

## **What the Heck Are We Doing? An Overview**

In today's webinar, we will inaugurate a new series, where we will explore some of the common varieties of spirituality to which aspirants (seekers) are exposed. This webinar will feature an overview of the different types of spirituality—both Western and Eastern approaches, and examine the motivations that inspire people to seek out spirituality.

Spirituality begins with an encounter with the Superconscious mind. This encounter can take several forms:

- The ego, through connecting with a conscious essence or an empowered archetypal form along the cord of faith
- The intellect, by communing with the illumined Higher Mind (Buddhi) through question and answer, dialog, inquiry, or intuitive reception (inner listening)
- The Self, via receiving direction from the transpersonal will of the Soul, or the Divine Will
- The attentional principle, through conscious travel through the inner vehicles of consciousness and the inner Planes of the Great Continuum
- One of the nuclei of identity, by focusing of the attention upon that nucleus of identity, chanting mantras vibrationally keyed to that center, or breathing
- The spirit, by focusing of the attention on the spirit, remembrance of the Divine, and contemplation of the inner form of the Master (guide)
- The Kundalini Shakti, by breathing methods, and auric reception (Shaktipat or Light Immersion)
- The Soul, by focusing the attention upon this essence via discernment (Jnana Yoga), a centering mantra keyed to the ensouling entity's vibration (Mantra Yoga), union of the attentional principle and the Soul in Samadhi (Raja Yoga), and ecstatic union with the Soul through the full awakening of the Kundalini Shakti (Kundalini Yoga)

We can also distinguish types of spirituality by where the attention is focused: in which vehicle(s) of consciousness, and which bands of the Continuum.

Western and Eastern types of spirituality focus the attention in different levels of the Great Continuum of Consciousness, and as a result, generate diverse types of spiritual experiences, and give rise to highly variegated conceptions of cosmology and Divinity.

We will start our exploration by examining Western Spirituality.

### **Major Types of Western Aspirant Spirituality**

When we contemplate the major types of affiliation within the framework of Western aspirant spirituality, we find seven major types of involvement. These types of involvement can be visualized as clustering on different levels of the Subtle and Planetary Bands. These seven major types are shown in the table below.


Type	Horizon	Major Teaching(s)	Level of Operation
Wiccan - Occult	The Lord of Matter (Lucifer or Satan)	Wiccan spirituality (Witchcraft, Sorcery); study of Occult teachings and participation in Occult Mystery Schools	Lower Astral Plane
Biophysical - Ecological	The Earth or Physical Universe	Darwin's theory of evolution, ecology, scientific study of the earth and the universe	Biophysical Universe
Scientology - New Thought	The Light at the top of the Universal Mind Subplane	Scientology and other process meditation programs that operate on the Akashic Records and Demiurgic (Dynamic Creation) Subplanes; affirmation utilizing groups such as Unity, Science of Mind, Christian Science, or Religious Science that operate on the Universal Mind Subplane	Abstract Mind Plane

Type	Horizon	Major Teaching(s)	Level of Operation
Psychic - New Age	Flame of the Mother Father God	Spiritualism, Mormon Faith, UFO groups, and channelers of assorted spiritual entities purported to be “highly evolved” or “Ascended Masters”	Psychic Realm
Moon-Soul based sects of Christianity or Judaism	The Heavenly Father in the First Mesoteric Initiation [Christians may also invoke the Son and Holy Spirit]	Traditional Judaism, Democracy, Catholic Christianity, Essenes and Natural Healers, Social Justice Christianity, Evangelical “Born Again” Christianity, Kabalistic Judaism	First Esoteric Planetary Initiation
Solar-Angel based sects	The Ascended Masters surrounding the Central Sun	Teachings that invoke the Mighty I AM presence and use decrees, groups of the I AM Movement, Church Universal and Triumphant	Second Planetary Initiation
Manasic-vortex based sects	The Lords of Mind and the overshadowing Planetary Hierarchy	The group of New World Servers, groups channeling the radiant suffusion of thought from the Buddhic and higher spiritual Planes	Third Planetary Initiation

Swami Prabhu Maharaj says, “It will be valuable for aspirants to familiarize themselves with the basic teachings and beliefs at each of these different levels, so they can recognize when someone is communicating from one of these platforms. These seven levels will be the most common types of Western spirituality they will encounter.”

“Several of these groups actively attempt to convert those who do not see the world from their perspective, or who do not hold the same beliefs and values. Aspirants should be wary of these attempts, and should avoid making commitments under coercion or manipulation to join these groups.”

“We encourage the seeker to identify those teachings that resonate with their cutting edge of spirituality, and aim to acquire new knowledge and understanding at that level. To gain a broad, general understanding of the types of Subtle and Planetary spiritual experiences will be beneficial. The aspirant should supplement this general overview with more detailed knowledge that will illumine their current stage of development on the Path.”



For what types of Western spirituality have you read books or articles?

For what types of Western spirituality have you practiced techniques? What types of experiences did you have?

Have you ever experienced attempts to convert you into joining any of these groups? If you said yes, what was your experience?

As you review these descriptions, which types of Western spirituality sound familiar to you? Do you intuitively grasp these ways of perceiving and interacting with the world?

If you have studied with these groups, what methods or techniques did you learned that are helpful?

Is there anything that you learned in these groups that does not seem correct, and does not resonate with your inner sense of truth? What is that? What does seem correct to you?

Which of these groups did you find most helpful and beneficial for gaining understanding? For improving the quality of your life?

## Major Types of Eastern Aspirant Spirituality

Whereas Western types of spirituality colonize the Subtle and Planetary bands of the Great Continuum, Eastern approaches lift your attention into the Cosmic, Supracosmic, and Transcendental bands. Hindu, Buddhist, Muslim, and Sikh spiritual groups have promulgated these approaches, as have many other spiritual groups and traditions that are anchored in these realms.

Type	Horizon	Major Teaching(s)	Level of Operation
Cosmic consciousness based sects under Yogi Preceptors	Brahman, the Yogi Preceptor, Ishwara, and Kaivalyam	Hatha Yoga, Kundalini Yoga, Raja and Astanga Yoga, Mantra Yoga, Jnana Yoga, Bhakti Yoga, and Karma Yoga groups that use the Cosmic consciousness center as their anchor for identification	First Cosmic Initiation
Divine eye center based sects under Yogi Preceptors		Kriya Yoga groups that orient spiritual development with the Divine Eye center	
Astral Soul based sects under Yogi Preceptors		Agni Yoga and Integral Yoga groups that directly unfold the Astral Soul	
Cosmic Soul Awareness based sects under a Light Master	Source of the spirit, the Light Master, the Cosmic Kabala	MSIA, groups that guide the spirit of the 4th path to its origin and which concomitantly unfold the Cosmic Soul Awareness with a mantra	Second Cosmic Initiation
Astral Soul based sects under a Cosmic Master	The Cosmic Hierarchy of Light, the Cosmic Father God, Brahma Jyoti	Risen Christ Yoga, and other disciplic traditions of Cosmic Masters that directly unfold the Astral Soul and its vehicles	Entire Cosmic Sphere

Type	Horizon	Major Teaching(s)	Level of Operation
Supracosmic seed atom based sects under a Supracosmic Guru	The origin of the Supracosmic seed atom, the Guru, and the form of God dwelling in that Abode	Spiritual traditions anchored on the Shiva, Buddha, Brahma, Shankara, Vishnu, Allah, Orzhmad, Wahi Guru, and Omkara Planes of the Supracosmic Sphere that teach their followers to identify with the Supracosmic seed atom of their Path	Tracks through Cosmic Sphere, then through a Supracosmic Path to the origin of the Supracosmic seed atom
Supracosmic Soul based sects under a Supracosmic Guru	The Guru, and the form of God dwelling in that Abode	Spiritual traditions anchored on the Shiva, Buddha, Brahma, Shankara, Vishnu, Allah, Orzhmad, Wahi Guru, and Omkara Planes of the Supracosmic Sphere that teach their followers to identify with the Supracosmic Soul, and to realize this essence by unfolding the Supracosmic seed atom of their Path	Opens the track to the presence of the Supracosmic Soul, then unfolds the Supracosmic Soul to the presence of the Guru
Sects that activate the spirit in the Transcendental Sphere	The origin of the spirit, the Sat Guru dwelling in that origin, and the form of God dwelling in that Abode	Nada Yoga based spiritual traditions anchored on the Bridge Path, T1, T2, T3, T4, T5, and T7 [the same principle operates on T6, but this Path has not been actively colonized by humanity]	Unfolds the spirit on the Nadamic Path of that domain; some groups also use mantras to unfold the ensouling entity

These groups teach their followers to identify with an essence in the Cosmic, Supracosmic, or Transcendental Sphere. This typically leads to detachment from the personality.



For what types of Eastern spirituality have you read books or articles?

For what types of Eastern spirituality have you practiced techniques? Have you ever been initiated into one of these groups? What types of experiences did you have?

Have you ever experienced attempts to convert you into joining any of these groups? If you said yes, what was your experience?

As you review these descriptions, which types of Eastern spirituality sound familiar to you? Do you intuitively grasp these ways of perceiving and interacting with the world?

If you have studied with these groups, what methods or techniques did you learn that are helpful?

Is there anything that you learned in these groups that does not seem correct, and does not resonate with your inner sense of truth? What is that? What does seem correct to you?

Which of these groups did you find most helpful and beneficial for gaining understanding? For improving the quality of your life?

## **Making Sense of the Many Types of Spirituality**

People become involved with different types of spirituality during the time when they are seeking to contact their spiritual essence. We call this the **Aspirant Phase** of spirituality. We can say that aspirants go into spirituality with different motivations, so they are attracted to different groups. When we look at this motivational spectrum, we find that, in general, people seek out groups that fulfill their psychological dynamics.

Psychological Dynamic	Motivation	Groups that Appear Attractive
Feels inferior, disliked or unloved, wants to be respected, admired, and loved	To gain power over others, and to gain respect and admiration from others	Occultism; Scientology and New Thought; development of psychic powers in the Psychic realm; groups that activate the Mighty I AM Presence; Kundalini Yoga schools that emphasize the gaining of siddhis
Seeks to fulfill desires and gain wealth	To experience personal fulfillment and actualization of personal dreams	Scientology and New Thought; Judeo-Christian groups of the First Planetary Initiation that emphasize prosperity and success; Nicheren Shoshu Buddhism
Seeks to overcome the confusion and trauma of a dysfunctional childhood	To find wholeness and their sense of truth and Integrity	Scientology and New Thought; Judeo-Christian groups of the First Planetary Initiation that incorporate a recovery or therapy component; Buddhist Vipassana or mindfulness groups; Mudrashram®



Psychological Dynamic	Motivation	Groups that Appear Attractive
Seeks to escape pain and misery, to dissociate from unpleasant memories of the past or a current life of misery	To enter a state while alive that will be free from pain; and to have certainty that one will experience a state of unalloyed happiness after death (e.g., Heaven, Nirvana)	Any group that encourages its followers to identify with an altered state of awareness and remain in that state; typical of fundamentalist Judeo-Christian groups; many of the groups founded in the Cosmic, Supracosmic, and Transcendental Spheres also teach their followers to re-identify themselves with a higher spiritual essence in this fashion
Seeks to uncover the reasons for personal and collective motivation and suffering	To gain insight and enlightenment	Scientology, New Thought, and Psychic Realm groups that emphasize “the power of now” and enlightenment; Zen Buddhism and other Buddhist Wisdom traditions; Jnana Yoga traditions of the First Cosmic Initiation and the Supracosmic Sphere
Seeks to heal the emptiness and longing inside, and to experience real love	To love God and to love other people	Attracted to approaches that emphasize loving God: Judeo-Christian groups that emphasize love and worship; Christian mysticism; Bhakti Yoga traditions of the First Cosmic Initiation and the Supracosmic Sphere; spirit-focused groups of the Transcendental Sphere

Psychological Dynamic	Motivation	Groups that Appear Attractive
Wants to make a difference with one's life and to touch the lives of others	To be of service and to help others	Judeo-Christian and Christian monastic groups that emphasize charity and service; groups of the Third Planetary Initiation; Karma Yoga traditions; spiritual groups of the Cosmic, Supracosmic, and Transcendental Sphere that emphasize selfless service
Wants to achieve integration and put together the inner brokenness that they feel, and to find their purpose for living	To gain synthesis, integration, and wholeness	Integral meditation groups that bring many methods together in one system; groups of the Third Planetary Initiation; Mudrashram®



What have been the dynamics that have driven your own quest for spirituality? Which of these have been your driving forces?

- You feel inferior, disliked or unloved, you want to be respected, admired, and loved?
- You seek to fulfill your desires and gain wealth?
- You seek to overcome the confusion and trauma of a dysfunctional childhood?

- You seek to escape pain and misery, and to dissociate from the unpleasant memories of your past, or from the misery of your current life?
- You seek to uncover the reasons for personal and collective motivation and suffering, and to find enlightenment?
- You seek to heal the emptiness and longing inside, and want love?
- You want to make a difference with your life, and to touch the lives of others?
- You want to achieve integration, and put together the inner brokenness that you feel—and to find your purpose for living?


To what types of groups have you been attracted?

What do you think motivated you to choose that particular group?

What needs that are unmet are currently driving you?

What solutions do you have to fulfill these needs?

Do you feel that you will meet these needs through spirituality?



Now that you have had a basic overview of these types of spirituality, in our upcoming webinars, we will explore the context and perspective of each of these traditions—so you can learn more about their worldview, their practices, and what they aim to achieve in the hearts and minds of humanity.

If you have enjoyed this exploration and want to learn more about this topic, we recommend our that you read our book, *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

To do a deeper and methodical study of the Great Continuum of Consciousness, we can recommend the Mudrashram® Correspondence Course. You become eligible to take this course after completing one of our foundation courses, the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program.

Thank you for attending our webinar today!

