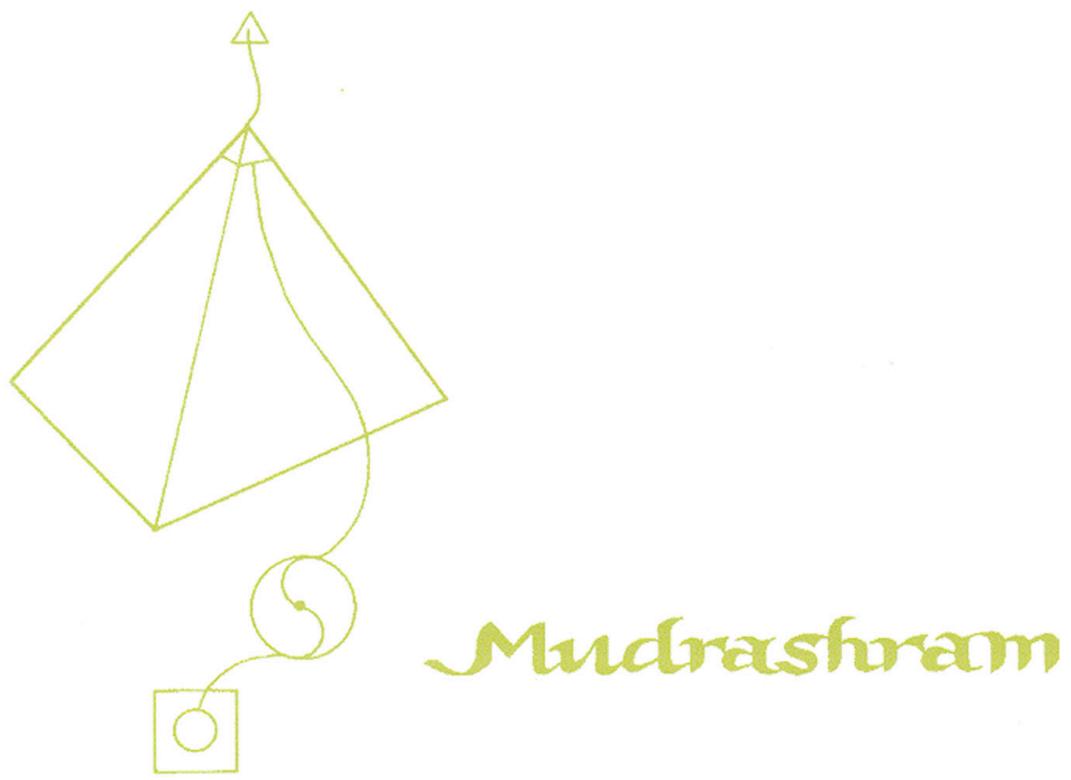


The New Agni Yoga Attunement Meditation Workshop

Facilitated by George A. Boyd, MA





Mudrashram

A Metaphysical Training Program of
The Mudrashram ® Institute of Spiritual Studies



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By George A. Boyd, MA © 2011



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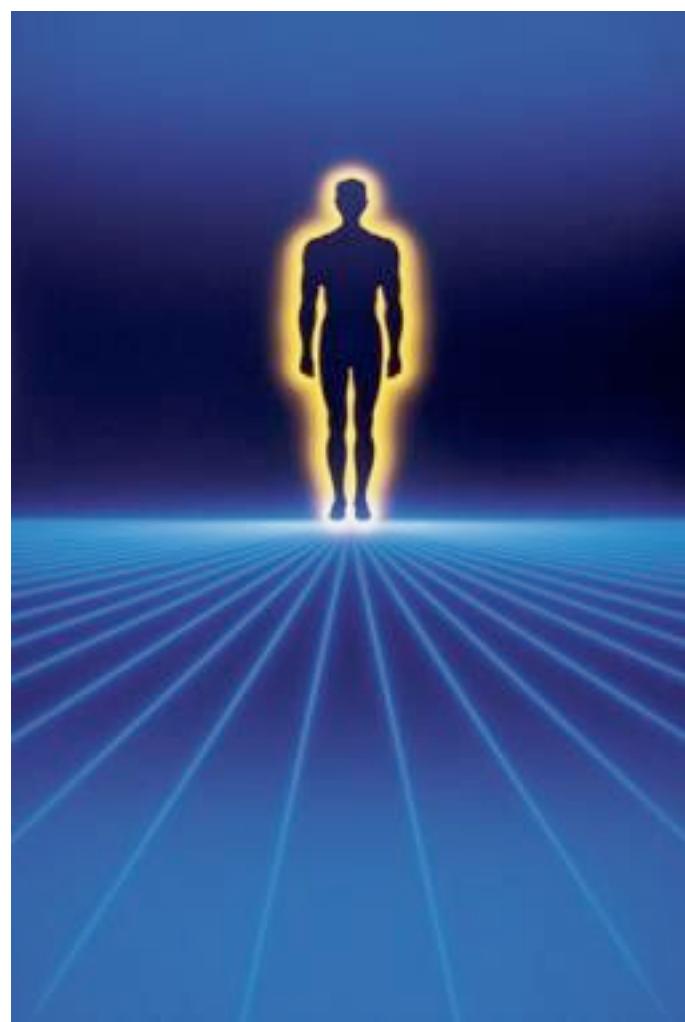
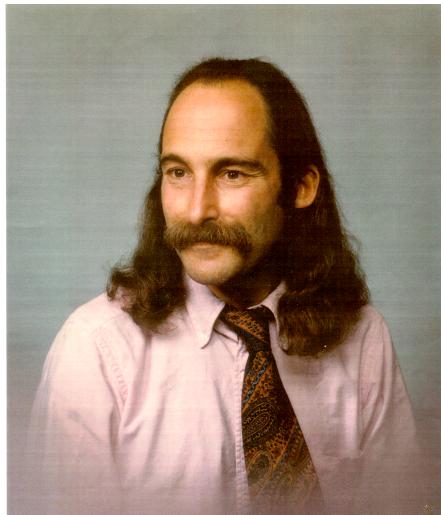


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George A. Boyd is a meditation teacher, counselor, and author, who has been offering a variety of educational and guidance services to the public since 1983. You can learn more about his services at <http://www.mudrashram.com>.



George has studied and practiced meditation since 1965. He is an expert meditation teacher and an innovator in the field of meditation. He developed a system of integral meditation in 1983 that he has taught to groups and individuals since that time. He was listed in *Who's Who Among Young American Professionals* in 1988 for his contributions to this field.

George holds a BA in Psychology from UCLA, an MA in Clinical Psychology from California State University, Dominguez Hills, and an Alcohol Drug Counseling Certificate from UCLA Extension. He has additional training in Psychosynthesis, Voice Dialogue, Focusing, hypnotherapy, and Movement Expression™ dance work.

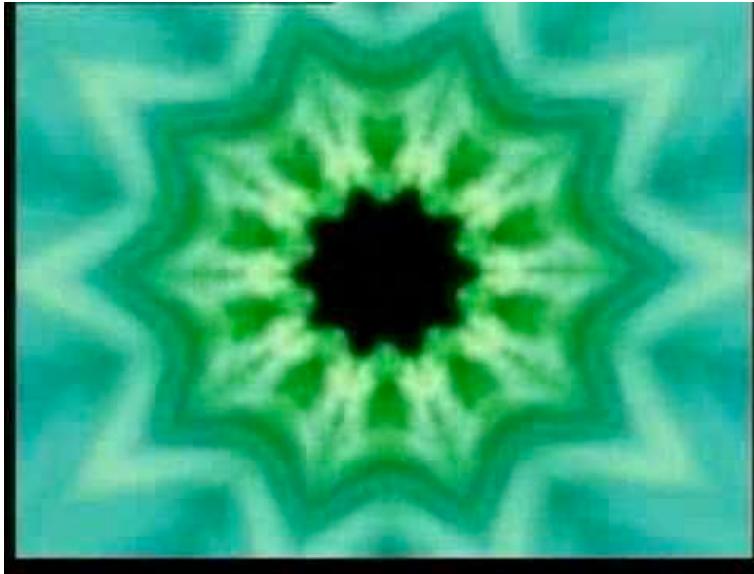
George held groups for adult children of dysfunctional families for one and one half years. He facilitated Social Skills Training groups for five years. He worked as a drug abuse counselor for three and one half years with heroin addicts. He did his graduate clinical traineeship with a dual diagnosis population.

He has worked as an academic and vocational counselor for 16 years. He has been honored by inclusion in *Who's Who Among America's Teachers* for 2005 and 2006 for his role in service to youth.

He has presented public lectures and workshops on meditation at the Whole Life Expo and Learning Adventures. He was invited to speak at Babaji's Parliament of Yoga and World Religions in 1993.

George is the author of *Drugs and Sex*, published by The Rosen Publishing Group in 1994. He has self-published ten books, and several workbooks for meditation classes that he has developed, and a correspondence course for advanced meditation students. He has written many articles about the practice of meditation and its applications, and about recovery from addiction. A selection of his articles and poetry may be found on his web site, <http://www.mudrashram.com>. You may order his self-published books on www.mudrashrampublishing.com.

Agni Yoga and Attunement Meditation Workshop



Introduction to the Workshop

The objective of this workshop is to give you, the class participants, an experiential grounding in the experience of Agni Yoga and its root tradition of Attunement Meditation.

In our workshop today, we will go more deeply into the seven practices of Agni Yoga, which Swami Prem Dayal revealed in *The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation* (Boyd 1989, 2008).

We hope to help you gain a clearer understanding of what attunement meditation is and how it works. While we have put some articles on our website, <http://www.mudrashram.com> and in our textbook of Integral Meditation, *A Mudrashram® Reader: Understanding Integral Meditation*, we note that this topic is still not too clear for many of those who have encountered this material, and it is only briefly introduced in our meditation classes.

We have built on the foundation of the original class, which we first taught in 2002, by adding new material in our webinar version of the class of 2012. We include new information about attunement meditation that we have not previously shared or published.

The Attention's Inner Journey

The ability to make attunements and to draw down the Light of the Spirit that dwells within does not immediately dawn upon the Soul, but requires that you first do some initial attentional preparation. We have endeavored, through our student and public webinars, our meditation classes, and articles on our website and in our books, to help prepare you for the work of attunement.

We note that many people do not understand that much of the inner work of the disciple involves doing attunement ministry, and that the disciple must undergo training to master this skill. This training of the attention appears to pass through seven stages, which are briefly described below.

Stage One – Your attention is associated with your body. You use suggestion to interface with your vehicles of consciousness. You contemplate focal points within your vehicles of consciousness. You begin to recognize organizing centers (chakras) within your vehicles of consciousness.

Stage Two – Your attention is able to unite with the three immortal centers within you—your attentional principle, your spirit, and your Soul—and “fuse” with them.

Your attention can remain in union with the attentional principle, as it travels on the inner Planes and as it uses intention.

Your attention can remain united with the spirit as it travels in the channels of the Nada, when it invokes the Divine, or when it communes with the Guide.

Your attention can unite with the Soul, and experience the indwelling presence of God, plus experience the Soul expressing through transpersonal will, unconditional love, and intuitive revelation of its truths.

Stage Three – Your attention exteriorizes beyond the body-mind, and you can objectively experience the phenomena occurring with the organism and the psyche. With training, this allows you to do “readings,” such as examining the energy field surrounding the body (aura), to glimpse the content of other’s unconscious mind, or to behold the entities or thought forms that cling to the aura. You can learn how to trace the silent Akashic Records to uncover past lives. You can follow the Soul’s track through the Higher Unconscious. You can recognize the Soul’s station on the Path.

Stage Four – Your attentional principle and spirit begin to stably and regularly commune with the inner teacher, so you can hear the guide’s voice and receive inner instruction. At this stage, you can see the form of the guide and visualize what the guide shows you. Your attention becomes aware of the activity of your attentional principle and spirit, as they are trained to minister the Light through healing, teaching, therapy, counseling, or attunement. [Light Sittings lift your attention into this zone, so you can experience your attentional principle carrying out an attunement.]

Stage Five – This is the stage of *active discipleship*. Your overshadowing Initiate gives your attentional principle [or in Transcendental Paths, your spirit] regular ministerial tasks to carry out while your body is sleeping. During lucid dreaming [this occurs when the attention unites with the attentional principle or spirit while the body-mind is resting], your attention becomes aware of this ministry. You may also become aware that your attentional principle or spirit is attending inner “schools” or “temples of wisdom” on the higher Planes. These experiences are more common when you meditate during the hours of 2:00 AM and 5:00 AM, when most people are resting.

Stage Six – This is the stage of becoming an *Initiate*. Your ensouling entity becomes established in a universal stage of consciousness, and gains the ability to minister to all beings within that zone of the Great Continuum of Consciousness. Your attention becomes aware of this “ministry from the core of being”—the active ministry of your Soul. You experience your Soul operating its powers through the higher octaves of the will; powerful kundalini awakening is common at this stage.

Stage Seven – This is the stage of *Empowered Mastery*. At this stage, God anoints your Soul with the Light Divine. Depending on the powers granted to your lineage under its Dispensation, you may gain the abilities to translate the ensouling entities of others, to purify their vehicles of consciousness, to awaken their kundalini shakti, and to guide their attention principle and/or their spirit.

Differences Between Agni Yoga and Attunement Meditation

Agni Yoga, which draws Light down from the inner core of Light Fire within the Soul, is a part of the training that the attentional principle and spirit undergo to help them understand and activate the power of attunement.

At first, you awaken this power through visualization and suggestion. It seems at this stage that a wonderful genie-like power operates within the mind, and you can activate this power with your suggestion.

Later, you become aware that your attentional principle and spirit invoke [e.g., pray or ask for] the Light from an inner Source. This source can be the Holy Spirit, the spiritual Master who supervises your religion or spiritual group, an angel, a spiritual Master on the inner Planes, or God as you are able to visualize and contact the Divine Presence.

When you then take this Light you receive and send it to a vehicle of consciousness, the spirit, or the Soul of another person, it is called *Attunement Meditation*.

Attunement meditation begins when you learn to control the Light, so it can exactly target the point where you are focusing it. *The light, like a laser beam, can heal or destroy, depending on the intensity with which it is focused.*

Training in attunement meditation passes through seven stages.

- (1) *You anchor the Light in the Soul of another person.* You watch your overshadowing Initiate break it into the five component rays that comprise the minor attunements. [This is what you do during a Light Sitting.]
- (2) *You drop or “infill” the Light into a nucleus of identity.* The Moon Soul and Cosmic Consciousness nuclei of identity are the most common forms of this attunement. This appears as the “infilling” or “anointing” of the Holy Spirit during worship or prayer in charismatic Christian and Jewish groups. In Yoga and Meditation groups of the First Cosmic Initiation, the granting of “Deeksha” or “Oneness Blessings” appears to be the counterpart of this ministry with the Cosmic Consciousness nucleus of identity. Groups established in the Second Planetary Initiation may perform this rite with the Solar Angel. It is also utilized in awakening the Supracosmic seed atom on selected Supracosmic Paths.
- (3) *You learn to isolate the beams of the five minor attunements.* These include (a) The basic Agni Yoga attunement, connecting the body with the Soul [The Physical Attunement], (b) The Healing Light immersion [The Etheric Attunement], (c) The therapeutic attunement of love, empathy, and compassion [The Emotional Attunement], (d) Channeling their Soul’s inner intuitive knowledge to their Metaconscious mind [The Mental Attunement], and (e) Connecting their will with their Crown of Purpose and the Divine Will [The Will Attunement].

- (4) *You learn to send each of the minor attunements to each of the vehicles of consciousness of others.* [This list of the minor attunements can be found in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program class manuals; it is also in the book from our Initiate's Library, *The Yoga of the Seven Mudras: Introducing the Mudrashram® System of integral Meditation, volume one - The Fundamentals of Meditation.*] We train our advanced disciples to do each of these minor attunements in our capstone training, The Mudrashram® Teacher Training, part one.]
- (5) *You learn to control the intensity of the Light that you send to others.* This enables you to gain exact control over how you minister the Light. [To appreciate what this study entails, you can read more about how others experience the Light and the ways the Light can be ministered on pages 276 to 296 of *A Mudrashram® Reader: Understanding Integral Meditation.*]
- (6) *You study the individuals to whom you minister to identify what attunements they need.* On the Bridge Path, we train our advanced disciples to study the spiritual needs of others. They learn to see and understand the Lotus Feet center in others, and to get the “big picture” of the spiritual work that they must complete to gain Mastery and Liberation.
- (7) *You are empowered to grant one or more of the seven major attunements.* This depends on what is available through your lineage's Dispensation. [Mudrashram® grants all seven major attunements.] We give this empowerment to our meditation teachers in The Mudrashram® Teacher Training, part one.



An Overview of Agni Yoga

From the original Agni Yoga and Attunement Meditation Workshop

Agni Yoga is the process of drawing upon and directing inner energies through visualization. Swami Prem Dayal, in *The Yoga of the Seven Mudras: Introducing the Mudrashram® System of Integral Meditation*, (Boyd, 1989) describes Agni Yoga as

“... [Agni Yoga is] a means, [through] which [you] connect up the physical body with the Soul. It is a way of making the Soul fully expressed, fully incarnate.”

“Normally, the Soul operates only through the Superconscious Mind, and the blockages of unconscious mind keep the Soul's energy out of your normal waking consciousness, separate from your experience in the physical body.”

“For this reason it seems that the Soul is an abstract principle, aloof and intangible, an unapproachable mystical essence. In reality though, the Soul is very close at hand, and we can utilize this energy in many ways.”

Swami goes on to state, "through the methods of Agni Yoga, the energy of the Soul can be not only be experienced, but can be directed specifically to heal, guide and transform the physical body and vehicles of the Metaconscious mind."



Swami describes seven methods in this book for invoking the energies of Agni Yoga. We will practice each of these seven methods in this workshop. These seven methods are briefly described below.

Ray	Technique	Uses of Technique
1	Will Attunement	Linking your human will with the Divine Will
2	Color Healing	Attuning to your Chakras using the seven colors
3	Soul Dialogue	Channeling intuitive guidance from your Soul
4	Conscience Clearing	Freeing your subconscious from guilt and regret
5	Inspired Work	Utilizing the creative process to actualize your Soul's Expressed Purpose
6	Love Attunement	Healing your emotional pain through the infilling of Divine Love and the Holy Spirit
7	Rainbow Technique	Uncovering and integrating subpersonalities in your unconscious mind

The **Will Attunement** is an advanced method that overrides the impulsive, emotional will of the body, and subjugates the different octaves of will to the Transpersonal Will, and ultimately to the Divine Will. In this workshop, you will learn an invocational method to use when you wish to be guided by the Divine Will.

The **Color Healing Method** awakens awareness, and at the same time, gently opens and stimulates the chakras, and liberates healing energies to help alleviate physical distress, tension, and disease.

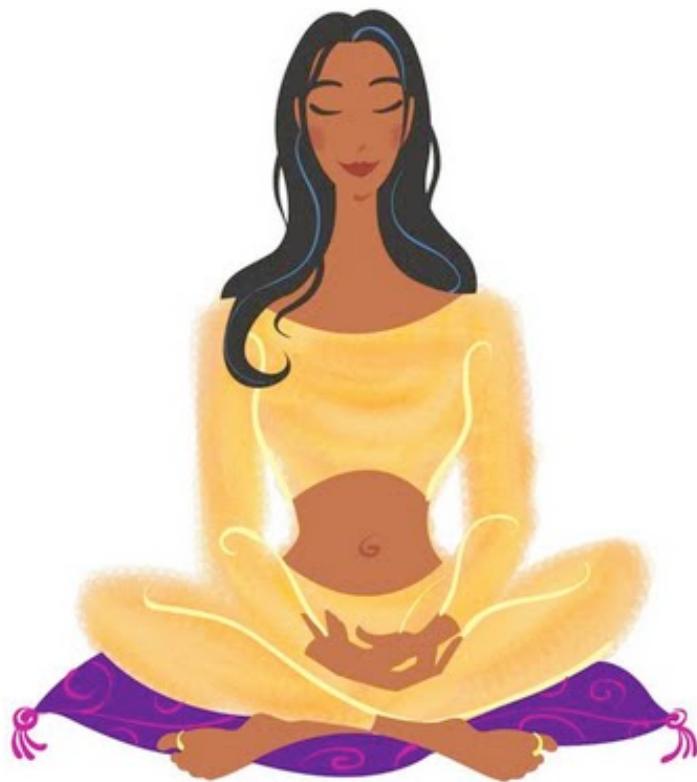
Soul Dialogue resembles Jnana Yoga in that it attempts to gain guidance from the Soul, but the request originates from an emotional center instead of from the intellect or the attentional principle.

Conscience Clearing is an attunement meditation that ministers the healing energies of the Spirit to unburden the buried guilt, remorse and regret in the subconscious, and to allow the energy of Divine Forgiveness to enter in and release the accumulated pain.

Inspired Work becomes possible you are clear about what your Soul wishes to express in the world and you attune yourself to that purpose

In the **Love Attunement**, you invoke the Divine Spirit to minister to the core of your human pain. You invoke Divine Love and direct it into the nexus of your suffering, allowing it to grant you release and relief.

In the **Rainbow Method**, you identify and work with a particular issue as a dissociated subpersonality. You process this subpersonality using a specific set of questions, and then you subject it to a color healing visualization.



The Will Attunement Meditation

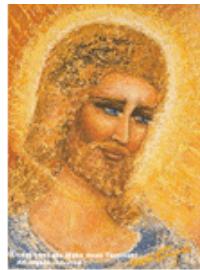
The will attunement is for those who have reached that stage in their personal growth and spiritual evolution that they wish to surrender to the Universal and Divine Life, and engage themselves in selfless service to their Creator and humanity.

If you feel uncomfortable with turning your heart and life over to the Almighty, and are not yet ready to make this major step of faith and devotional commitment, you may elect to not practice this next technique [—but you will benefit from listening and familiarizing yourself with this method for when you are ready].

Will Attunement Meditation Technique

Sit with your spine straight with your legs crossed on the floor, or upright in a chair. Close your eyes. Hold your attention at the point between your eyebrows. Feel the force of your will. Now directing your attention to the solar plexus area, feel the force of your commitment, your force of motivation and drive, and your dedication to achieve those goals that are important to you.

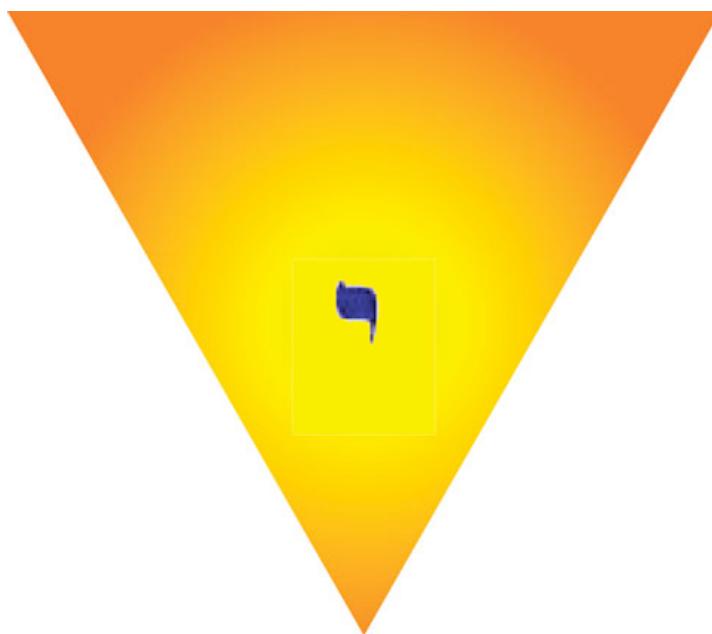
Feel that above and behind your will there is a golden triangle, and in the midst of this triangle there is a mighty power, a universal will that moves through the whole universe. Feel that behind your solar plexus there is a form of a Christ-like Master, radiating compassion, love and great power. Imagine now that like mercury rising in a thermometer, your invocation is rising into the triangle of Divine Will, that by the power of your faith you are making your will at one with that great will. Next, feel the energy of your aspiration and dedication is rising up in your solar plexus, and merging into the heart of this Christ-like Being.



Now invoke this Great Power mentally, praying to it by whatever name you have come to know IT, "I ask that Thy Will guide my human will, and that Thy Loving Heart fill me with the fiery aspiration to serve you and to love you. Come into me now, and attune with your Will, engage me in your service, and make me your instrument to carry out Thy Plan and Purpose for my life. I am willing to dedicate myself to you from this moment forward. Amen."

Allow this Great Power to overshadow your will and desire, and minister to you. You may receive specific words, feelings, or images. Note whatever you receive, and allow this Great Power to commune with you. When this Great Power withdraws, think about, commit to memory, and optionally, you may wish to write down, what you have been instructed or directed.

In the Will Attunement, you focalize into the will and motivation centers. The effect of your invocation is to invite the Spirit to direct your life according to the Divine Will and to fill you with the aspiration to serve. Consequently, your reception will bring you inner direction, attuning your will with the Divine Will.



Color Healing Meditation

Color Healing Through the Chakras, uses the subtle power of color to gently stimulate the chakras. This technique promotes healing and harmonizing of the organ systems associated with the chakras, and also has a psychological effect, removing negative moods and attitudes.

Color Healing through the Chakras Meditation

Sit with your spine straight with your legs crossed on the floor, or upright in a chair. Close your eyes. Visualize your chakras as lotus flowers aligned along your spinal tube, the point between the eyebrows and the top of your head. Let your attention rest in the lowest chakra until the petals gently come open. Move your attention to the second, the third, and so on until you have opened each chakra in turn.



Now imagine the colors of a rainbow: red, orange, yellow, green, blue, indigo, and violet.

Visualize you are sending red light to your lowest chakra, and the red light is radiating out from the chakra to its associated tissues, organs and glands.

Send orange light to your second chakra, and see that it is radiating out from the chakra to its associated tissues, organs and glands.

Send yellow light to the third chakra; green light to the fourth chakra; blue light to the fifth chakra; indigo light to the sixth chakra; and violet light to the seventh chakra, and see the light radiating out to each chakras' respective tissues, organs and glands.

If there are any areas of weakness or disease in any of your organs or tissues, prolong your treatment of the related chakra until you can begin to feel increased circulation, or warming, of the affected parts.

In Color Healing, you are focalizing into the chakras, invoking the colors, and receiving these gentle energies, drawing them into your body. Color Healing exerts its effect through the etheric body.

Soul Dialogue

In Soul Dialogue you use the power of visualization and imagination to make a connection with your Higher Self and to channel intuitive guidance for your emotional core.

Soul Dialogue Meditation

Recline by laying on you back on a blanket or upon a firm bed. Alternatively, you may wish to lie upon a reclining chair or chaise lounge in its down position. Close your eyes, and gently relax each muscle group in turn, starting with your feet, until your whole body is completely relaxed. When you do this by yourself, you may wish to have some soft classical or New Age music playing in the background.



Imagine that you are a little child in the middle of a forest. You are on a forest trail that leads up a gentle slope, and as you follow it upward, you come to the top of a hill. Atop the hill is ancient temple, and as you walk up the steps into the portico, you see a wise man or woman standing before you.

Go over to the wise man or woman, and ask the questions that are on your heart. Ask them as you would to someone you feel completely comfortable with, a trusted friend or loved with whom one you feel completely safe. Listen for the answers.

Thank the Wise One for his or her guidance and walk back down into the forest glade below. Take a moment to enjoy the beauty and serenity of the forest, to smell the pines, to listen to the cries of the forest animals and sound of the little brook flowing nearby. Then return to the awareness of your body and gently awaken each muscle group in turn, starting with your forehead. Reorient yourself to the room.

The little child within is your emotional self. In Transactional Analysis, (Harris, 1969) it is believed that each person has three ego states. In the child ego-state, you are like a little child that requires reassurance, guidance, and nurturing. In the adult ego-state, you function as an adult who is confident, capable, and self-directed. In the parent ego-state you express as one who has realized truths about life and the world, incorporated personal values, and has gained wisdom that you wish to impart to those who will receive it.

This technique serves the purpose of helping you to parent yourself, to acquaint yourself with your own wisdom, your own standards of true living, to help you make sense of your experience and to receive guidance.

Soul Dialogue activates your emotional center, invokes the Higher Self in its reflected form as Wise Man or Wise Woman, and allows your inner child to receive guidance, reassurance and direction.

Conscience Clearing

In Conscience Clearing, you purposely focus on your sense of failure, your mistakes, your "sins" of omission and commission. You review your whole life, uncovering all of your sordid deeds and intentions of which you feel ashamed, guilty, and remorseful. You then invite the power of Divine Forgiveness and Guidance into this swampland of your shame, to cleanse you of your "iniquities" and guide you to right activity in the future.

This is a very intimate and painful process, yet you will find that if you persevere to the end, you feel as if a burden has been lifted from you.

Before doing this exercise, it is important to relinquish the sense of pride and superiority that denies your feelings of failure and defeat. You do not have to save face here, for you will be alone, and only you and your Higher Power need know the details. It is also important to sincerely want to deal with, once and for all, the guilt feelings that poison your memories and the joy of your present life.

Conscience Clearing Meditation

You may use any posture that you feel comfortable in to do this exercise. A kneeling posture or a forward prostration posture is especially evocative of the deep feelings of humiliation and shame you will be dredging up from your subconscious mind.

Focus your attention in the center of your chest, and feel the feelings of shame, guilt, embarrassment, and self-loathing. Breathe into the feelings, and let the emotions come up.

If tears or sounds come out, let them come. Don't censor the feeling. Don't try to make explanations or excuses for what you are feeling, just feel it.

You are opening to and reviewing, your entire personal history from the day you were born, admitting and acknowledging all of your feelings of failure, shame, humiliation, remorse, and regret.

Continue to breathe steadily, in and out without pausing, into the center of your chest until you have embraced your whole life, and have re-experienced your entire record of that past of which you feel so very ashamed.

Feel that behind this center of your heart there is a Divine Heart that is All-Forgiving, Merciful, Wise, Understanding, and Compassionate. Invoke that Power, using whatever name you feel comfortable, and pray, *"Spirit, [or whatever your call your Higher Power], I ask that you forgive and cleanse me from all of these, my sins and failures. Guide me to right activity [or, to live righteously] from now on. Teach me the lessons I need to learn from these mistakes, and purify my conscience so I may respond to your Truth. Amen."*

Allow the Divine Heart to minister to you, and to give you guidance. Allow the Light of the Spirit to enter into your subconscious mind, and release the guilt and shame that you have been feeling. Let your self be forgiven—just take it in and feel it, without bringing up objections or doubts.

Resolve to follow whatever guidance you have received, and make up your mind that you will change the behavior that has made you feel ashamed and guilty, from now on. If you have to apologize, make restitution or amends for something you've done to yourself or to others, do it.

Remain in communion with the Spirit until it is done ministering to you. Then reflect on your resolutions, and think about how you will carry them out.

A variation of this technique has become the essential act of confession, repentance, and asking for the Lord's salvation, that is at the core of the Christian faith.

However, Conscience Clearing is a technique that is not restricted to Christians, and can be applied as a means to make peace with your Higher Power, no matter what nominal faith you are, and however you construe the Divine. If there is more than one deity in your cosmology, invoke that One who is known for the qualities of mercy and compassion.

Inspired Work

In Inspired Work, you work as you normally do. If you are writing, you write. If you are teaching, you teach. If you are dancing, you dance. If you are painting, you paint. If you are singing, you sing. But a Greater Life within you, a deeper Intelligence is conveyed through your words, your movement, your brush, and your song. Words and phrases form of themselves, you move as though caught up in the wind, ideas flow effortlessly into your mind and onto the canvas, and your voice seems to convey the etheric song of the Living Spirit. You are raised up into the Presence of the Soul, and the Soul works through you.

This is Maslow's (1959) peak experience, Assagioli's (1982) Spiritual Psychosynthesis, and what mystics have called Living the Presence: when you work thus, work is truly worship. When you are ready, when you have prepared yourself, when you have made yourself worthy to serve, you will be inspired—your talents and abilities will be used by your Soul to express its Purpose.

Reflection upon the Inspired Work technique

Think about your life and notice what brings you joy. Think about a moment when you felt a deeper life was moving through you, that you were just an instrument for creativity and wisdom, a conduit for healing and inspiration.

What conditions were present when those experiences occurred? What might you do to again bring that inspiration into your life?

The Love Attunement

In the Love Attunement, you address that deep yearning for love you may feel, for a connection with an intimate other, and to be truly valued by him or her. There is no shame or regret here, but yearning and longing for the blessing of love.

If you have grown up in a dysfunctional family or have known an isolated existence for whatever reason, the Love Attunement specifically addresses your deep emotional pain and yearning. If you lack the experience of love in your life right now or are carrying with you a lifetime of feelings of being unloved, the Love Attunement lets you experience love welling up from a deep reservoir from within you. If you do not feel loved by another person right now, there is no reason you cannot let yourself experience being loved by the Divine.

The Love Attunement Meditation

Sit on a chair with an open posture. Spread your legs apart and your hands down at your sides as far towards the back of your body as you comfortably can.

Notice the uncomfortable feeling of vulnerability, and focus your attention on it. Notice your yearning to be loved. Let yourself silently say and feel the words, "I want love. I want to love and be loved."

Breath into the center of your chest steadily and slowly, and open to your past, and let yourself re-feel and re-experience all of the times when you felt unloved, unworthy, unappreciated.

Breathe and let yourself remember your past, going back to when you were born, and all the times in which you felt unloved. Feel the pain of being unloved, and let your tears come, let the emotions come up.

Feel behind you there is the loving Heart of the Divine, the presence of Unconditional Love existing within your Higher Self. Feel that Divine Love is pouring through your Higher Self from the Heart of the Divine, and it is being focalized as laser beam of light, a single beam of love directed right into the core of your pain, right into the core of your yearning for love.

Take in this love, and let the Divine Love you unconditionally and completely. Drink in as much love as you need, and drink in love for every time in your past when you were not loved.

Feel the infinite appreciation and valuing that the Divine has for you, how precious you are, and how totally loved you are. Let the force of Divine Love melt your heart, and let it penetrate into every hidden recess of pain. Drink it in, take it in, and let yourself be quenched by it, inundated by it, immersed in it, lost in it.

When the flood tides of Divine Love have gently receded, give thanks for the gift of love. Remember those you love, and those that you would like to love, and feel your connection with them.

The Love Attunement is a way to get a love recharge when the batteries of your love are low. Since the Divine has always loved you, loves you now, and will always love you, you might as well let Love into your heart.

The Rainbow Technique

The Rainbow Technique works with the personifications of your unresolved issues, which are called subpersonalities. The Rainbow Technique begins with a dialog with a subpersonality you select, and then you immerse that subpersonality in color.

The Rainbow Technique

Sit in a comfortable posture. Select an area of difficulty that you wish to work on, and locate the feeling of that difficulty in your body. For example, you may feel a work-related problem as a tight band around the base of your skull or a relationship problem as a tension in your diaphragm. Focus your attention on this feeling in your body.

Let your imagination create a symbolic cartoon character to personify your problem. For example, your rage may appear as an angry lion, or your disappointment over your lack of a promotion may appear as a sad, overweight person in your mind's eye.

Give this character a nickname—notice what it reminds you of, and decide you would like to call it. Next, give the character a voice by giving it your permission to tell you about itself.

You next will process this subpersonality by asking it a series of open-ended questions, as follows:

- 1) What behaviors do you cause in me?
- 2) What emotions [or feelings] do you cause in me?
- 3) What thoughts do you cause in me?
- 4) What associations or memories are connected with you?
- 5) What do you want [or, what do you want from me, if you feel there is a demand upon you]?
- 6) What do you mean [what is your significance]?

- 7) What lesson do I have to learn from you?
- 8) What gift do you have for me? [If you are handed something, notice what you are offered]
- 9) What do I have to understand about you?
- 10) What is your essence [or Transpersonal Quality]?

When you have received a response to each of these questions, thank the subpersonality for speaking with you.



Next, imagine that you have a powerful laser by which you can deliver colored light where you wish. Totally immerse the subpersonality in red light. Immerse it successively in orange, yellow, green, blue, and violet light. Finally, see it completely immersed and dissolved in brilliant white light. Notice to see whether the subpersonality returns as it was, if it emerges changed, or if it disappears.

Bring your attention back to normal awareness. You may wish to write down the subpersonality's answers to each of your questions.

Attunement Meditation

From the original Agni Yoga and Attunement Meditation Workshop

In Attunement Meditation, you consciously direct the Light of Spirit through intention. You are aware of yourself as the attentional principle, you sense you are being suffused by the Light, and you direct that Light in specific ways.

There are five minor attunements, which send the Light into your personality. These are

- (1) The physical attunement
- (2) The etheric attunement
- (3) The emotional (astral) attunement
- (4) The mental attunement
- (5) The volitional attunement

There are seven major attunements, which activate the powers of your Soul. These are embodied by the seven sacred mudras in the Mudrashram® system of Integral meditation.

These major attunements are:

- (1) Awakening the Kundalini Shakti
- (2) Opening the channels of the Nada and guiding the spiritual heart
- (3) Activating the transformational mantra to unfold the Soul's potentials
- (4) Guiding the attentional principle and attuning it with the Light
- (5) Balancing the four poles of the Soul and conferring Initiation
- (6) Empowering the Soul's intuition, granting discernment and enlightenment

(7) Activating the powers of the Soul and anchoring them in the personality

These major attunements give rise to seven major systems of meditation, shown below

Attunement	Associated Yoga
1	Kundalini Yoga
2	Nada Yoga
3	Mantra Yoga
4	Raja Yoga
5	Guru Kripa Yoga
6	Jnana Yoga
7	Agni Yoga

You receive each of these seven major attunements in the Mudrashram® Master Course of Meditation.



Other Differences between Agni Yoga and Attunement Meditation

Agni Yoga is an expression of the 7th attunement, whereas Attunement Meditation is actually an advanced method of Raja Yoga, the 4th attunement.

Agni Yoga uses visualization, affirmation, prayer and invocation to call down the Divine Light; Attunement Meditation directs the Light with the intention.

Agni Yoga invocations occur when the attention is focused in the Conscious, Subconscious or Metaconscious bands of mind; Attunement Meditation begins when the attentional principle is in the presence of the Soul, the inner Master Teacher or Guide, or the Divine in the Superconscious mind.

Anyone can use the Agni Yoga invocations at their current stage of development; the ability to give the attunements is only granted after considerable spiritual development, at advanced stages of discipleship.

Dawning of the Powers of Attunement

The ability to give one or more of these attunements may arise upon the attainment of a certain stage of spiritual development.

Depending on the type of training meditation students receive from their spiritual teacher, they may be granted the ability to give a particular attunement under the guidance of their teacher.

For example, a meditation Master who specializes in awakening the Kundalini Shakti may confer this ability to her advanced disciple.

A Raja Yoga Master may ultimately bestow on one of his most promising chelas the ability to guide others' attentional principles out of their ground state in the pituitary center up to the Soul or up to the inner presence of the Guide.

In the Mudrashram® tradition, we train our disciples in all seven major attunements. This is one of the hallmarks of an Integral meditation system: activation of all seven types of attunement.

When we examine spiritual evolutionary development on the Great Continuum of Consciousness, we find that individuals gain the ability to channel the Light in different ways after achieving mastery at one of these levels. Some of these stations on the Path where invocation or attunements are utilized are described below.

Title of Attainment	Name of Energy Channeled	Level of the Continuum
Psychic Guide	Astral Light	Psychic Realm
Minister, Rabbi, Saint	Holy Spirit, Holy Ghost	1 st Planetary Initiation
Ascended Master	Word of God, Mighty I AM Presence	2 nd Planetary Initiation
New World Server	Light and Thought Force, guidance from the Planetary Hierarchy	3 rd Planetary Initiation
Illuminati	Radiation of the Illumined Mind	4 th Planetary initiation
Adept, Adept Master	Divine Light Fire	5 th Planetary Initiation (Adept), office in the Planetary Hierarchy (Adept Master)
Yogi Preceptor	Shakti	1 st Cosmic Initiation
Light Master	Baraka	2 nd Cosmic Initiation
Cosmic Master	Cosmic Light of Translation	Office in the Cosmic Hierarchy beyond the 5 th Cosmic Initiation
Guru, Avatar, Murshid, etc.	Maha Shakti, Guru Shakti, Adi Shakti, etc.	Mastery of one of the 73 paths of the Supracosmic Sphere

Title of Attainment	Name of Energy Channeled	Level of the Continuum
Sat Guru, Perfect Master	Naam, Shabd Dhun, ECK, Grace of the Perfect Master	Mastery of one of the seven paths in the Transcendental Sphere
Adi Sat Guru, Multiplane Mastery	Grace Bestowing Power of the Divine	Simultaneous Mastery of multiple paths in the Transcendental, Supracosmic, Cosmic, and Planetary bands of the Great Continuum of Consciousness

Abilities Gained on the Path of Discipleship

We will here excerpt from material given out in our Satsang program by Swami Charan Das. As can be seen from this information, the five attunements we will practice in the next segment of the workshop are but a small portion of the mastery that we must claim in our upward journey.

The 36 Degrees of Disciplic Training in the Mudrashram® Tradition (Boyd, 2001)

"Discipleship is a process of successive training and mastery of the subject matter of the school of spirituality. In the Mudrashram® tradition, we recognize 36 degrees in this process until someone can become an accepted disciple. An accepted disciple is empowered to teach and initiate others, and to bestow the seven sacred mudras."

"These degrees are normally taken successively, but not every chela will elect to retain a form on the higher Planes. For example, the chela may pass through the First Mesoteric Planetary Initiation without assuming the form of a saint; the Second Planetary Initiation without becoming an Ascended Master; or cross the Planetary Hierarchy without taking the mantle of an Adept Master."

"We characterize three phases of this process: basic, intermediate and advanced. The steps of these three phases, the 36 degrees of disciplic training in the Mudrashram® tradition, are shown below."

The Basic Phase	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
1	Ability to unite the attention with the attentional principle at will.
2	Ability to travel in full consciousness with the ensouling entity at will.
3	Ability to meditate upon the guide at the eight petalled lotus of the Subconscious mind and to travel with him at will. [1]
4	Ability to hold and minister the light according to specific directions
5	Ability to perform the five basic attunements: physical, etheric, emotional, mental and volitional under guidance.
6	Mastery of these five basic attunements so that you can make attunements with others at will.
7	Receiving a commission to minister the Light with the initial assignment of a group of individuals for whom you must carry out basic ministry.
8	Expansion of the ministry of Light to a broader range of individuals.
9	Mastery of merging the astral body into the Jet of Spirit at the top of the Psychic Realm.
10	Ability to make a guide attunement with the attention of others.
11	Ability to utilize abilities in the vehicles of the Subtle Realm, Biophysical Universe, Abstract Mind, and Psychic Realm. This activation of Superconscious powers is called the Empowerment Attunement.

The Basic Phase (continued)	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
12	Ability to channel the Soul, a spiritual guide or other spiritual entity through one or more centers of the Psychic vehicle. These operate through the brow center (telepathy), the throat center (channeling or mediumship), the heart center (sending love to the spirit of others), the solar plexus center (sending comfort and reassurance to the emotional center of others), palmar center (sending healing energy to others), or pedal center (automatic writing).

"The Basic Phase comprises the ability to operate as the attentional principle consciously, to begin to direct the Light to others, and to develop metavisional or psychic powers. One key marker of this stage is the dawning of telepathy, which allows you to achieve an independent connection with the guide."

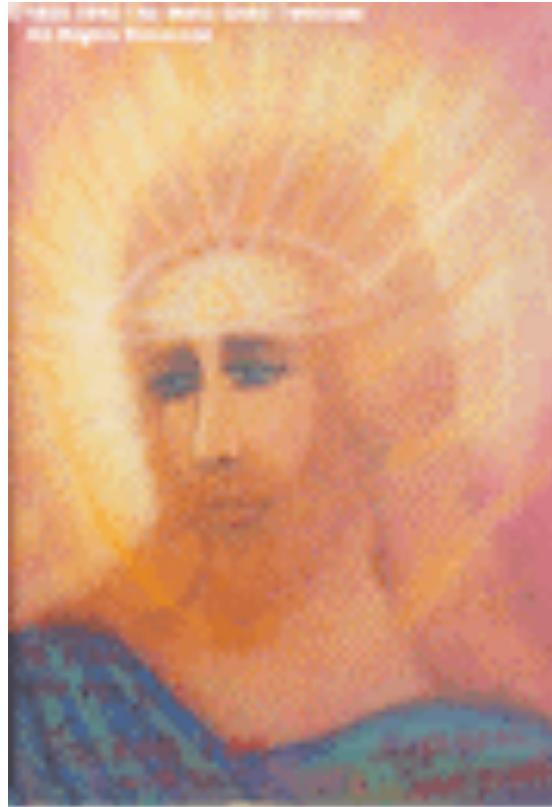
"Telepathy is the ability to receive the teachings of the guide in meditation. These teachings may be presented to you visually, where you are given information about a symbolic object, introduced to another spiritual being, or shown the imagery of the dimensional inner Planes. They may be resented to you audibly, where you will hear the voice of the guide clearly speaking to you. They may be presented to you in a kinesthetic way, when you feel energies or qualities flowing through the presence of the guide."



"The Intermediate Phase begins when you are established on the Wisdom Plane, and you have developed the ability to drop your astral body at will."

The Intermediate Phase	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
13	Ability to channel the Light to dissolve karmic seeds on the Wisdom Plane.
14	Ability to visualize and create karmic seeds and sow them to counteract negative behavior, habits or attitudes in your self or others.
15	Ability to receive the guidance of Wisdom and to anchor the Light of Wisdom in the Self of others so they are guided by Wisdom.
16	Ability to enter one of the doors of the First Planetary Initiation and meet one of the guides upon that Ray.
17	Ability to pray and invoke the Holy Spirit to indwell the Moon Soul of others.
18	Ability to minister the Holy Spirit to groups. Ability to administer the sacraments.
19	Ability to travel through the door of Death with the guide and visit the worlds of hell, purgatory, and heaven, and journey into the presence of the angels, saints and the Heavenly Father. [This stage is called spiritual messenger.]
20	Ability to hold the anointing of the Divine and minister to the Moon Souls and spirits of others. [This occurs after the ascension of your Moon Soul into the Courts of the Lord. This stage is called a saint.]
21	Ability to guide others through the degrees of a Mystery School. [This occurs after you have mastered all 33 degrees of one of the 12 Mystery Schools. This stage is called the Hierophant or The Lesser Adept.]

The Intermediate Phase (continued)	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
22	Ability to set a "post" or pillar of Light in the midst of a group to whom you minister, or to anchor it in a discrete physical location. The pillar of Light hidden by the cloud described in the Old Testament of the <i>Bible</i> alludes to this power. It grants the ability to minister to the lives of others (the tree of Life) and to awaken the omnific affirmative power of their Solar Angel to empower them to overcome all obstacles.
23	Ability to use mantramic power to destroy the astral personifications of evil and counter their negative affirmations. [This stage is called Spiritual Warrior.]
24	Ability to guide through the Mystery Schools of the Second Planetary Initiation and to assume the ascended etheric form with all powers. [This stage is called Ascended Master.]



"The Advanced Phase begins with the taking of the Third Planetary Initiation. This final phase continues upward through the Planetary, Transplanetary, Cosmic, Supracosmic and Transcendental Spheres. It culminates in the stage of accepted discipleship."

The Advanced Phase	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
25	Ability to receive attunement from the Hierarchy of Light and radiate it out to humanity.
26	Ability to build thought forms in the Manasic Plane to work with individuals, groups, the community, the nation, or the world. This may often take the form of a group or organization designed to serve others.
27	Ability to spontaneously radiate illumination to others. [This is called the awakening of the Augoiedes. This is the Fourth Planetary initiation.]
28	Ability to demonstrate empowered Gnosis, complete fusion with the Soul. [This is the Fifth Planetary Initiation.]
29	Ability to demonstrate union with the Monad and to minister through the Monadic rays. [This stage is called Adept.]
30	Assumption of the Monad into the Planetary Hierarchy of Light, and confirmation into an Office of the Hierarchy. [This stage is called Adept Master.]
31	Ability to minister to the vehicles of Cosmic Consciousness. [This is called the Yogi Preceptor stage. It dawns when Cosmic Consciousness ascends into the presence of Ishwara. In the Mudrashram® tradition there is a concomitant awakening of the Astral Soul to this same level.]

The Advanced Phase (continued)	
<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
32	Ability to minister to the spirit on the fourth path of the Nada. [This is called the Light Master stage. It comprises the liberation of the spirit and the ascension of Cosmic Soul Awareness to the Light master level of the Second Cosmic Initiation. In the Mudrashram® tradition the ability to minister to the spirit is extended to the first, second and third paths of the Nada from this platform, and there is a concomitant awakening of the Astral Soul to this level.]
33	Awakening of the Astral Soul into the Cosmic Hierarchy. [This stage is called Cosmic Master. This degree may optionally be marked by the liberation of the Astral Soul by merging into the Brahma Jyoti at the top of the Cosmic Sphere.]
34	Mastery over one of the paths of the Supracosmic Sphere. [This stage is called Guru or Avatar. This occurs when the Supracosmic Soul is awakened and ascends to the Guru Padam. This degree may be alternately marked by the liberation of the Supracosmic Soul into the stage of Mahaparinirvana.]
35	Ability to commune with the spirit and ensouling entity of one of the seven paths of the Transcendental Sphere, and develop upon that path. [This stage is called Paramadeshi.]
36	Ability to attune with the twelve paths of the spirit and the ensouling entity at each level of the Great Continuum of Consciousness. Stable establishment upon the Bridge Path with empowerment to bestow the seven mudras constitutes accepted discipleship in the Mudrashram® tradition. Several of the Masters of the Mudrashram® tradition dwell on the highest Planes of the Bridge Path.

"You may be prepared for one or more degrees of the school of spirituality by studying with different traditions. One of the dangers is skipping ahead to degrees not in synchrony with your cutting edge of spirituality."

"To avoid the imbalances engendered by skipping ahead on the path of spiritual preparation is to clearly identify where you are in this disciplic training process, and begin your inner work there..."

"Know these stages of disciplic preparation. Identify which skills you have mastered and which need further development. Consider the impact of the traditions you study on this disciplic preparation process. Are you developing the skills you need towards achieving mastery upon your chosen path?"

"Different stages of spiritual ministry may side step entire facets of the disciplic training process. For example, a person studying to become a Christian minister may only learn degrees 1, and 16 through 18. A Yogi Preceptor may only train you in degrees 1 through 3, and 31."

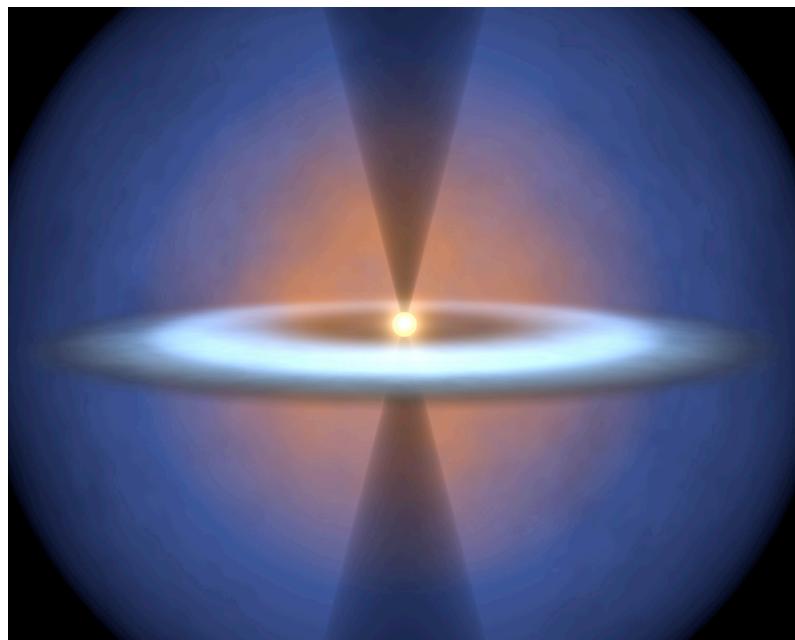
"We urge you develop a complete mastery of each of the steps of this disciplic process. Not only to the stage of psychic powers, not only to the stage of sainthood and ascended mastery, but also all the way to the highest Planes: to have Mastery in every world and sphere. This is the ideal we set before you in the Mudrashram® tradition, and stand with you in your commitment to realize your full spiritual potential and Divine birthright. May you find your way to this summit of aspiration with the Grace of the Divine."



The Three Jets of Spirit

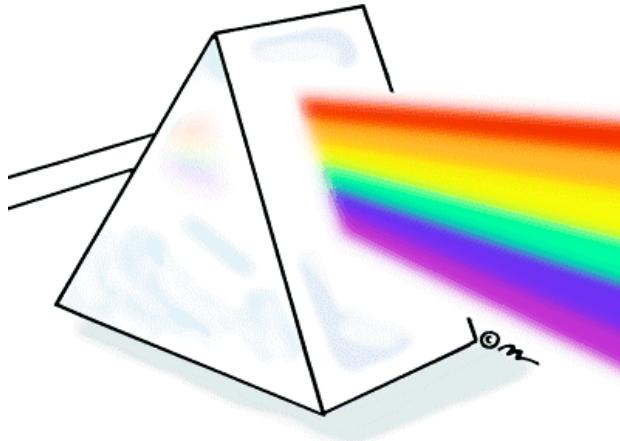
The Divine Light is anchored in three locations in a human being:

1. On the Plane above the Soul [Anupadaka], which is the effulgence of the Monad mirroring the Soul's development. The seven major attunements are done at this level. We empower our advanced disciples in the Mudrashram® Teacher Training, part one to anchor the Light at this level, plus revealing the eighth attunement, the revelation of inner truth or Dharma.
2. At the thalamic center of the Soul's essential vehicle, the inner spectrum of nine rays converse. You will do a meditation on these nine rays in the section that follows this one. Both the minor attunements and the preliminary exercises that train the aspirant in directing the inner Light Fire access this center.
3. At the heart center of the Soul's essential vehicle, the Divine Spirit dwells as the Light of unconditional love. This Light of Love has a spectrum of seven colors. You will also meditate on these seven colors.



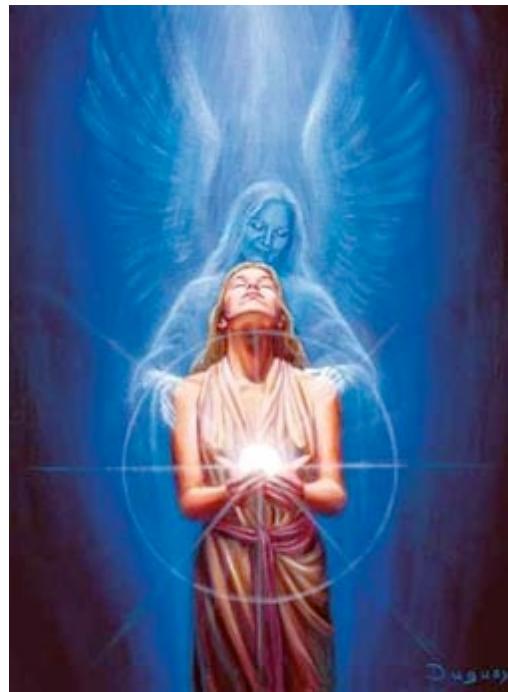
Meditating on the Nine Rays of the Thalamic Center

Imagine the White Light of Spirit is broken into a spectrum that dwells within your Soul's thalamic center



Attunement	Meditation on this Beam on the Spectrum
Tummo, Awakening of the Inner Fire	Contemplate the red beam on this spectrum. Notice you increase the heat in any part of the body, and that you can expand the element of fire within to burn away impurities.
The Etheric Attunement	Contemplate the orange beam of this spectrum. Notice you can direct life force to whatever area of the body you wish, and you can draw in more life force from the cosmic source.
The Mental Attunement	Contemplate the golden yellow beam of this spectrum. Notice you can activate the Buddhi or Illumined mind, so you can receive guidance and correction from the Soul.
The Emotional Attunement	Contemplate the emerald green beam of this spectrum. Visualize you can open the secret chamber of emotional pain, and you can invite in the Holy Spirit to enter into that core of pain to bring comfort and peace.

Attunement	Meditation on this Beam on the Spectrum
Karuna, Awakening the Compassion of the Soul	Contemplate the royal blue beam of this spectrum. Notice that this can awaken the unconditional love of the Soul.
The Will Attunement	Contemplate the indigo beam of this spectrum. Notice this can awaken the higher octaves of the will, and connect with the Crown of Purpose and the Will of God.
The Physical Attunement	Contemplate the rose magenta beam of this spectrum. Notice that this connects the Soul with the body.
Bodhi, Conferring Enlightenment	Contemplate the violet beam of this spectrum. Notice that this allows you to bring attention into union with the Soul, and awaken the forgiveness and understanding of the Soul
Bhakti, conferring devotion	Contemplate the purple beam of this spectrum. Notice this energy awakens the aspiration and yearning of your spirit, and evokes spontaneous worship and praise within your nuclei of identity.



Meditating on the Light of Love

The palette of qualities that emanate from the Light of Love is shown below.

Color emanating from the Light of Love	Quality Imbued into the Colored Ray
Red-rose	This gives rise to mercy, compassion for others' suffering, and forgiveness of self and others. This also inspires charity and desire to help others.
Coral orange	This motivates you to ask for forgiveness, to engage in introspection and self-reform. It drives you to confess wrongdoing, to repent, and to resolve to act better.
Golden orange	This stirs empathic listening to the experience of others without judgment—listening with love.
Lemon yellow	This evokes the spirit of cheerfulness, optimism, and hope.
Pine Green	This awakens faith in God, and feelings of awe and wonder at the majesty of God.
Sky Blue	This encourages you to cultivate spiritual purity and holiness.
Purple	This enhances love and devotion in your spirit.



Experiencing the Five Minor Attunements

In our final meditation of this workshop, you will experience a sitting in which your attentional principle will be drawn up to the level of your Soul. At this level your attentional principle will be immersed in the Light, and you will be guided to make the five minor attunements. We encourage you to obtain a clear understanding of these five threads through which these attunements are made. Practice these attunements, as you are able, until you can perform them at will.



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Endnotes

1. Alternate presentations of the guide form in the Mudrashram® tradition are at the doorway to the Subtle Realm behind the Self (Swa dwara) and the gate behind the Soul (Atma dwara). In other traditions, the chela may be led to meet their guide or guides at other discrete centers on the inner Planes.
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