sleep	Withdrawal of life force from muscles and senses to internal organs, from cerebral cortex to midbrain structures
	Life to death	Withdrawal of the life force from the internal organs and the entire nervous system into the astral or causal body
	Death to Immortality	Withdrawal of the life force from the physical, astral, causal and etheric vehicles into the Soul, together with the full awakening of the Kundalini Shakti
Emotional Change	Apathy or despair to joy	Modification of the cognitive framework of belief and meaning by which reactions to experiences are mediated
	Agitation to calmness, peace and bliss	Calming the emotions by control of breathing, mental images, or energy level through meditation

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Type of Change	Observed Change	Change Factors
Emotional Change (continued)	Antagonism and enmity to friendship and love	Altering beliefs about the behavior of others, or successfully modifying others' beliefs or behavior so that they are perceived to share common interests, needs, beliefs and values or world view
	Egocentrism to altruism	Awakening as the spiritual heart through insight, breakthrough, or rebirth experiences
Mental Change	Selection of one course of action; changing a former behavior, habit or routine	Decision between alternatives, after analysis, evaluation and judgment
	Belief or attitude change	Exposure to new information or experiences, or modification of how information or experiences are construed, shapes beliefs and attitudes
	Change from problem to solution	The application of intelligent activity through planning, goal setting, and making adjustments during the process of striving to solve the problem or reach the objective. It requires a flexible response to unanticipated factors, the integration of new information and learning, modification of theory and methods, and on-going problem solving until the goal is reached.
	Contextual change in life due to insight, life change or transformation	Working through karmic patterns so that former areas of unawareness are made conscious, former areas of difficulty are resolved, and former autonomous behavior (addictions or compulsions) are brought under control
Volitional Change	Activity to inactivity	Withdrawal of will from activating the motor cortex and associated sub-cortical structures, cessation of activation of skeletal muscles, cessation of holding the idea of movement in the etheric matrix

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Type of Change	Observed Change	Change Factors
Volitional Change (continued)	Active sensory processing of the environment to absorption in the subjective and trans-subjective worlds of the Self	Withdrawal of the attention from the sensory focus and focusing it within; relaxation, coupled with fixation of attention on the inner vehicles through intention and suggestion
	Development of personality	Influences of parenting, education and life experiences together with constitutional factors as modified by a person's choices and insights construct personality
	Evolution of higher aspects of the Will	Will evolves concomitantly with the evolution of the Transpersonal Self, operating in both the field of the personality (Metaconscious mind) and the Soul (Superconscious mind). Opening of the vehicles of the Superconscious Mind through the process of Initiation also unveils and activates these higher aspects of Will.
Spiritual Change	Attention focused in waking state of consciousness identified with the physical body to conscious union with the Soul with the highest discrimination and awareness.	Direction of the attentional principle from its ground state to union with the Soul through the practice of Raja Yoga meditation.
	A state of spiritual longing and vulnerability transformed to the fullness of Love, Grace and Power	The spirit traveling in the path of the inner light and sound to its very end and achieving union with the Divine Beloved through the practice of Nada Yoga
	A state of helplessness and victimization transformed into empowered Transpersonal Ability	Incarnation of the Will principle in the personality through successive Initiations; expansion of the Will principle into the octaves of the Superconscious Mind, activating the higher abilities or Siddhis
	Evolution of the Soul and unfoldment of its potentials	Evolution of the Soul through Initiation; the transformation by Grace-Bestowing Light Immersion or use of transformational methods such as Kriya Yoga or bija mantra

Type of Change	Observed Change	Change Factors
World Change	Modification of the external environment	Work; application of technology, the processes of engineering, production, building and design; the expression of art and creativity; destruction brought about by war, ecologically unsound industrial and agricultural practices, or waste products of human civilization
	Modification of feelings, beliefs, and values of human beings on a global scale	Education; psychotherapy; new information disseminated by the electronic media, books, or public speaking; exposure to religious or political indoctrination; encounter of a new cultural group; receiving of spiritual teaching (Satsang)
	Modification of the structures, processes or institutions that govern society	Shift in the political leaders and/or of prevailing political philosophy due to changing economic conditions and challenges facing the government domestically and internationally; the technological innovations of scientific discovery and invention transform the ways in which people live and work
	Change in the collective consciousness of humankind; the spiritual evolution of the human race	The summation of new knowledge, innovation, creativity, and wisdom gained by reflection upon personal and shared experiences, coupled with the inspiration and Grace-Bestowing impulses of the agencies of Spirit: the angels, higher Initiates, and the Masters that comprise the Hierarchy of Light

Inquiry about change

Focusing as in the last meditation on the seat of the spirit in the sacral center, ask the following questions:

- What makes me want to change?
- What makes people change?
- What changes do I want to bring about in my self, and what do I need to do to accomplish these changes?

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- How have others influence me to change in both positive and negative ways?
- In what ways have I been changed through apparent forces beyond my control?
- What do I feel that I should ideally be? What changes could I make in the future to bring that about?
- What changes can I actually make now in my life?

When desires are abandoned, the motivation to strive after many goals and dreams may disappear. The spiritual wayfarer must find the appropriate balance between renunciation brought about by the release of desires, and right activity, which selects life-affirming and constructive objectives to construct a fulfilling and meaningful life.

The teachers of the Mudrashram® lineage do not advocate the renunciation of the world, but rather, learning to commune with the spiritual worlds, while living an active life in the world.

