

*TABLE OF CONTENTS*

Contents	Page
Author's Introduction to the First Edition	i
Editor's Introduction to the Second Edition	ii
Chapter One – Cosmology and Models of Personality	
Spiritual Evolution in the Subtle and Planetary Realms	1-4
The Four Types of Karma at Different Stages of Spiritual Evolution	4-7
The Seven Functions of the Soul During Human Life	8-9
On Evolution	9-10
Communion between Master and Disciple	11-14
The Twelve Paths of the spirit: More Correspondences	14-17
Understanding Raja Yoga in Disciplic Work	17-19
Dimensional Metaphors	19-21
Personality Links with the Spiritual Domains	22
The Continuum of Human Functioning	23-31
The Personality Expressions across the Seven Rays	31-36
Substrates of Human Life	36-37
Experiences of Unity	37-38
Chapter Two – The Conscious Mind	
Notes for the Meditation Beginner	39-40
Models of the Conscious Mind	40-42
Four Faces of the Conscious Mind	43-46
Evolution of the Conscious Mind	46-47
Centers beneath Waking Awareness	47
The 33 Senses of Man	48-50

*LIGHT ON MEDITATION*

Contents	Page
Chapter Three – The Subconscious Mind	
The Etheric Veil	51-52
Reflections on Memory and its Rehabilitation	52-54
Models of the Subconscious Mind	55-57
Methods for Using the Subconscious	57-61
Alternate Information Processing Channels of the Subconscious Mind	61-62
Chapter Four – Centering Methods and the Metaconscious Mind	
Freedom and Bondage: The Role of Meditation in Life-Style Changes	63-64
On Tratakam	64-68
On Watching the Breath	68-69
On Reflection and Disidentification	69-70
On Vipassana	70
On Relaxation	71
On Pratyahara	72-73
On Movement Meditation	73-74
Chapter Five – Primary Transcendence Methods	
Kundalini Practice	75-78
Nada Yoga: Avoiding Dissonant Attunement	81-83
Correct Use of Mantra	83-85
Attentional-Focusing and Transformational Uses of Mantra	85-86
The Importance of Raja Yoga in Inner Work	86-89
Understanding Guru Kripa Yoga	89-91
On Jnana Yoga	91-93
On Agni Yoga	93-94

*TABLE OF CONTENTS*

Contents	Page
On Dharma Yoga	94-95
Self Concept and Dharma Yoga	95-98
Chapter Six – Invocational Methods	
On Autohypnosis	99-102
On Affirmation	102-103
On Process Meditation	103-105
On Intoning	105-107
On Chanting	107-109
On Prayer	109-110
Aspects of Opening into the Unconscious	110-111
Listening and Dialogue	111-116
On Invocation and Satsang	116-118
Chapter Seven – Explorations of Additional Techniques for Insight and Transformation	
Mantras of Blissful Vibration	119
Mantras to Awaken the Soul's Abilities	120-122
The Eight-Petalled Lotus Revisited	122-123
Developing Psychic Powers	124-126
Seals and Gates of Initiation Explained	127-129
Pralabdha Karma as a Skillful Means	130-131
Caves (Gupha) and Their Significance in Spiritual Life	131-132
Contemplation of the Form of a Master	132-133
Revelation from a Guide Form	133-134

*LIGHT ON MEDITATION*

Contents	Page
Chapter Eight – Accelerating Spiritual Evolution: Grace, Transformation, and Mastery	
The Resurrection	135-136
Working with the Life Force in Spiritual Ministry	136-138
On Alchemy	138-139
The Master in the Hierarchy	140-142
Comparison of External, Internal, and Transformative Practice	142-143
Discovery of the Seven Shaktis in Disciplic and Initiatic Work	144-145
The Sacred Throne	145-147
Methods of Sending Shakti	147-149
How Masters Protect the Disciple	149-150
Chapter Nine – Guidelines for Aspirants and Disciples	
Thought Control	151
Stepping off the Karmic Wheel	152-153
Working with Karma	154-155
Personality Development in the Spiritual Life	156-158
Aspirant, Disciple, and Initiate Stages of the Inner Path	158-159
Working with the Mudrashram® Lineage: Moral Obligations and Life-Style Suggestions	159-163
The Divine Will, East and West	163-164
Sexuality and the Spiritual Life	164-166
Sexual Transformation	166-167
The Quest for Excellence	168-170
Glossary	171-184
About the Author	185