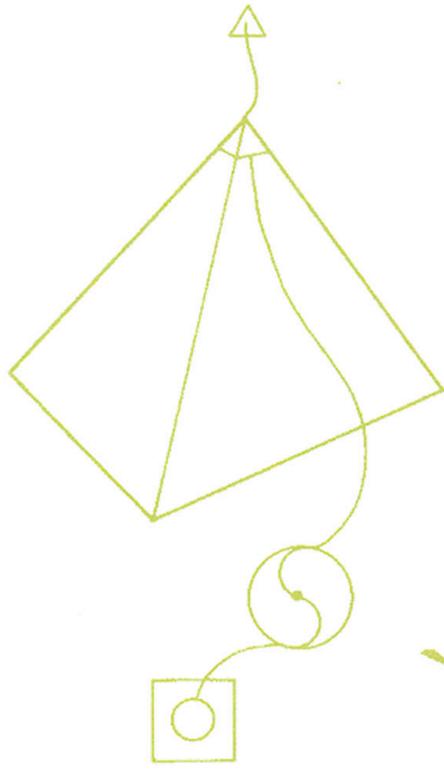


The Way of the Heart Workshop

Facilitated by George A. Boyd, MA





Mudrashram

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



The Way of the Heart Workshop

By George A. Boyd, MA © 2011



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Part One
The Mystery of the Pineal Gland:
Absorption into the spirit

Techniques for contacting the individual spirit

The purpose of this workshop is to deepen your understanding of your spirit, your spirit's path, and how your spirit opens this path. In part one of this workshop, you will focus on contacting your spirit.

The way of your spirit is a devotional, wordless path of love. In this workshop you will approach the sacred heart within you experientially, through a series of explorations using techniques of meditation. Here's what we will cover:

- Contemplation of the spirit
- The Nada, the Light and Sound of God
- External Nada
- Vehicular Nada
- True Nada
- Origin of the Nada
- Opening the Way – the Inner Secret of Nada Bhakti
- The Inner Bridge
- The Secret of the Name of God
- The Wayfarer and the Friend – the Guide
- Bhakti and Life – Dealing with a Heart Overflowing with Love

Exercise One – Contemplation of your spirit



Questions for Reflection

- (1) Who or what brings out the spiritual heart in you? When does this occur?
- (2) Where have you experienced your spirit before? What were you doing when you experienced it?
- (3) Have you contacted your spirit during prayer or meditation? What techniques helped you contact it?
- (4) What feelings arise when you focus on your spirit?

Part Two
The Light and Sound of God:
Seeing and hearing with the heart

The Nada, the Light and Sound of God

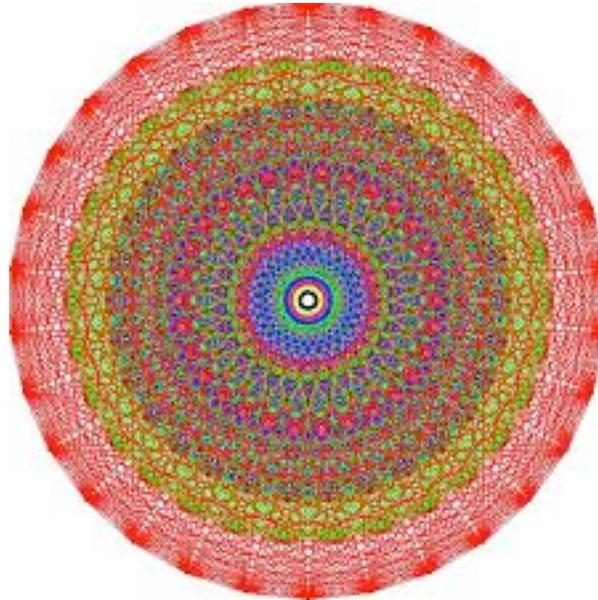
The spirit travels back to its Divine on the inner currents of the Nada. In this section of the class you will discover the types of Nada within and without you, and locate the inner river of light and sound in which your spirit dwells.



External Nada

You will hear the external Nada best in the wee hours of the morning, when all is quiet and still. At first you will discern the whirring of appliances, the humming of electric motors, the chirping of insects. Then you will hear the dramatic swell of the Nada, which seems to fill the entire universe. Finally you will begin to hear a subtle sound that seems to hang in the air, above your right ear.

Using the cupped hands technique, or listening to the sound of the conch shell will intensify this sound. Some people have good results hearing the external Nada when they listen by a body of water such as a rushing river, a waterfall, or the sea.



Vehicular Nada

Close your ears using the shabda laya technique. Gently chant OM mentally, and listen for the sounds of your inner vehicles. Attend to the variety of inner sounds. Also notice the different colors that arise as you hear the different sounds.

Go vehicle-by-vehicle noting: this is the sound of my senses, etc.





True Nada

Focus your attention on your spirit. Close your ears using the shabda laya technique. You may begin to feel that your spirit dwells in a current or river of energy. Let your attention become absorbed in that current.





Origin of the Nada

Let your attention become absorbed in the Nada as before. Now follow it and look for the origin of this current. At the deepest level of this current, you will be drawn into the presence of the Divine Spirit pervading all Creation, out of which your spirit was born.



Part Three
Opening the Way:
The hidden secret of Bhakti Yoga

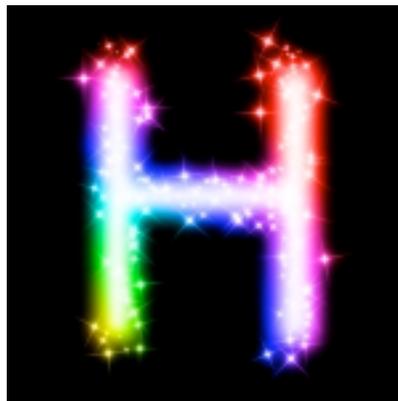
Opening the Way (Nada Bhakti)

Nada consists of inner channels of light and sound. In some domains there may also be a channel of nectar and/or life force. You can learn more about these domains in Addendum One.

These channels may be completely blocked, partly open, or completely open. In the dormant stage of spirituality, these channels are completely plugged. When the Way is revealed, the spirit begins to open and purify these inner channels. When these channels become completely open, the spirit merges back into the Divine. We call this experience moksha, liberation, or salvation.

The Inner Bridge

After the spirit opens one channel to a Nadamic tone, it moves to the other channel through a bridge. This process is like the drawing the shape of the letter "H".



The Secret of the Name of God

The Hebrew name of God has been transliterated into English as the Tetragrammaton, YHVH.

The process of opening the Way of the spirit can be remembered by thinking of the Name of God.

Feel • Visualize	The spirit meditates	Feel opening	The spirit meditates
			
Mantra	on the Nada	Deepening in the channel	on the Nada



"Meditate on the Opening of the Way. In Sanskrit, this practice is called udgit. The Sikhs refer to it as Surat Shabd Yoga. This is the sacred method of Nada Bhakti."

Part Four
The Wayfarer and the Guide:
The Encounter with the Friend



The Guide

The Guide helps the spirit make progress on the inner path. The spirit is the wayfarer upon the mystic path, and the Guide is its constant Friend. The Guide:

- 1) Clarifies the spirit's understanding
- 2) Imbues virtue, purity and holiness
- 3) Brings out the desire to serve and care for others
- 4) Inspires devotion, love and dedication
- 5) Gives spiritual teaching (satsang)
- 6) Opens the inner sight and hearing of the spirit
- 7) Mirrors the Divine Beloved (darshan)
- 8) Reveals the True Name of God, which is the origin of the spirit

Mystics say we are blind, deaf and lame.

We cannot see the Guide. We do not know where to look for him. We cannot hear the guide's voice. We cannot receive his guidance. We don't know where the Guide dwells. We have trouble traveling there.



Sitting with the Guide (Darshan)

Because we are blind, he gives us inner sight. Because we are deaf, he allows us to hear His Voice. Because we are lame, he comes to us. This is the grace of darshan.

Finding the Guide Within

Travel back on the path until you merge into the presence of the Guide. Meditate on the centers of his or her radiant form until you feel you are one with the Guide. When you experience this state, you will find to your joy that he or she begins to teach you inwardly, and will show you the inner path.

"Identify your Guide. Is he or she a teacher that you know? To what lineage does he or she belong? Have you ever seen him or her in meditation before? Once you know your Guide, you can call upon him or her to help you before you practice opening the Way. Pray to the Guide. Ask for his or her protection. Ask him or her to help you contact the True Nada and merge into his or her inner radiant form."

Part Five
Bhakti and Life:
Dealing with a heart overflowing with love.

The purpose of this part of the class is to intensify your ability to know and commune with your spirit, to communicate its truths, and to find a congruent expression of its love and devotion in your life.

Exercise Two – Giving Satsang

Be at one with your spirit. Give it a voice. Grant it permission to share its truth. Listen to its truth. [You can share with a partner.]

Exercise Three – Interviewing your spirit

Ask your spirit, "What do you need from me?" "How can I help you to grow?" "How can I help you make progress on the path?" Ask other questions that occur to you as you interview your spirit.

Exercise Four – 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

Center	Affirmation	Function
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 Five – 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?"

Exercise Six – Your spiritual expression

Inquire how your spirit expresses itself through your different vehicles. Ask your spirit:

- 1) "What actions do you need to make through the physical body to make your truths real and fulfill your dharma?"
- 2) "How do you imagine yourself?" "How do you express through your astral body to influence character, and to actualize your virtues?"
- 3) "What do you seek to learn and understand?" "How do you constructively and creatively use your mental body?"
- 4) "What do you aspire to become?"
- 5) "What do you revere and worship?" "What is your idea of the Sacred? The Divine?"
- 6) "What do you consider to be evil?" "With what do you do battle?"

7) "Who is worthy of your love and caring?"

Exercise Seven – Spiritual Decision

Examine your choices affecting your spiritual life:

"What are you willing to change to allow your spirit greater expression in your life?"

"What do you need to sacrifice or renounce to allow your spirit to grow?"

"What would it mean to surrender to the Will of God?"

"What would it take to travel back to God in this lifetime?"

"Is this something you are willing to do?"

Exercise Eight – The sacred edge of spiritual growth

Look into the channels of the Nada. How far are they open? What is the edge of darkness? How far does the darkness reach? What is at the other side of the darkness?

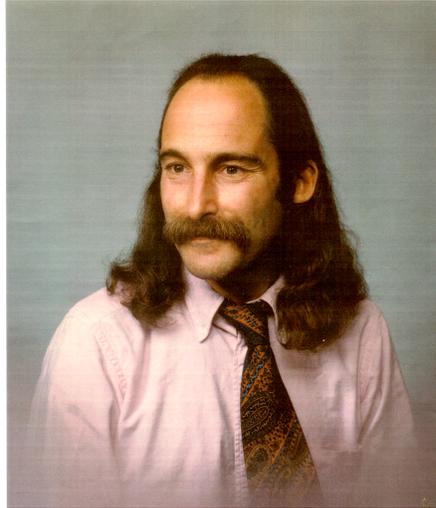
Practicing the Way

Now you know your spirit's path, the Way back to God. Practice it. Move closer to your Divine Beloved each day.

Now you also know your spirit more intimately. Nurture it. Help it to grow and express. Fulfill your Divine birthright. Express your spirituality in your life.



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.