Contents	PAGE NUMBERS
Introduction to A Mudrashram Reader	i
Preface: The Mudrashram Way	ii-Vi
Maps of Consciousness	1
Introduction to Maps of Consciousness	2-14
Maps of Consciousness of the Transcendental Sphere	14-20
Integral Meditation	21
What is Integral Meditation?	22-23
The Four Poles of Being	23-24
The Mandala of Integral Meditation	25-36
Balanced Spiritual Development	37
The Cutting Edge of Spirituality	38-45
Markers of Inappropriate Higher Octave Work	45-47
On Avoiding Imbalance from Spiritual Practice	47-51
Path Jumping and Its Sequelae	51-52
States of Identification	53
Identity States Based on the First Pole – The Ensouling Entity	54
Identity States Based on the Second Pole – The spirit	55
Identity States Based on the Third Pole – Your Vehicles of	5.6
Consciousness	56
Understanding Nodal Points and Nuclei of Identity	57-60
Understanding States of Identification	60-61
An Examination of Common Nuclei of Identity	62-70
Identity States based on the Fourth Pole – Your Attentional Principle	71-72
Understanding Breakthrough and Breakthrough Centers	72-73
Rebirth Experiences	73-74
The Seven Rays	75
The Expression of the Seven Rays in the Planetary Realm	76-78
The Qualities of the Seven Rays	78-82
The Seven Rays and the Ego	82-86
Consciousness and Spiritual Evolution	87
What is Consciousness?	88-89
What is Essential Evolution?	89-90
On Evolution	90-91
The Eight States of Nervous System Orientation	91-93
Evolution of the Faculties of the Conscious Mind	94-97
Varieties of Experience of the Present Time	97-100
Personal Will, Divine Will	101
Octaves of the Will	102-104
The Personal Octave of the Divine Will	104-113
First Ray Activity of the Soul: The Quest for Spiritual Powers	114-117
Powers of the Soul	117-122
Do We Have Free Will?	122-127
Choice Points on the Path	127-128
Purpose	129
Discovering Your Purpose	130-134
The 14 Questions of the Seeker	134-136
Understanding the Soul's Mission	137-142

Contents	PAGE NUMBERS
Types of Meditation	143
Major Categories of Meditation Techniques	144-147
Meditation Objectives	147-148
The Journey Inward: Tips for Beginning Meditators	149-151
Metaphors for Meditation	151-154
Kundalini Meditation	155
Talk given at Babaji's World Parliament of Religions,	157.170
December 19, 1992	156-160
Reflections on Kundalini Shakti	161-174
Helpful Measures in Dealing with Kundalini Emergencies	174-181
Illusions about Kundalini	181-183
Grounding: Coming Back from Altered States of Consciousness	183-184
Meditation on the spirit	185
The Gentle Art of Opening the Heart	186-188
The Seven Audible Nadamic Tones in the Planetary Realm	189-190
Types of Union with the Divine in Mysticism	191-194
Guidelines for Successful Simran	194-208
The Role of Pratyahara in Nadamic Approaches	209-210
The Gentle Art of Spirituality	211-212
Invocational Methods	213
The Differences between Prayer and Meditation	214-217
The Gentle Art of Creation	218-222
Understanding Faith	223-225
Psychological Processing: A Discussion of Process Meditation	225-226
Mantra Meditation	227
Differences between Mantramic Forms	228-229
How Mantras Work	230-232
On Transformational (Bija) Mantra	232-234
Discovering Essential Mantras	235-242
Use of Transformational Mantra as a Therapeutic Modality	243-248
Stages of Transformational Mantra Use	248-249
Mantra Variants	250
Raja Yoga	251
Stages of Concentration in Meditation	252-253
Attention's Role in Meditation	253-255
Meditation on Inner Vehicles	255-256
Methods to Absorb the Attention in Meditation	257-259
The 14 Stages of Raja Yoga Meditation Training	259-263
A Brief Exposition of Raja Yoga	263-268
Samyama: the Three Foci in the Practice of Meditation	268-270
How to Open Your Third Eye	270-271
Visual Phenomena Encountered in Tratakam in Dyadic Groups	272-274

Contents	PAGE NUMBERS
Guru Kripa Yoga	275
Reflections on Spiritual Ministry	276-277
The Art of Attunement Meditation	277-281
Sensitivity to the Energies of Attunement	282-285
Spiritual Attunement: the Work of the Initiator	286-292
What is Initiation?	293-294
Jnana Yoga	295
Reflections on Jnana Yoga	296-297
Jnana Yoga Revisited	297-307
Working with the Conscience	308-314
Agni Yoga	315
Understanding Agni Yoga and Attunement Meditation	316-318
The Five Fundamental Attunements	318-320
The Attunements and Teaching Mudras of the Mudrashram® Tradition	320-323
Exoteric and Esoteric Ministry	323-324
Introduction to Agni Yoga and Attunement Meditation	325-326
The Three Mantles of Mastery	326-327
The Love Attunement	328
Dharma Yoga	329
Values and Dharma	330-331
Keeping in Touch with Your Essential Nature	331-334
On Dharma Yoga	335
A Discussion of Dharma Yoga	336
Kriya Yoga	337
On Kriya Yoga	338-340
Kriya Yoga in the Planetary Realm	340-342
Beginning Meditation Practice	343
Helpful Factors in Beginning a Meditation Practice	344-346
How to Stay Awake in Meditation	346-350
Remembering Your Spiritual Experiences	350-352
How to Benefit from Satsang	352-357
Overcoming Obstacles on the Spiritual Path	357-359
Remembrance	359-360
Glossary	361-372
Index	373-388