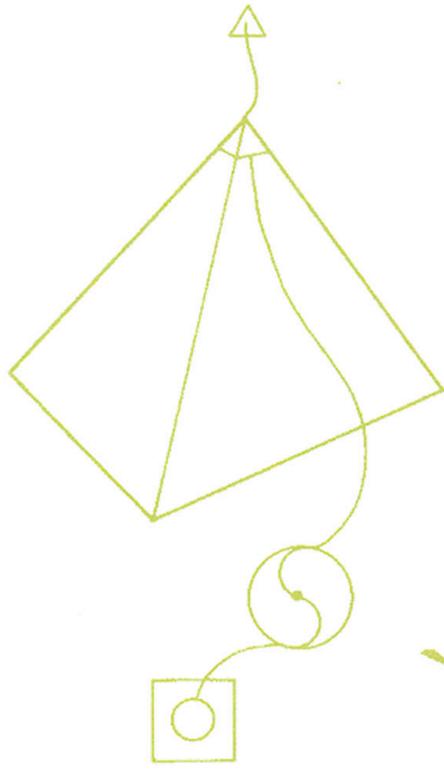


# The Vision Workshop

Facilitated by George A. Boyd, MA





*Mudrashram*

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



# The Vision Workshop: Learning to See Within

By George A. Boyd, MA © 2011

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The Mudrashram® Institute of Spiritual Studies



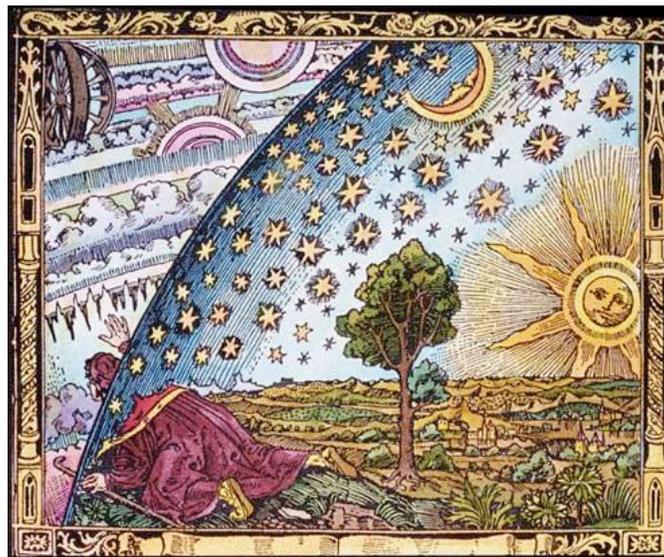
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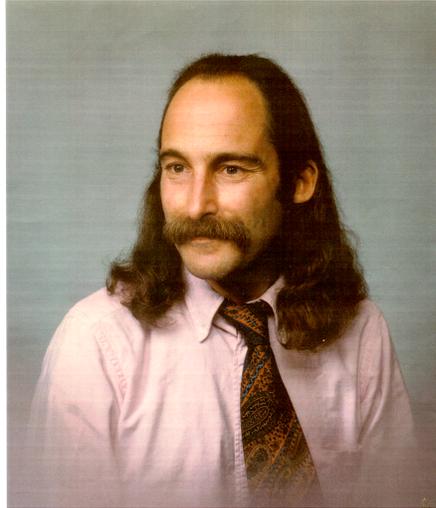
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George A. Boyd is a meditation teacher, counselor, and author, who has been offering a variety of educational and guidance services to the public since 1983. You can learn more about his services at <http://www.mudrashram.com>.



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 eight 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](http://www.mudrashrampublishing.com).

## The Vision Workshop: Learning to See Within

One of the major difficulties that aspirants and disciples report when they are in meditation is their relative inability to visually recognize the phenomena they encounter. Instead of clearly perceiving and recognizing what they see, they see sporadic bursts of different colors, an unending parade of unconnected images, unknown faces that appear and disappear, and shapes, which seem to arise and pass away like cloud-mists.

To reach sufficient mastery in meditation so that you can teach and initiate, clear inner vision is essential. Clear vision means that you can use the subtle octaves of seeing as easily as you can perceive using physical sight. It is important that you understand what these visual octaves are and how to access them. This workshop will train you in methods to tap them and activate them, starting with your normal physical vision.

### The Octaves of Vision

There are eight major octaves of sight. These are briefly described in the table below.

Associated Center	Octave of Sight	Description	Zone of Operation
Base of spine	Physical	Vision mediated by the operation of the eyes, optic tract, and the occipital lobe of the cerebral cortex, and associative and interpretive pathways in other areas of the brain	Limited to recognition of shades of light and darkness and a band of the electromagnetic spectrum from 380nm to 740nm. It operates in the physical world.

Associated Center	Octave of Sight	Description	Zone of Operation
Navel	Attentional	Observing the phenomena of the “mind’s eye”- wherever your attention is focused, you will begin to contemplate the contents of consciousness and inwardly perceive them. Attention is the channel selector of the mind. Coupled with suggestion, it is possible to use attention to open nearly every level of the mind.	Throughout the five zones of the mind <sup>1</sup> from the liminal centers below the waking state of awareness to slightly beyond the top of the 11th domain (T6)
Solar Plexus	Psychic	Using the astral eyes of the astral body, which mediates vision through the range of the electromagnetic spectrum that is outside physical perception and for phenomena of the Astral Plane. The psychic visual ability is an element of so-called extra-sensory perception.	Throughout the physical universe and up to the top of the Psychic Realm – astral vision ranges from the Subconscious mind, throughout the Subtle Realm and the lower Planetary Realm.
Pituitary	Attentional Principle	The faculty of Metavision, or seeing with the attentional principle, is mediated by consciousness. Metavision is different from attentional seeing as it can clearly recognize and differentiate the structures and zones within the continuum of the mind.	From the pituitary center of the Subconscious mind to the Infinite stage of T7

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<sup>1</sup> The five zones of the mind are Conscious, Subconscious, Metaconscious, Superconscious and Unconscious.

Associated Center	Octave of Sight	Description	Zone of Operation
Pineal	Individual spirit	The faculty of heart sight arises from the spirit. These “eyes of the spirit” behold the phenomena of the Nadamic Path. These are your eyes of love and devotion, which idealize and cherish those whom you find worthy of love. Your spiritual eyes see the spirit within others; it is spiritual sight that makes you truly human.	From the pineal center of the Subconscious mind to the Infinite Stage of T7 - unlike Metavision, this vision is restricted to the phenomena visible in the “tunnel” or “wormhole” that the Nadamic Path traces through the Great Continuum of Consciousness.



Associated Center	Octave of Sight	Description	Zone of Operation
Heart	Personal intuition	<p>This ability to see into the Self, through the bands of the Conscious, Subconscious and Metaconscious mind comprise the faculty of personal intuition. It allows you to check in with the aspects of your personality and to “listen” to their needs and experience. This same process is used to “listen” and understand other people. Personal intuition is also known as emotional intelligence, social intelligence or empathy.</p>	<p>From the waking state of awareness to the Self-image at the core of the vehicle of personal intuition in the Metaconscious mind. Unlike attentional vision or Metavision, this faculty is restricted to the contents of the vehicles of consciousness and their seed atoms of the Conscious, Subconscious and Metaconscious mind. While it can detect the Unconscious mind in others, it cannot detect its own unconscious shadow behind the vehicles of the Conscious, Subconscious and Metaconscious mind.</p>

Associated Center	Octave of Sight	Description	Zone of Operation
Brain	Transpersonal Intuition	The faculty of "Soul Sight" brings the ability to behold the vehicles of consciousness of the Superconscious mind and the strata of the Great Continuum of Consciousness in which they are embedded, the Subplanes, Planes, or Divisions of the inner realms.	From the Voidness of Consciousness (being) at the top of the Metaconscious mind to the Infinite Stage of T7. Unlike attentional vision or Metavision, this faculty is restricted to the contents of the vehicles of consciousness and their seed atoms of the Superconscious mind that embody and express the ensouling entity. While it can detect the Unconscious mind in others, it cannot detect its own unconscious shadow that tracks across the Superconscious behind the ensouling entity and its vehicles
Sacred Heart (Hridayam)	Enlightenment	"Core Sight" confers Enlightenment, Gnosis or Soul Realization. This occurs when the ensouling entity realizes its own nature, and "wakes up" within.	This native omniscience of the Soul integrates the faculties of all other types of seeing as a seamless, wordless, ineffable knowledge.

While each of the subtle octaves of seeing are operating in the background behind physical sight, you are not normally aware of them unless you activate them using your attention as channel selector to bring them into awareness. Once your attention is able to focus one-pointedly upon the ensouling entity, which we call Adi Atma Dhyan<sup>2</sup>, you gain the possibility of experiencing Enlightenment.

In this workshop we will go progressively through each of these bands so that you may fully grasp what these faculties are, how to activate them and to directly experience them.

### **Experiencing the Subtle Bands of Vision**

We will explore these bands of vision by a series of exercises and guided meditations. We will move from the neurologically embedded faculty of physical sight through each finer aspect of sight so you may gain a working knowledge of each faculty up to Core Sight. Let us begin.

#### *Exercise One – Exploring Physical Vision*

For this exploration you should ideally have access to a light with a dimmer switch and a book of Pantone colors. The first two parts of this exercise should be in a room where you can shut out all exterior light and control the light in the room.

A) Observe the response of your eyes as you slowly adjust the light from full brightness to complete darkness. At what threshold do you stop seeing the objects and people in the room?

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<sup>2</sup> The technique of Atma Dhyan is taught in the Accelerated Meditation Program. By holding your attention upon the cerebral center of the system of chakras in the Subconscious mind, you kindle the remembrance of your ensouling entity, and recognize this essence within you. Adi Atma Dhyan is the advanced Raja Yoga practice of focusing your attention on the ensouling entity in its own nature, where it dwells in the Superconscious mind.

B) Use a color matching chart or a very colorful object. Pick out the red, magenta, orange, yellow, golden, green, turquoise, blue, purple, indigo, violet shades? How many different shades can you differentiate? What is your feeling response to these different shades? Are you drawn to some colors? Which shades attract you? Which shades do you not like?

For the third part of this exercise, you should be able to go outside where you can have clear vision of the horizon.

C. Look as far away as you can. Look to the horizon. What is the most distant object you can clearly see? Now slowly track your vision towards you, so you are recognizing objects that are closer and closer to you. Move the scope of your vision so you can sense your skin and the form of your own body.

For the last three parts of this exercise, you will simply look at a selected object with a steady gaze. This practice is called external *tratakam*. For the last part, you will need a full-length mirror.

During this exercise, you may note your mental commentary and judgments about the object that you select. Continue to gaze until this mental activity subsides and you are just looking at the object, just seeing it as it is, just being with the object in stillness and inner silence.

We will select three objects for contemplation: (1) a beautiful statue or vase, (2) another person's physical body, and (3) your own body in a full length mirror.

As you do these contemplation exercises, notice how you feel when the mental commentary goes away. What happens to the arousal and stress level in your body as this mental commentary subsides? What is it like to simply see in the present time?

## Awakening Attentional Sight

Like the cursor on a computer, attention is the insertion point of consciousness into the human mind. Attention is the central point of the mind stuff.

Mind stuff can be very diffuse, semi-diffuse, task-oriented and purposeful, introspective, concentrated upon a focal point, and micro-concentrated upon an extremely tiny object.

In the ***diffuse state***, your mind is wandering. Each sound or movement distracts you. You may feel dizzy, drunk or spaced out. It is difficult to focus on what others are saying or doing. You cannot read or learn in this state, and may feel you cannot control where your mind is going. This state is commonly experienced when under the influence of drugs or alcohol, when awakened from a deep sleep or coma, or when you are in a state of delirium from a high fever.

In the ***semi-diffuse state***, you begin to recognize the objects in the room. You can select what objects you will gaze upon, but your attention will move to other objects after a short period. You can focus on what others are saying or doing, but it will be hard to remember what they said afterwards unless you write it down or capture it on a tape recorder. You can read short passages in this state and retain them; you can remember parts of what others ask you to do. You are able to attend to radio, MP3 players, television or movies in this state and be passively entertained by these media. You may experience this state when you are under a lot of stress, when you are physically ill, when you have not gotten enough sleep, or you are emotionally upset or very anxious.

In the ***task-oriented and purposeful state***, you are focused on discrete tasks or goals that you are working to achieve. You actively think and problem-solve in this state. You move from one behavioral step to another until you accomplish your intended task. You can readily learn in this state. You can read

and process information from written, auditory and multi-media sources. You can work and study in this state. This is the expected state of functioning in most societies.

In the ***introspective state***, you are able to still the active processing of the task-oriented and purposeful state enough so you can begin to check in with yourself. You must be able to focus your mind-stuff down to this level to begin to meditate and look within—many people find meditation difficult because they have problems disengaging from active processing. In this state you can sense how you feel about things. You can think about the impact of your behavior on others and their behavior on you. You can listen to your conscience and explore your values. You can hear yourself think. You can reflect upon your life and its meanings, and think through ideas and concepts. You can explore the conflicts between your different needs and desires. You can sort out your conflicting beliefs and values. You can make important decisions about your life. Or you can just be, reposing in your core of inner peace and stillness.

In the ***concentrated state***, you are able to achieve the one-pointed fixation of your mind stuff that is called Dharana. This focused concentration is necessary for deep and sustained meditation. To do the meditation exercises in this workshop, you will need to keep your attention focused at this level. At this level, your attention becomes like a laser beam, and you can see the contents of your inner vehicles of consciousness. You can discern focal points, detect discrete inner sounds and other stimuli, and differentiate inner symbols and forms. You can generate this state by using intention to actively concentrate and focus your attention, which is called internal tratakam. You may also use breath in a special way to help produce this state.

In the ***finely concentrated state***, your mind stuff focuses down to detect extremely minute details. In this state, you can inspect the interior of a cell, perceive the atoms of a molecule, dive down into the core of an atom, or follow the movement of

a bubble of life force through the meridians. You can perform micro-concentration to investigate the micro-microforms and microforms that are the building blocks of your vehicles of consciousness. You can clearly behold the spirit, the attentional principle, the nuclei of identity and the ensouling entity in your self and others. You can behold the seed atoms of your vehicles. You can hear the sounds of those seed atoms and you can hear the hidden bija mantras within. This level of concentration must be achieved at will to be able to obtain mantras for others—this is a key task for those that would become teachers and initiators in the Mudrashram® tradition.

We will begin our exploration of attentional sight by doing a familiar meditation for those of you who have done the Mudrashram® Master Course in Meditation, the Accelerated Meditation Program or the Satsang Program Home Study Course: Purusa Dhyān. Once you have traveled up into union with your attentional principle using the well-worn trail of focal points, you will examine some alternate tracks that unite with your form of consciousness (Purusha). We will excerpt from the text of the Accelerated Meditation Program.

“This first meditation [upon focal points] is used to unite your attention with your attentional principle. This technique is called *Purusa Dhyān* meditation.”

*Purusa* is the form of consciousness in which you will behold your attentional principle.

*Dhyān* means to meditate, to gaze upon an object of meditation, to unite your attention with that object. In this meditation, your attentional principle is the object of meditation.

“The attentional principle consists of four elements: your attention (Chittam), vehicles (Swarupa), the essential form of your attentional principle (Purusa), and the wave of consciousness (Chetan).”

“Attention is your mind stuff. Attention is like the cursor on your computer. It determines where you are focusing. By changing this

focus, it also changes the content of your awareness. In this meditation you will shift your attention to move through bands of your Conscious mind and Subconscious mind until you unite with your attentional principle, which dwells in a inner focus we call the pituitary center.”

### *Exercise Two – Purusa Dhyan Meditation*

“Sit upright in a chair, or in a comfortable cross–legged posture on a sofa or on a cushion on the floor. Close your eyes, and focus your attention at the point between your eyebrows. Place your attention on the following points for three to five minutes each, monitor your experience at each level, then shift your focus of attention to the next level:”

- Sense of sitting in the present time
- Awareness of sensations arising from the environment in the present time
- Awareness of sensations arising [within] the body in the present time
- Awareness of emotions arising in the present time
- Awareness of thoughts arising in the present time
- Awareness of I AM statements arising in the present time, with associated thoughts, feelings, and memories
- Awareness of memories and impressions bubbling up from the Subconscious
- Awareness of the present time being recorded in memory
- [Awareness of the time track going back to your first conscious memory, your birth and through embryonic development to the moment of conception, and upward to the golden seed of the Soul’s presence]

- Focus your attention in turn on each chakra of the Subconscious mind in the spinal tube
  1. Base of spine
  2. Behind the navel
  3. Behind the solar plexus
  4. Behind the heart
  5. At the place where the neck meets the shoulders
  6. At the base of the skull
  7. At the point where the nose meets the forehead

“Move behind the point between the eyebrows towards the top of your head. You will encounter a presence behind this center that silently observes. Focus more intently on this presence. You will begin to see light emanating from this presence.”

“Affirm quietly, “the self, the size of a thumb, is seated behind the two eyes. It is self-effulgent light. It is consciousness itself. I am this consciousness.”

“This is the attentional principle. This is your third eye, which allows you to see within when your two eyes are closed...”



### *Exercise Three – Concentration using Inner Sound*

Purusa Dhyana uses the visual track to access the attentional principle. But you should also be aware of the alternate tracks that permit you to unite your attention with this essence.

While your attention is united with the attentional principle, close your ear flaps with your thumbs. As you are doing this, you will progressively suggest to your self for each focal point the following statements, and listen for the change in frequency:

This is the sound of my waking awareness

This is the sound of my present time awareness of movement

This is the sound of my sensorium<sup>3</sup>

This is the sound of my body's present time experience<sup>4</sup>

This is the sound of my feeling center in the present time<sup>5</sup>

This is the sound of my thinking center in the present time<sup>6</sup>

This is the sound of my ego in the present time

This is the sound of my preconscious in the present time

This is the sound of my memory recording in the present time

This is the sound of the blissful atom of my Soul

This is the sound of the chakra at the base of the spine

This is the sound of the chakra behind the navel

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<sup>3</sup> The sensorium is the place where all of the senses are brought together before being shunted upwards into the higher processing of the cerebral cortex. This center in the mid-brain is called the thalamus; it is a central switchboard that receives sensory input from the senses of the skin and the special sense organs.

<sup>4</sup> This center is called the physical seed atom.

<sup>5</sup> This center is called the emotional seed atom.

<sup>6</sup> This center is called the mental seed atom. It is your faculty of Reason.

This is the sound of the chakra behind the solar plexus

This is the sound of the chakra behind the heart

This is the sound of the chakra where the neck meets the torso

This is the sound of the chakra where the neck meets the skull

This is the sound of the chakra where the nose meets the forehead

This is the sound of silence – the presence of my attentional principle

By meditating in this fashion, using your attention plus suggestion, you begin to build a map of your inner terrain. You then are able to recognize where you are and what level your attention is focused.

You will learn to use three other tracks of recognizing these centers through nectar, form and symbol. The next three exercises will show you how to do this.

*Exercise Four – Concentration using smell and taste (nectar)*

The experience of nectar is combined subtle essence of smell and taste. You access this current by moving your tongue back along your upper palette until you taste a delightful sweet taste.

Keep your attention focused in the attentional principle. You will aim to feel the nurturing flow of this current and its fountain of nectar in each of your vehicles. Move your tongue back and give suggestion as shown below.

This is the fountain of nectar within my waking awareness

This is the fountain of nectar within my present time awareness of movement

This is the fountain of nectar within my sensorium

This is the fountain of nectar within my body's present time experience

This is the fountain of nectar within my feeling center in the present time

This is the fountain of nectar within my thinking center in the present time

This is the fountain of nectar within my ego in the present time

This is the fountain of nectar within my preconscious in the present time

This is the fountain of nectar within my memory recording in the present time

This is the fountain of nectar within the blissful atom of my Soul

This is the fountain of nectar within the chakra at the base of the spine

This is the fountain of nectar within the chakra behind the navel

This is the fountain of nectar within the chakra behind the solar plexus

This is the fountain of nectar within the chakra behind the heart

This is the fountain of nectar within the chakra where the neck meets the torso

This is the fountain of nectar within the chakra where the neck meets the skull

This is the fountain of nectar within the chakra where the nose meets the forehead

This is the fountain of nectar within my pituitary center, filling the cavity surrounding my attentional principle

You may find this exercise to be refreshing and rejuvenating. Take a nectar break when you are run down or feeling drained of energy. It is guaranteed to make you feel better!

*Exercise Five – Concentration using Inner Forms*

Your inner forms or vehicles of consciousness (Swarupa) provide your sense of embodiment in each altered state of awareness. In this exercise, you will contemplate each form up to the presence of your attentional principle.

Keep your attention focused in the attentional principle. You will aim to feel the energetic presence of each of your vehicles of consciousness up to this essence. Feel for the energetic signature of each form as you give suggestion as shown below.

This is my form as my waking awareness

This is my form as my present time awareness of movement

This is my form as my sensorium

This is my form as my body's present time experience

This is my form as my feeling center in the present time

This is my form as my thinking center in the present time

This is my form as my ego in the present time

This is my form as my preconscious in the present time

This is my form as my memory recording in the present time

This is my form as the blissful atom of my Soul

This is my form of creative intelligence and wisdom, containing the chakras at the base of the spine, behind the navel, behind the solar plexus, behind the heart, where the neck meets the torso, where the neck meets the skull, and where the nose meets the forehead

This is my form as consciousness itself, my attentional principle

As you learn to recognize your vehicles of consciousness in the Conscious and Subconscious mind, you will gradually extend your knowledge of these forms as they exist at yet deeper levels of the mind. Your growing ability to sense and activate these vehicles of consciousness will grant you greater control over these aspects of your nature.

As you gain greater facility with micro-concentration, you will be able to discern the sub-centers or chakras of each of these subtle forms. The dawning of this finer discernment will provide exact knowledge of the contents and operation of each of these forms.

Those of you who now study or plan to study the Mudrashram® Correspondence Course in the future perform this type of fine analysis for each vehicle of consciousness and for each level of the Great Continuum of Consciousness. This type of detailed examination of your nature will make you a spiritual scientist and a Mystic Knower.

### *Exercise Six – Concentration using the Symbolic or Personified Essence of the Vehicles*

Associated with the seed atom of each vehicle of consciousness is an active intelligence that represents the functioning of that form. This intelligence may be intuited as a symbol; as a geometric shape, yantra or mandala; or as an imaginary character, archetypal entity or “subpersonality.” This meditation will identify these representations for each of your vehicles of consciousness up to your attentional principle..

Keep your attention focused in the attentional principle. You will aim to identify the representation of the intelligence operating in each of your vehicles of consciousness up to this essence. Look for the symbol, entity or subpersonality that is your marker for each form as you give suggestion as shown below.

This represents the intelligence of my waking awareness

This represents the intelligence of my present time awareness of movement

This represents the intelligence of my sensorium

This represents the intelligence of my body's present time experience

This represents the intelligence of my feeling center in the present time

This represents the intelligence of my thinking center in the present time

This represents the intelligence of my ego in the present time

This represents the intelligence of my preconscious in the present time

This represents the intelligence of my memory recording in the present time

This represents the intelligence of the blissful atom of my Soul

These archetypes represent the creative intelligence and wisdom of the chakras at the base of the spine, behind the navel, behind the solar plexus, behind the heart, where the neck meets the torso, where the neck meets the skull, and where the nose meets the forehead

This is consciousness itself, my attentional principle

Mastery of this exercise will allow you to decipher the mysterious symbolic and perceptual code used by your intuition to plumb each level of your nature. Like your own set of Tarot cards, these symbol keys to each form will allow you to know your nature intimately, by recognizing its representation at each level of your mind.

### *Exercise Seven – Internal Tratakam*

Internal tratakam comprises two discrete abilities: (1) to contract or concentrate the mind stuff, and (2) to move the attentional focus from one level of the mind to another.

The **first task of internal tratakam** is to learn to *concentrate the mind stuff down to the subtlety needed to do the task at hand*. For example, a different level of concentration is needed to focus attention in the task-oriented and purposive state, in the introspective state, and in the concentrated and finely concentrated states.

In the **second task of internal tratakam**, *you use your directed intention to move or lift your attention from one focal point to another*. In this way, you effectively guide your attention up to the feet of the attentional principle using your own inner command and suggestion.

Beginning meditators do not know what are the focal points within the bands of the mind. Our explorations of these focal points through the techniques taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program teaches aspirants to find these focal points within themselves.

The young aspirant must first rely upon guided meditations of the instructor or recorded instructions, like those on the Mudrashram® Compact Disk series or the disks provided with the Accelerated Meditation Program. After some practice, aspirants begin to build an inner map of consciousness and can use these landmarks to guide themselves. With further practice, they can readily focus on key centers such as their attentional principle, their spirit, their ensouling entity, and selected nuclei of identity.

Those aspirants who have developed basic facility with guiding themselves may extend these skills by taking more advanced training, like that provided by the Mudrashram® Advanced Course in Meditation, the Satsang Program Home Study Course and the Mudrashram® Correspondence Course.

In this workshop, you will do exercises to train you to powerfully concentrate your mind stuff and to consciously guide your attention to the focal points that you choose.

*7A) Concentrating Your Mind Stuff – The Incredible Shrinking Sphere Technique*

You will recall this method if you take the Mudrashram® Master Course in Meditation, as it is part of the preparation for the direct projection technique of Raja Yoga. It may be also be familiar to those of you who did the Accelerated Meditation Program — however, while it was used on the compact disk, it was not written down for you. We reproduce it here so you can remember how to do it. We have excerpted our description of this method from the *Mudrashram® Master Course in Meditation Manual*, revised third edition. Here is the technique:

“Imagine that your mind–stuff is spread out all over the room. Using your intention, gather it into a sphere that is the size of a basketball. Successively reduce the volume of this sphere of mind stuff to the size of a volleyball, a softball, a golf ball, a marble, and then a sesame seed.”

*7B) Guiding Your Attention*

Consciously move your attention to a focal point you select. It may be one of the chakras, your ego, or perhaps the moment of conception. You may wish to imagine that your intention is like a laser beam of thought that can push attention away from you, or draw it towards you.

Pick another focal point and move your attention there. Pick yet another focal point and move your attention to that one. Notice that you control the elevation of your attention above the waking state of awareness—you can bring it up or down to the focal point you choose. Now move your attention from the waking state of awareness to the feet of your attentional principle and back down to waking awareness.

Learning to concentrate the mind stuff and guide it is a requisite skill for the serious meditator. Practice these two techniques until you can readily concentrate and focus your attention where you choose. This will give you the experience of greater mastery over your mind.

*Exercise Eight – Using the breath to passively focus and absorb attention (The Hansa Breath)*

When you are very tired, upset, undergoing inordinate stress, or not in the best of health, active concentration may be difficult for you. Despite your best efforts during these times, you may find it difficult to move your attention out of the semi-diffused or the task oriented and purposeful states.

When this occurs, you have an ally that can help you move within: your breath. This exercise is called the Hansa Breath, and is a simple yet powerful technique that you may find yourself using frequently. Here is how to perform it:

Notice as you take a full normal breath. After you have exhaled, take your index and middle finger and place them at the end of your nose (closest to your mouth). You will take a quick little sniff breath that goes no deeper than your index finger. As you sniff in, you will mentally repeat on the breath “Han.” As you sniff out, you will sniff out “Sah.” When you have the urge to breathe normally, take a full breath into your lungs, then go back to the little sniff breaths in between your regular inhalations.

*You should not hold your breath or quickly sniff all the way down into your lungs during this exercise—this may promote unwanted kundalini arousal or hyperventilation. [Please note: once you have identified the depth to which you should be sniffing, you do not have to keep your fingers on your face for this exercise.]*

As you practice this method, you will note that your awareness opens. After several repetitions of this method, you will find your attention is pulled along and absorbed into progressively deeper focal points.



## Awakening Psychic Sight

Psychic Sight is meditated through your astral body. Your astral eyes are located on the face of your astral body about two fingerbreadths below the pupil of your physical eye. This is why many people will half close their eyes when they are going to do a psychic reading or enter a trance state—their half-closed eyes activate this second sight of astral vision.

Your astral eyes see when your physical eyes are closed, but function in a range beyond that delimited by physical sight. Some of the phenomena associated with astral sight include telescopic vision, x-ray vision, microscopic vision, electromagnetic spectrum and information ether sensitivity, resonance ether sensitivity, and empathic sensitivity to the life force, emotions, thoughts, self and spiritual essences of others. You will explore these phenomena in this workshop.

### *Exercise Nine – Viewing with your astral vision*

Imagine that your astral body is just inside your physical body, but slightly offset from it between one to four inches. Your astral eyes are slightly behind your physical eyes and lower — they can be located slightly below the orbital bones at the top of your cheekbones.

Gently begin to close your physical eyes to the half-closed position, until you feel that you are looking out from slightly below your eyes. Then pull your attention “in” so you are touching the astral body.

Now completely close your physical eyes. Your astral eyes will begin to engage.

The astral eyes project a current of light and life force. A field of radiant sparks surrounds your astral body, and you may feel it occupies much the same space as your physical body. Take a moment to sense the astral body within your physical body. Gently move its feet...its legs...its abdomen...its hands...its arms...its neck from side to side...and its head, forwards and backwards.

Now move your attention along the face of the astral body towards the center of its forehead. Feel the astral eyes turn on...the astral hearing...the astral sense of smell...the astral sense of taste...the astral sense of feeling. As you move your attention to the center of the forehead of the astral body, you will sense the consciousness of the Astral Soul mirrored there.

Now return your attention back to the stream of astral vision. Like a movie projector, it is projecting light. Notice that this stream of light is flowing in through the back of the physical skull (the medulla area), flowing into the back of the cerebral cortex called the occipital lobe. Now you know how your spiritual experiences are transmitted through this astral visual stream into the physical brain—this is how you remember your spiritual experiences.

Now turn your astral head and look around the room. Who is in the room? Can you see the astral bodies of anyone in your house? Are there any other astral bodies in the room? Look at the objects in the room. Do you see their colored astral counterparts?

To return to normal vision, shift your attention up and forward until your physical eyes engage again, then open your physical eyes. For some of you, as you do this, you may find that objects in the room seem to shimmer and people have one or more shells of energy surrounding their physical body (the aura). This effect is called residual visual clairvoyance— sometimes, something of your astral experience lingers after you have left this state.

### *Exercise Ten – Telescopic Astral Vision*

Telescopic astral vision has also been called remote viewing. There are people who charge thousands of dollars to teach you how to do this. This seems somewhat foolish, because this is an innate ability that all of you have and all of you use regularly—you just may not be aware that you are doing this. Here are some examples:

Your friend seems sad. You sense their heart seems burdened. [You are using your astral senses to feel their core of emotion.]

You are reading a book about China. You are very absorbed in the book. Suddenly you feel like you can really see what is in the room and clearly visualize the characters in tableau, interacting with one another as the author describes it.

You have been on a trip to Aspen, Colorado, where you were skiing. As you describe your experience, suddenly you feel you are actually back there...you feel yourself slicing through the snow...the cold wind on your face.

Through suggestion, you tell your physical body what to do. “Raise your right hand above your head,” and your hand rises. Demonstrate this to your self now. Give the suggestion and notice your hand goes up. Now bring it down again, giving the suggestion to lower your arm.

Suggestion operates the same way with the astral body. Give the suggestion to move your astral arm, and it moves according to your visualization. Just like you tell your entire physical body, “go into the kitchen and take out the trash,” and it does it, you can tell your astral body what to do. Try some exercises.

Tell your astral body to go into the next room and show you what it sees. [You should be able to corroborate its vision if this is your house.]

Now pick a house in the neighborhood where you do not know the neighbors. Send your astral body to their living room and have it show you what it sees.

Pick a natural place near this place where you are seated. This might be a mountain, a beach by the seashore, a river, a natural canyon, a lake, or a forest. Send your astral body to this place and have it send back information about the terrain.

Pick a place in the Far North above the Arctic Circle. Send your astral body there and have it give a panoramic view of what it sees.

Pick a place in the Indonesian jungle. Send your astral body there and show you what it sees.

Have your astral body go to the surface of the moon and look back towards the Earth. Have it show you what it sees.

Now bring your astral body back into full coincidence with the physical body and reorient yourself to the room.

### *Exercise Eleven – Penetrating Astral Vision*

One of my favorite television programs when I was a child was “The Adventures of Superman.” One of the powers Superman had was x-ray vision: he could see through physical objects to what is on the other side of them.

It is well known to you that when you have strong sexual desire, when you gaze at a person to whom you are attracted that you seem to see their genital organs and breasts/chest beneath their clothing. You won’t admit this, but you do it, don’t you?

Through your astral body, you have sight that can penetrate through physical objects. Don’t believe me? Try some exercises.

Send your astral body through the wall. Have it show you the construction materials that make up the wall and what is on the other side of it. Have it turn around and show you the surface of the house.

Send your astral body into a closed room or cabinet. Have it show you what is in there.

Send your astral body through the side of a car. Have it show you the metal construction of the car and its component parts.

Send your astral body through the roof. Have it show you the construction material that makes up the roof. Have it report back to you about the texture of your roofing materials against its feet.

Bring your astral body back into full coincidence with the physical body. Please turn off your x-ray vision and resume normal sight again.

### *Exercise Twelve – Microscopic Vision*

For this exercise, you again will use your astral vision, but in a slightly different way. Instead of looking through objects, you will focus down your beam of astral sight so it acts like an electron microscope. You will visualize smaller and smaller structures until you can see into the ultra-fine mist that that makes up the subatomic world—the quantum field of the physicists.

For this exercise, suggest to your astral body that you are going to use your microscopic vision. Gaze at your physical body through your astral eyes and see it as a whole organism.

Now focus down and look at the different organs, the unique colonies of cells that make up your lungs, your nervous system, your liver, your heart and all the other specialized cellular structures.

Now select one cell, and focus down so you can see its component parts.

Focus down and look into the nucleus of that cell. Have it show you the DNA molecule in that cell. Now focus down and see the atoms that make up that DNA molecule—feel the energy bonds that link them to the other atoms that make up that molecule.

Now select one atom and focus more finely so you can sense the resonant nucleus of that atom and field of electrons around it.

Now focus down into the core of an electron until you can sense the unified field of energy—with no top...no bottom...filling the whole universe as a seamless web. Feel the quantum field in which all apparent forms...are just dancing patterns of energy.

Now focus up to the level of electrons and the atom's nucleus...to the DNA molecule...to the cell...to your organs...to your whole organism. Now bring your astral body back into coincidence with your physical body and turn off your microscopic vision.

### *Exercise Thirteen – Electromagnetic Spectrum and Information Ether Sensitivity*

Your physical vision is only able to detect a narrow band of light on the electromagnetic spectrum, which your brain interprets as the spectrum of colors. Beyond the red end of visible light are infrared, microwaves and radio waves, which have lower frequencies, longer wavelengths and lower energy. Beyond violet are ultraviolet, x-rays and gamma rays, which have higher frequencies, shorter wavelengths and higher energy than visible light.

Embedded into this spectrum and interpenetrating it is what is called the information ether. This ether includes the whole spectrum of information that surrounds us at every moment.

- This information can be encoded in digital or binary format, such as on/off, light/dark, zero-bit/one-bit, pixel/no pixel.
- It can be analog, such as a spectrum, dials on appliances, or clocks that provide a range of information.

- It can be presented as a visual signal, such as a wave or hand gesture, a flag, or a semaphore.
- It can be communicated through hearing as speech, music or a sound (like a siren).
- It can be depicted as an image, such as a photo, a painting, a video recording or movie, or a show on television.
- It can be suggested through smells, such as perfumes or incense. It can be savored as tastes of different foods.
- It can be known as tactile stimulation—a caress, a kiss, a tickle, or the wind blowing on your skin.
- It can be transmitted through ciphers, numbers, typographical symbols, corporate logos, and written words in multiple languages.

As you begin this exercise, consider that the universe is a continuous field of energy in which information is encoded.

For example, the frequency of a radio wave is fixed, but the information that can be transmitted upon it as music or speech is unlimited.

A pastel shade of blue also has a fixed frequency on the spectrum, but it can communicate so many different things depending on its context: the blue color of an eye, the blue in a painting, the blue on a shirt, the same color in the sky.

Send your astral body out on this Plane of Energy, starting with the low end of the spectrum.

Scan through radio waves, microwaves, infrared, and visible light, on through ultraviolet, x-rays and gamma rays. Notice if you can sense the information coded at each level of this spectrum.

Can you sense the programming sent over radio waves?

Can you sense the different gradations of heat in infrared?

Can you feel the penetrating power of a gamma ray that can pass through the entire Earth?

*Exercise Fourteen – Resonance Ether Sensitivity*

The resonance ether is the space in which information and energy is embedded. You know this ether from your own experience.

- When you go to Sedona, Arizona, Mt. Shasta, California or other power places on the Earth, you feel the embedded wordless quality that is there.



Mount Shasta



Sedona



- When you go to a historical place that has known centuries of human activity, you feel this as vibration in its space.



- When you pick up a crystal, you can also feel its quality.
- The quality embedded within your home, its Feng Shui as the Chinese called it...the mysterious beauty of a grotto, a garden, or an ancient forest undisturbed by man—each of these whisper to you from the resonance ether.

The resonance ether is all around you.

In this exercise, send your astral body to Mount Kailash, and feel the quality of this sacred mountain.



Go to a cave lined with crystal formations and feel the serene and cooling quality here.



Go to the silent chambers of the Great Pyramid, and feel its ancient vibrations.



When you can become sensitive to this ether, you can do psychometry, which will allow you to sense the vibrations embedded in objects. You can get information from an object from the resonance anchored within it. For example, a ring will give clues about the person who has worn it for 25 years. A rosary used for many years in prayer and devotion will divulge something of the spiritual life of the person who has used it.

*Exercise Fifteen – Empathic Sensitivity mediated through the astral body*

A field of energy surrounds each individual through which the qualities of their personality and spirituality are transmitted. This field is called the aura. It has several bands as described below.

Zone	Level	Content
Personal	Etheric	The life force surrounding and interpenetrating the physical body. This brings awareness of the operation of the etheric body and the chakras and meridians of this body.
	Emotional	Your desires (what you attract and what you push away); your ideas of your self and what you aspire to become, and the resonant quality of your values as honor and dignity.
	Mental	Your thought forms (ideas or concepts), the field of radiant energy of your thought
	Self (Essential Character)	The form of your Self empowered by the force of your will and imbued with the qualities you anchor through your personality.



Zone	Level	Content
Transpersonal	Archetype (Higher Vehicle of the Soul)	These higher forms of the Soul's vehicles of consciousness may appear to you as great warriors or heroes, as fairies and pixies, as angelic and chthonic forms, and as gods and goddesses and other mythological forms.
	Individual spirit	You may behold the beauty and innocence of your spirit, surrounded by a holy aureole of love and virtue.
	Soul (Ensoulng Entity)	The Ancient Wisdom may be embedded in the form of a Sage, a Christ-like being, or a golden sun.

For this exercise you will gaze at your own form using tratakam. You will suggest to your astral body in turn, show me my etheric field... my emotional field... my mental field... my essential character... the archetypal forms of my Superconscious mind... my spirit... and my Soul. Allow three to five minutes to take in what you see at each level. [If you have a partner available, you can gaze at your partner. Share what you saw with your partner.]



## Metavisional Sight

Metavision is an innate faculty of the attentional principle. The attentional principle was first introduced to you in the Mudrashram® Master Course in Meditation during the class for Raja Yoga, and in the section of Raja Yoga in the Accelerated Meditation Course. To review, I will excerpt from this material drawn from *the Mudrashram® Master Course in Meditation Manual*, Revised Third Edition.

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

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

“As Purusha, the attentional principle has the following abilities” [I have appended the information about the centers for the next exercise, plus added another center not disclosed in the original material, the feet or pedal center]:

Center	Ability	Activity
Brain	Consciousness	To experience the wave of consciousness directly.
Forehead	Intention	To send a beam of thought to concentrate the mind stuff and focus it on any focal point, to switch any inner vehicle on or off, to project out of the pituitary center focus to any inner level of the Great Continuum of Consciousness, and to activate your bija mantra.
Throat	Telepathy	To communicate a thought to the attentional principle of others. [In advanced disciples, this ability is extended to send thought and Light to others' spirits and ensouling entities. This is called Attunement.]
Heart	Contemplation	To discern the structure and content of your inner vehicles. [In advanced disciples, this ability is extended to look into the vehicles of others. This is called Metavision, direct seeing with the attentional principle.]
Solar Plexus	Programming	To introduce suggestion into any vehicle.
Navel	Empathy	To understand the context of the conscious experience of others.
Base of Spine	Affirmation	To agree that something will be so. This is the power of Manifestation or Creation.
Feet	Guidance	To lead the attention to the presence of the attentional principle and to lead it upon a path, to focus it upon an object of meditation, or to concentrate the field of mind stuff

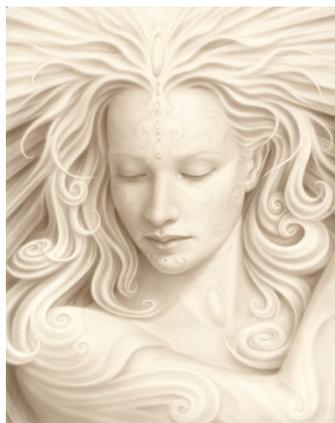


Some of the applications of these abilities of the attentional principle that you used in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program include

- Focusing your attention (concentration)
- Activating your bija mantra (mantramic intention)
- Projecting out from the pituitary center and coming back (direct projection)
- Discerning the structure and content of your inner vehicles (contemplation)
- Introducing suggestion into your Subconscious mind (autohypnosis)
- Understanding different spiritual perspectives than your own (chanting)
- Anchoring your affirmations in the Superconscious mind (affirmation)

You also use these abilities of your attentional principle when you send out the Light to others during the Attunement Meditation portion of Light Sitzings (intention and telepathy).

In this meditation, you will meditate upon the form of the attentional principle and move through each of the eight centers.



### *Exercise Sixteen – Contemplating Your Attentional Principle*

For this meditation you will begin by focusing your attention on the feet of your attentional principle. Become aware of its faculty of Guidance. You will go progressively up the centers until you merge into the brain and experience the wave of consciousness that is at the core of the attentional principle. Contemplate each center in order:

Brain	Consciousness
Forehead	Intention
Throat	Telepathy
Heart	Contemplation
Solar Plexus	Programming
Navel	Empathy
Base of Spine	Affirmation
Feet	Guidance

As you do this exercise, notice your attentional principle's innate ability to guide your attention, to give verbal and silent affirmations, and to take the viewpoint and to sense the feeling state of another.

- Observe your ability to program the inner vehicles to gather information and to carry out your intentions.
- Witness your attentional principle's ability to view and recognize the content of your inner vehicles as your awareness opens into them.
- Focus on your attentional principle's ability to send thought to others and to receive thought—examine whether your attentional principle is connected with the intuitive stream from your Soul, from a Guide, or from a Spiritual Master.
- Sense the power of your intention.
- Unite with consciousness and behold with this opened third eye.

## Heart Sight

Heart sight, viewing the world from the standpoint of your spirit, can be readily awakened using meditation. We will excerpt materials from “The Way of the Heart Workshop” that will help you to contemplate the centers of the spirit by microconcentration and identify with your spirit through affirmation, and exploring those centers through inquiry.

### *Exercise Seventeen – Microconcentration on the form of your spirit*

Contemplate the following centers of your spirit using microconcentration and affirmation.

Center	Affirmation	Function
Brain	I am the spirit.	Spiritual identity
Forehead	I see the Light of God and hear the Music of God.	The spirit's inner vision and hearing
Throat	I speak my truth in love.	The communication of spiritual truths (satsang)
Heart	I am immortal love. I dedicate myself to service. I am devoted to my Beloved.	The spirit's love, devotion and dedication
Solar Plexus	I serve others. I give selflessly.	The urge to help others: charity and sharing
Navel	I practice virtue. I restrain and purify myself to please my Beloved.	The cultivation of virtue and self-restraint
Feet	I contemplate truth. I understand the truths revealed to me.	Spiritual understanding

*Exercise Eighteen – Exploring your spirit's centers through inquiry*

After identifying your spirit's centers, you may directly invoke these centers through inquiry. You may do this by asking your spirit questions like

- "What do you experience?"
- "What do you see and hear?"
- "What is true for you?"
- "Who do you love?"
- "What do you seek to give and share?"
- "What are the virtues you seek to cultivate, the principles you seek to live by?"
- "What do you understand about your purpose and meaning of human life?"

With some practice, you will be able to shift your perspective and look at the world with the eyes of your spiritual heart. Like the saints and mystics, you will be able to behold the beauty and wonder of the world by looking at the world with new eyes, like an innocent and pure child.



## **Self Sight**

The faculty of Self-sight, or personal intuition, allows you to look into the vehicle of the Conscious, Subconscious and Metaconscious mind.

This intuitive vision allows you to identify the vehicle. This takes the form of “this is my nexus of perception” [of the etheric body], “this is my focus of commitment” [desire body] and “these are the many different people I can be” [persona]. This inner scan of the Metaconscious mind would continue with “these are my values” [conscience], “these are my plans and schedules for their fulfillment” [concrete mind], “this is my ability to understand concepts and solve problems” [intellect].

Personal intuition also allows you to check in with each of these vehicles. You can sense what is going on with your body, probe your feelings, listen to the issues of your ego.

Personal intuition acts as a channel selector, so you can tune into the stream of consciousness of your experience that is arising within you. As you learn to identify these centers in your self, you can recognize them in others. This ability gives rise to the faculty of empathy or social intelligence.

This type of empathy mediated by personal intuition is different than the empathy of the attentional principle or the spirit. Personal intuition allows you to check in and listen to the experiences of other people that they communicate to you verbally and non-verbally. Through this means you can tap in and sense what is occurring in the vehicles of their personality.

The empathy principle of the attentional principle, by distinction, lets you know the experience of the attentional principle of others, but not other aspects of an individual. The empathy of the spirit similarly permits you to know the experience of another’s spirit, but is restricted to the Nadamic corridor in which the spirit dwells.

This intuitive seeing can be activated by a technique called polling. In this method you will identify the vehicle and check in—notice what is going on at that level.

*Exercise Nineteen – Polling Using Your Personal Intuition*

Focus your attention on the center of your personal intuition. In this center you will perceive an image or reflection of the Self. Give the suggestion for each of these levels, and then notice what your personal intuition reveals about each center.

This is my waking state of awareness

This is my experience of what my body is doing in the present time (movement)

This is my experience of sensations arising from the environment (sensation)

This is my experience of the body (organism)

This is my experience of my emotions (feeling center)

This is my experience of my faculty of reason<sup>7</sup> (thinking center)

This is my experience of my ego

This is my experience of the preconscious (memories and impressions bubbling up from the Subconscious)

This is my experience of memory and the memories of my life

This is my experience of the system of chakras in the Subconscious mind

This is my experience of my astral body (faculty of imagination and visualization)

This is my experience of my perception (etheric body – center one)

This is my experience of self-generated movement (etheric body – center two)

This is my experience of the operation of my body's internal organs and physiological functions (etheric body – center three)

This is my experience of my reservoir of memory and experience<sup>8</sup> (etheric body – center four)

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<sup>7</sup> This center operates in three modes: behavioral command, analogical reasoning and analytical reasoning.

This is my experience of my integrated functioning<sup>9</sup> (etheric body – center five)

This is my experience of my commitments (desire body)

This is my experience of the different roles I can play (persona)

This is my experience of my values and morals (conscience)

This is my experience of my plans, schedules and agendas (concrete mind)

This is my experience of my conceptual knowledge and ability to problems solve (intellect)

This is the core of my intuition and the image of my Self

**Polling** is a technique that you can use to help you make decisions. In this type of polling, you check in with the opinions of each aspect of your nature. For example, “my body likes this,” “my feeling center favors it,” “my reason is skeptical about it and votes against it.” You scan level by level and gather any opinions that arise from each center. This will enable you to picture the nature of your conflict and the aspects of your nature that contribute to it.

Seeing the two sides of your conflict arrayed in this fashion will sometimes allow you to arrive at a synthesis. This synthesis provides a creative solution that paradoxically satisfies both sides of the conflict with a choice that honors both of them.

## Soul Sight

The higher octave of intuition that is anchored in the Soul is called transpersonal intuition. Like personal intuition, it can tap into the layers of the mind in which it is embedded; transpersonal intuition sounds the Superconscious mind up to the stage of the Soul’s spiritual evolution.

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<sup>8</sup> This integrative mnemonic center of the etheric body combines the memories of life experience with the stored knowledge of the chakras, which organize experiences into categories

<sup>9</sup> This center coordinates the functioning of perception, self-generated movement, physiological activity, and memory

There are seven different meditations that tap the Soul's intuitive wisdom. They are:

- 1) Dimensional seeing – the silver onion technique
- 2) Contemplating the archetypal forms of the Soul
- 3) Listening for the sounds of the Soul
- 4) Feeling the qualities of the Soul
- 5) Tracing the Kundalini Path (the Ah Sha Breath)
- 6) Accessing the fountainhead center of Wisdom
- 7) Uniting attention and the Soul (Adi Atma Dhyana)

As you use each of these methods, you will progressively activate the layers of your transpersonal intuition. Let us begin.

### *Exercise Twenty – Dimensional Seeing Using the Silver Onion Technique*

Those of you who have taken the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program will recall the Mandala Method. In that technique you used the mandalic reasoning of personal intuition to uncover the layers beneath a problematic issue. You will apply the same faculty of mandalic reasoning in the higher octave of the Soul with the Silver Onion technique.

In the Silver Onion technique, picture your Soul at the very center of a series of concentric circles. Focus your attention upon the Soul. Visualize the multiple spheres surrounding the Soul. As your awareness opens progressively through these spheres, gaze and notice the content at each layer.

The Silver Onion technique will allow you to glimpse the content of the inner dimensions or Planes. These worlds correspond to each nodal point your Soul opens as it makes its spiritual evolutionary journey. If you do this exercise with sustained attention, you will be able to behold the scenery of the inner astral worlds and their inhabitants.

### *Exercise Twenty One – Contemplating the Archetypal forms of the Soul*

As the Soul unfolds through the Realms of the Great Continuum of Consciousness, it awakens the vehicles at each level. As it continues to ascend the scale of being, it begins to tune these forms to a progressively higher state of vibration.

You may visualize this vibrational re-tuning of the Soul's vehicles as a change in their form. Change in form is also called transformation. This transformation of each vehicle appears as changing archetype or mythological form. For example, you may perceive one vehicle as a warrior, another as a pixie or fairy, and another as a Greek god or goddess—each showing new facets as your Soul evolves.

In this exercise, you will ask the Soul to show you its forms. Focus your attention on the Soul. You will give suggestion to ask your Soul to reveal its archetypal forms at each level.

You will use the list below as it applies to your level of spiritual evolution. For example, if your Soul has reached the Psychic Realm, you will not give suggestion to reveal archetypes for higher levels, as these remain delegated to the realm of the higher unconscious and are yet unawakened.

[You may wish to utilize information from your most recent Soul Reading or Soul Attunement/Guidance Channeling to help you determine your current level of spiritual evolution if you uncertain where to stop. If you have spiritually evolved into Transplanetary, Cosmic, Supracosmic, or Transcendental Bands of the Great Continuum, for purposes of this exercise, you will focus on your forms in the Subtle and Planetary levels.]

After you go up to level where your Soul dwells, you will then ask for your Soul to show you its essential form.

Show me your form(s) in the Lower, Middle, and Upper Subtle Realm

Show me your form(s) in the Biophysical Universe

Show me your form(s) on the Abstract Mind Plane  
Show me your form(s) in the Psychic Realm  
Show me your form(s) on the Wisdom Plane  
Show me your form(s) in the First Initiation  
Show me your form(s) in the Second Initiation  
Show me your form(s) in the Third Initiation  
Show me your form(s) in the Fourth Initiation  
Show me your Essential Form

*Exercise Twenty Two – Listening for the Sounds of the Soul*

In this exercise you will listen to the sounds of these vehicles of consciousness of the Superconscious mind as you look for any visual correspondence to each state. For example, when meditating in this fashion, you may see a point of sparkling blue light when you hear the vehicular Nada of your Soul's form in the Subtle Realm.

Focus your attention on your Soul. You will close your earflaps as you did in the Shabda Laya technique you learned in the Mudrashram® Master Course in Meditation or Accelerated Meditation Program.

You will mentally chant OM. Suggest “this is the sound corresponding to my vehicle at [the levels shown below].” Notice any colors or images that arise together with the sound.

[You will do this up to the level of your Soul's evolution, plus add the Essential Form.]

This is the sound corresponding to my form(s) in the Lower, Middle and Upper Subtle Realm

This is the sound corresponding to my form(s) in the Biophysical Universe

This is the sound corresponding to my form(s) on the Abstract Mind Plane

This is the sound corresponding to my form(s) in the Psychic Realm

This is the sound corresponding to my form(s) on the Wisdom Plane

This is the sound corresponding to my form(s) in the First Initiation

This is the sound corresponding to my form(s) in the Second Initiation

This is the sound corresponding to my form(s) in the Third Initiation

This is the sound corresponding to my form(s) in the Fourth Initiation

This is the sound corresponding to my Essential Form

### *Exercise Twenty Three – Feeling the Qualities of the Soul*

In this exercise, you will use your feelings to tap into the energetic experience of each vehicle of the Soul. Each vehicle has its own quality. One vehicle may emanate joy, another peace, another holiness, and another great severity and discipline.

You will plumb each of these vehicles, feeling for its essential quality, while you look for visual markers that will allow you to landmark this level of the Superconscious mind.

Focus your attention on the Soul. You will suggest, “Let me feel the quality of this vehicle.” You will breathe into the seed atom of each vehicle, then feel the quality that is present. Notice whatever visual marker is present at this level. [You will do this up to the level of your Soul’s evolution, plus add the Essential Form.]

This is the feeling corresponding to my form(s) in the Lower, Middle and Upper Subtle Realm

This is the feeling corresponding to my form(s) in the Biophysical Universe

This is the feeling corresponding to my form(s) on the Abstract Mind Plane

This is the feeling corresponding to my form(s) in the Psychic Realm

This is the feeling corresponding to my form(s) on the Wisdom Plane

This is the feeling corresponding to my form(s) in the First Initiation

This is the feeling corresponding to my form(s) in the Second Initiation

This is the feeling corresponding to my form(s) in the Third Initiation

This is the feeling corresponding to my form(s) in the Fourth Initiation

This is the feeling corresponding to my Essential Form

### *Exercise Twenty Four – Tracing the Kundalini Path*

In this exercise, you will trace the path of the Kundalini Shakti as it forms a track through your Superconscious mind. In this exercise, you will not actively awaken the energy of the Kundalini Shakti. Instead, you will follow the thread-like channel of the Sushumna Nadi as it passes through your inner vehicles up to its apex in the presence of your Soul.

Focus your attention in your Soul. Visualize the thin channel of your Sushumna Nadi passing through each Superconscious vehicle of consciousness and culminating in the presence of your Soul. Gently breathe into each seed atom of each vehicle “AH” and breathe out “SHA.” As you breathe out, your awareness will become focused in that seed atom. Look for the track of the kundalini and notice any centers or chakras within that vehicle of consciousness.

You will mentally note as you open each level:

This is the kundalini path through my form(s) in the Lower, Middle and Upper Subtle Realm

This is the kundalini path through my form(s) in the Biophysical Universe

This is the kundalini path through my form(s) on the Abstract Mind Plane

This is the kundalini path through my form(s) in the Psychic Realm

This is the kundalini path through my form(s) on the Wisdom Plane

This is the kundalini path through my form(s) in the First Initiation

This is the kundalini path through my form(s) in the Second Initiation

This is the kundalini path through my form(s) in the Third Initiation

This is the kundalini path through my form(s) in the Fourth Initiation

This is the kundalini path through my Essential Form that unites with my Soul

As you practice this exercise, you will come to discern the track of the Kundalini in yourself and you will begin to recognize it in others.



*Exercise Twenty Five – Accessing the Fountainhead Center of Wisdom*

In the Essential Form of the Soul, there are nine major centers. These centers are listed below.

Center	Form
Brain	The Soul in its own essence
Thalamus <sup>10</sup>	The triune Center of Love, Wisdom, and Power
Medulla	The blissful presence of the Soul, called the AMEN or AUM vibration
Throat	Causal body
Heart	The path of the spirit
Solar Plexus	The astral form of the Soul
Navel	The etheric form of the Soul
Base of Spine	The Kundalini Path to the presence of the Soul
Feet	The etheric seed atom in the forehead <sup>11</sup>



<sup>10</sup> The Thalamus is located in the center of the head directly behind the point between the eyebrows. It is the center in the core of the brain.

<sup>11</sup> The etheric atom in the forehead corresponds to the spiritual development in the Subtle and Planetary Realms. The higher etheric atom on the top and back of the head corresponds to its development in the Transplanetary, Cosmic, Supracosmic and Transcendental. This etheric seed atom is found in the Etheric Body of the Metaconscious mind.

The thalamic center is a center of integration for the Soul's faculties of Wisdom, Love and Power. The Wisdom faculty integrates the Path Knowledge of the Medulla Center and the discernment of the Karmic Law through the causal body in the Throat Center. The Love faculty integrates the love, devotion and aspiration of the spirit in the Heart Center with the qualities of the Soul expressed through the Soul's astral form in the Solar Plexus Center. The Power faculty integrates the life force of the etheric body in the Navel Center with the energy of awareness driven by the Kundalini Shakti in the Center at the Base of the Spine.

In those awakened to the spiritual path, the Soul anchors a Ray of its energy in the etheric seed atom, which brings remembrance of the Soul's presence within. This links up the personality with the Soul's faculties of Wisdom, Love and Power, and allows the Soul to express its gifts through the personality.

In those who lack this attunement with their higher nature, both the Soul and the Divine are out of awareness. These individuals often become atheists or nihilists—they perceive nothing beyond their own personality. In Western esoteric teachings, these individuals are referred to as the spiritually dead.

For this meditation, you will begin by focusing your attention on the presence of the Soul. You will bring your attention down into the thalamic center. You will suggest, "reveal to me your wisdom and show me what it is important for me to know at this time." The Soul will overshadow your mind with the golden stream of its intuition, and you will receive its guidance.

It is this stream of wisdom that is awakened through the practices of Jnana Yoga. To refresh your memory, Jnana Yoga has seven chords. These are listed below [this information is excerpted from the *Mudrashram® Master Course in Meditation Manual*, revised third edition].

Chord	Faculty	Content
1	Conscience	An array of criteria or values to guide decision-making.
2	Intellect	Nested arrays of conceptual understanding, tying together related facts as a concept, and linking concepts together to form a knowledge system about a topic.
3	Ontological Mapping	A cognitive map of the spiritual realms founded upon your education about metaphysical subjects and your own spiritual evolution. This provides a model of the Nature of Ultimate Reality. This is your world view or cosmology in which you operate.
4	Psychic Guidance	Intuitive guidance for the present, insight into the lived past, and direction for the future.
5	Wisdom	Reflective expansion of ideas, the comparison and integration of pairs of opposites, and the process of intuitive synthesis.
6	Discernment	Discriminative reflection upon the Nature of the Soul. This reflection is upon (1) its qualities or virtues, (2) its abilities or powers and (3) its attunement with the Seven Rays and the expression of qualities of those Rays. It also contemplates (4) the alignment of seed atoms in its vehicles, (5) its record of experiences in past incarnations, (6) the multidimensional mirror of its progress on the spiritual Path, and (7) Gnosis, the Soul's knowledge of itself beyond all coverings and expressions.
7	Remembrance	Higher discriminative reflection that reveals the layers of the Great Continuum of Consciousness that are yet unawakened up to the next octave of spiritual evolution. It reveals your Soul purpose, and the current track of spiritual evolution. [For example, the Soul Spark beholds the Soul, and the Soul envisions the Monad upon its spiritual horizon as the next step in spiritual evolution, as its spiritual goal]

### Exercise Twenty Six – Uniting Attention and the Soul

For this meditation, you will contemplate on the Soul in its own nature. You will begin by examining the mirrors of the Soul at lower octaves of consciousness.

Center	Location	Function
Golden Seed	Behind the time track of the Personal Unconscious band of the Subconscious mind	Brings awareness of the incarnation of the Soul and glimpses of past incarnations
Brain Chakra	In the brain chakra of the Creative Intelligence Centers (Chakras) of the Subconscious mind	Integration of the wisdom gained by life experience, remembrance of the Nature of the Soul
Etheric seed atom	In the front part of the brain center of the Etheric Body of the Metaconscious mind	Remembrance of the Nature of the Soul, attunement with the Soul with expression of its gifts through the personality
Intellechy	On the highest level of the Subtle Plane — this center is sometimes personified as a magical sage or wizard	Expression of the Soul’s gifts on the Subtle Plane through two octaves of Will in the Subtle Realm
Biophysical Pilgrim	On the highest Plane of the Biophysical Universe (the Plane of Etheria)	A mirror of the Soul’s development as it progresses through the Initiations mapped out on the etheric grid of the earth. This is portrayed as a journey to Shambala, the etheric capital of the earth.
Astral shell	On the Subplane of the Superreflective Ether on the Psychic Realm	This is a personification of the Soul embodying its qualities. This center operates the octaves of Will operating on the Psychic Realm, the Abstract Mind Plane, and the Biophysical Universe
Essential Form	The Soul realized on its own Plane	Enlightenment and Gnosis

You will begin this meditation by locating each reflected aspect of the Soul. Take a moment to hold your attention on each center. Then move to each one in turn until you can locate the essential form of Soul.

## **Enlightenment**

The core sight of the Soul is not mediated by the observing attention, but is known by the Soul. Holding the attention upon the Soul allows you to reflect upon it and gain union with it, but only the Soul knows its own nature. Just as you used reflection to find the Self, then disidentified with it to realize the Self in its own nature in the Reflection Disidentification Centering Technique, you will use a similar process to realize the Soul.

### *Exercise Twenty Seven – Enlightenment Meditation*

Begin by focusing your attention on the essence of the Soul. You will then affirm

“I am no object.”

“I am no form or body.”

“I am no thought.”

“I am no feeling.”

“I am no other.”

“I am neither consciousness nor unconsciousness.”

“I am beyond all.”

“I am ever abiding.”

“I am known only unto myself.”

“I am awake.”

When the Buddha was asked by his disciples, “are you a god or are you a man?”

Buddha replied, “I am awake.”

Know each of these types of vision. Explore them, expand them and perfect them. As you complete this Vision Workshop, continue to use these methods to enhance your ability to see the worlds within you and to remain ever awake in your core.

