

## On Becoming a Disciple

We often hear people say that they are the disciple of Lord Jesus Christ, of Lord Buddha, Lord Krishna, or some spiritual Master from whom they have learned some meditation techniques. When you ask these individuals why they believe they have become these Master's disciples, they might say something like:

“Well, I believe in [name of Master] and I love him or her.”

“I have learned to meditate and now I am on the true path back to God.”

“I have received the Holy Spirit [or Shaktipat] from [name of Master]—I have been filled with God's Light and I have been reborn.”

“I have chosen [name of Master] as my [Savior, Master, Guru, or Sat Guru] and I will dedicate my whole life to him or her.”

“I have taken initiation from my Master, and I have had powerful visions and inner experiences.”

Loving your Master, having faith in him or her, receiving the Light, dedicating yourself to the Master, and beginning to have spiritual experiences are admirable, but they do not in and of themselves confer discipleship. Discipleship is actually a very advanced state, which is usually earned after much meditation practice and dedication.

The Mudrashram® teachings point out that discipleship typically arises when several inner benchmarks have been achieved:

You are able to travel in full consciousness to your ensouling entity with your attentional principle at will.

You can consciously move your spirit into the Nadamic channels and open them.

You have gained the ability to clearly perceive the contents of your inner vehicles and to correctly discern where your attention is in your vehicles of consciousness, and where you are on the Path.

You have gained the ability to commune with the form of your Master inside of you. You are able to receive telepathic guidance from him or her, and are able to minister the Light of attunement sent by your Master.

You are able to use your human will to discipline your personality, and your Soul's will to direct your personality to align with your Soul's purpose and the Divine Will.

You have developed the positive character traits of love, dedication, perseverance, compassion, wisdom, discernment, self-restraint, and obedience to the Divine Will.

You are able to integrate your spiritual experience and your personal experience: you are able to discharge your duties of work and caring for your family; express your Soul's gifts and abilities in your career, as creativity, and as service to others; and to progressively and consciously deepen your experience of the Divine and to move forward on the Path.

Only rare individuals possess these high qualifications at the beginning of their spiritual journey, and likely have achieved them only as a result of much prior spiritual discipline and meditation in this and other lifetimes.

For most individuals, reaching these states of inner mastery and stable attunement with their supervising Initiate is something they greatly desire. We call this state of inner preparation and strong enthusiasm the Aspirant Stage.

## OK – So How Do I Become a Disciple?

Each individual coming to a path comes with some of these capabilities already developed, which means that they will only need to work assiduously to develop the other qualifications, and to continue to strengthen the talents they already possess.

If you seek to develop yourself to become a disciple of the Mudrashram® tradition, or any other path to which you have made a commitment, we suggest that you work on these areas through a conscious and concerted effort.

First, you will identify what needs to be improved.

Second, you will get a picture or image of what that will look like.

Third, you will set a goal to achieve the objective.

Fourth, you will develop a plan to regularly work on that objective.

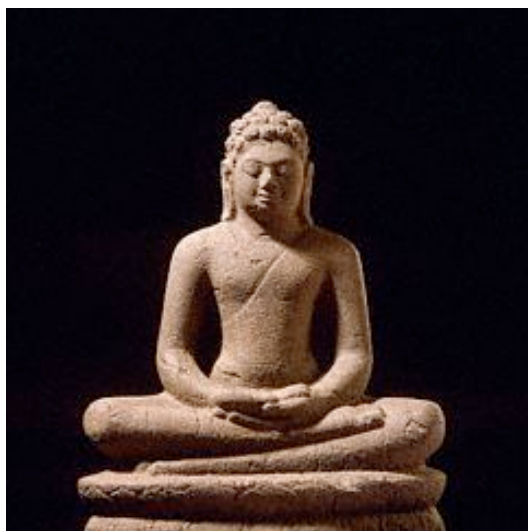
Fifth, you will periodically monitor your progress, making modifications if required, to obtain your objective.

Sixth, you will maintain the necessary discipline, perseverance, dedication, and commitment to ensure that you do not stop until you attain your goal.

Seventh, you will prioritize your time and your efforts to enable you to reach your objective and to maintain the gains you have made.

These steps are the same process you take to successfully achieve your goals in your personal life. You can use this same success engine to also progress in your spiritual life. You will succeed if you use the same dedication and discipline that you used to complete your educational studies and to advance in your career—only you must apply them at a higher level.

## Self-Assessment



We will take a moment for you to assess your current capabilities and to acquire a picture of what might be required for you to meet that objective. You will ask:

What will it look like for me to have obtained this objective? What will be its markers?

What do I need to do to ensure that I obtain this objective?

Am I willing to do whatever it takes to achieve this?

How will I structure my time so that I will be able to develop my ability in this area?

Let us examine some of these abilities that you will need to become a disciple. You will inquire honestly and dispassionately, seeking only to learn the truth about where you are and what you need to do to reach your objective. Let us begin.

1. I am able to unite my attention with my attentional principle at will and travel in full consciousness to my ensouling entity at will.
2. I am able to place my attention on my spirit at will and I can consciously enter and open the channels of the Nada.
3. I can clearly see the contents of my inner vehicles. I know where my attention is when I am meditating and I can identify at which focal point and in which vehicle of consciousness my attention is focused.
4. I am able to contact the inner Master(s) of the tradition with which I am affiliated. I am aware that this form is genuine and is not a product of my imagination. I have the ability to dialog with this form and to travel with it in full consciousness. This inner form shows me aspects of the Path. It teaches me about using my Soul's abilities and about the Laws of Mind and Spirit. I am able to sense and to minister the Light of Attunement.
5. I am able to use my will to control and direct my personality. I can operate the intention of my attentional principle, the sacred wish of my spirit, and the dynamic and powerful higher will of my Soul to achieve my personal goals and my spiritual objectives.
6. I have the ability to aspire and to work on myself to develop those abilities and virtues that will enable me to achieve my full human and spiritual potential.
7. I have the ability to prioritize my time so I can work on and make progress in each of these areas of my spiritual development. I have determined that my spiritual development is of key importance to me and I am committed to make progress in this area until I can be fully qualified to act as a disciple, and to press onward to full Mastery.

## Principles that Will Help You

This exercise is a sobering experience for many of you. You realize that in certain areas, you will need to do a lot of work. Before you get discouraged, however, let me point out a few principles that will help you get through this initial moment of rude awakening.

1. Every Master started out where you are right now. They dedicated themselves to improvement and methodically developed mastery in each of these areas, and progressed on the Path until they encountered the Divine. If they can do it, so can you.
2. You do not need to be perfect in all of these areas to begin to establish a disciplic relationship and attunement with the inner Master. If you can do the basic skills of uniting with your Soul, opening the Nada, moving your attention consciously and skillfully, the Master will work with you to help you develop the other skills.
3. If you will make the effort, the Master will support you by bestowing Grace—you do not make this journey alone, the Master is with you. If you are having difficulties in one area, ask for help. We are available to consult with you; the Master is within you and will extend the Light to help you.
4. You have experienced success in your life. You are a success engine, and can also achieve success in the spiritual dimension in your life. Even if you have only succeeded in one thing, you will snowball your efforts and move forward progressively to Mastery. This is your destiny and no one can keep you from it.
5. Recognize that you are learning new skills. You do not become adept in a new skill instantly and overnight. You will need to spend the time to practice until you master the skill.

6. You begin with faith—you believe that it is possible. You take the steps and you begin to make verifiable progress. You will prove to yourself that you have made progress and you will see the improvement. This will give you greater confidence and enthusiasm to advance further.
7. Realize that you have been given many tools to help you do the work. Learn how to use them effectively; they will serve you well.

## Other Things You Can Do that Will Help You

Whatever difficulties you might be having in your spiritual development, there are ways to resolve them. Some of the things you can do to help you make a breakthrough include the following:

1. Set aside enough time to get to a place where you can do actual spiritual work. Meditation will relax you and relieve your stress, but you want to move beyond that to where you can actually work on yourself—to do your transformational mantra, to open the Nada, to travel in your attentional principle to your Soul and beyond, to minister the Light, and to work on your personal issues.
2. Find alternative methods and work-around techniques to overcome areas of difficulty. If you cannot go through the door through the light channel, go through it using the sound channel.
3. Once you have mastered the rudiments of a technique, challenge yourself to do it faster, more efficiently, and more skillfully. Keep improving your ability.
4. Take some time to reflect on each meditation after you have completed it. What did you learn today? What new areas of your consciousness did you open and explore? What insights did you gain and how can you apply them?

5. Actively ask questions and seek to uncover deeper truths and insights. Your active questioning and inquiring is the driving force that leads your mind to the state of Enlightenment.
6. Pray to God and the Masters to help you and to overcome your specific areas of difficulty. They are with you and support your aspiration to fulfill your personal and spiritual destiny.
7. Never, never, never give up! Be tenacious. Be obsessive. Be infinitely determined. Do whatever it takes to get there. Bore through solid rock if necessary!





## Invoking God and the Masters

While in Mudrashram®, we do not put a great emphasis on prayer, realize that prayer is a powerful means of drawing down the Light of the Masters, the Mercy and Grace of God, and the mighty angelic forces that aid humanity make its spiritual journey. We begin with the Mudrashram® Prayer—those that do the Accelerated Meditation Program are very familiar with it; those who have done the Mudrashram® Master Course in Meditation have also been exposed to it. We reproduce it here:

*I call upon Swami Prem Dayal, Swami Charan Das, and Swami Prabhu Maharaj of the Mudrashram® lineage to be with me in my meditations today.*

*Be with me as I go within and protect me.*

*Guide me to use my mantra effectively, to contact my spirit and make my ascension, and to unite my consciousness with my Soul.*

*Let my meditation today bring me closer to the Divine and help me realize my Soul Purpose. OM.*

Let us invoke this prayer together today. Then after this basic prayer, we will ask you to pray inwardly and silently to help you to improve each area for which you need help: traveling as the attentional principle, opening the channels of the Nada, seeing within, communing with the Master, strengthening your will and intention, to develop virtue and achieve your potentials, and to free up the time to achieve these objectives.

Thank you for attending our webinar today!

