

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 23

In today's webinar, you will examine the **Volition** of the Metaconscious mind. The Volition, or Personal Will, of the Metaconscious mind is the aspect of your mind that allows you to direct each level of your personality and to coordinate your activity to accomplish specific objectives.

You extend volition to other people to sense when you have authority or power, and you give them a command or directive. In this function, volition allows you to influence the behavior of others, but this control is contingent on their willingness to obey you.

When threat of harm or death accompanies your command, your command becomes intimidation. In this mode, you function as a criminal—this is generally an adharmic use of the will, except in conditions of warfare or police action, when you must engage in combat or enforce the law.

When the Soul evolves, your Personal Will begins to be overshadowed by higher octaves of volition that operate in the Superconscious mind. As you evolve spiritually, the Higher Octaves of Will increasingly express through your Personality. In this scenario, you can (a) **allow** the expression of this higher aspect of your nature to operate through you, (b) **suppress** this expression, or (c) **enter a trance state** in which your personal volitional function is temporarily suspended.

The Personal Intuition

Excerpted from the Mudrashram® Correspondence Course

The Role of Volition in the Personality

The Volition actively operates in your inner vehicles through the following primary pathways:

Neurological substrate – the brain and entire nervous system activate the muscles, organs and glands to carry out discrete actions.

Mental substrate (Conscious mind) – sub-vocal commands direct specific actions.

Egoic substrate – identification with certain actions, disowning other actions, leads to inner conflict. The ego forms emotional reactions to and judgments about the actions performed.

Through the use of defense mechanisms such as projection and denial, unacceptable wishes (potential actions) are attributed to others or minimized within oneself. The ego can also vicariously identify with the actions of others, and live out its fantasies and desires through their actions.

Because the ego's fantasies, desires and fears often conflict with the goals of the Self, the ego's rebellion and resistance—which effectively sets up a dynamic counterforce to the volition of the Self — can pose a formidable internal obstacle to carrying out chosen objectives.

Etheric substrate – translates the impulses of thought and volition of the Self into the neurological activity of the organism. Activates the intelligence of the Subconscious mind. *Governs the force of habit.*

Motivational substrate (Lower Emotional Vehicle, Metaconscious mind) – the stream of internal self-encouragement and positive affirmation, together with the resolve and commitment to complete the task, helps to overcome the resistance of the ego. It is also used to motivate and encourage others to complete a project.

Persona substrate (Middle Emotional Vehicle, Metaconscious mind) – this molds facial muscles, tone and quality of voice, posture and body language to communicate a specific impression about the Self to others.

Conscience substrate (Higher Emotional Vehicle, Metaconscious mind) – vetoes certain actions, based on moral standards and values. This corresponds to the inhibitory neuronal pathways in the brain.

Concrete Mind substrate (Lower Mental Vehicle, Metaconscious mind) – plans and schedules behavioral sequences and defines goals.

Intellectual substrate (Middle Mental Vehicle, Metaconscious mind) – expresses ideas through speech, writing, mathematics and other media. Communicates to and teaches others. Helps clarify and arrive at decisions.

Intuitive Awareness substrate (Higher Mental Vehicle, Metaconscious mind) – gains a sense of the state of activity and arousal in each of the vehicles of the personality. Informs the Self of the needs of each component of the personality.

Volitional Center – directs life force through a series of inner channels activating each vehicle's functioning.

Meditation on the Personal Volition

You will move your attention up to the medulla center of the Subconscious chakras. Focus on the center channel and then lower your eyes. You will sense tracks of colored lights that are a conduit into the Metaconscious mind.

You will follow the track at the eighth from the far right (or the eighth above the lowest center if these array in you vertically) until you merge in the Personal Volition. Most people sense that the Personal Intuition is at the point between the eyebrows.



Meditation on the Personal Volition

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Using Will to Direct Life Force

To give you a sense of how your volition (Will) directs life force, this simple practice of recharging the body by tensing the muscles.

Beginning with your feet, gently tense and visualize your energy is flowing into your feet, and then release.

Do the same thing with each muscle group one at a time: your ankles, calves, thighs, pelvis, abdomen, diaphragm, chest, hands, wrists, lower arms, upper arms, shoulders, front of neck, back of neck, right side of neck, left side of neck, jaw, cheeks, muscles around the eyes, and forehead.

Feel the sensation of your entire body being recharged with energy. Enjoy this state of aliveness.

If you sense weakness or pain in any of these muscle groups, tense very gently and visualize sending more energy to promote its healing.

Monitoring the Potential Abilities of Personal Volition

Volition is the ability of the Self to direct, operate, and coordinate the functioning of each of the vehicles of your personality. It operates in each of your active vehicles in your Conscious, Subconscious and Metaconscious mind.

Focus your attention on the vortex of the Personal Volition. You will monitor the activity of Personal Volition as you give the suggestion, “**Show me how you manifest in [name of vehicle].**” Your meditational task will be to identify how the Self operates or controls each vehicle of consciousness in your personality. Let us begin.

Monitor the activity of the Will operating through

- The movement center
- The external senses
- The physical body
- The emotional center
- The mental center (rational mind)
- The ego [note any dialog that may be occurring as you perform meditation on this center]
- The Preconscious
- The operation of Memory
- The functioning of the Chakras
- The Astral body
- The Causal body
- The Etheric vehicle
- The Desire body
- The Persona
- The Conscience
- The Concrete Mind
- The Intellect
- The Personal Intuition

Once you have examined how volition operates in each vehicle of the personality, feel that the Personal Volition controls the entire personality. Feel the power of your Will.

Knowing what your Personal Will can do allows you to know and appreciate your personal abilities. Realize that you can use the Personal Volition to accomplish each of your goals and dreams, and with it, take control of your life destiny.



Influence of the Will

Volition exerts seven types of influence over its vehicles. These give the Self the power to turn on and turn off each center, and to coordinate their activity. Like reins, which harness powerful horses to move in one direction, so the Will directs the activity of the personality to accomplish goals, but also to rest and relax when the activity cycle is done.

These seven types of influence can be described as follows:

Energization (*tonal activation*) – creates readiness for action. This is the normal state of arousal.

Focus (*focal activation*) – this uses specific faculties of a vehicle to accomplish a specific task. Examples: to the Mental center, suggest "pick up the hair brush and brush your hair," to the Preconscious center through the Etheric Vehicle, "remember the name of the first client I have to see today (or some relative you haven't seen for some time)."

Dramatization (*maximal activation*) – intensifies the use of faculties when a state of extraordinary demand (stress), crisis or life-threatening emergency occurs. This level of arousal cannot be sustained for long periods of time, and usually results in a period of exhaustion, with a need to rest to recover your energy.

Coordination (*multiple activation*) – synchronizes the use of more than one vehicle to simultaneously perform more than one task. These are typically mediated by the Etheric Vehicle, which allows secondary and primary pathways of Will to operate together.

Example: While you are preparing dinner (Mental center directing individual actions, sequenced by Concrete Mind Vehicle), you are thinking about what you learned today from a lecture you attended (Intellectual Vehicle). You are reviewing and remembering key points (Concrete mind identifying key points, Etheric Vehicle activating Preconscious Center to encode information into memory). Meanwhile, you are listening to and enjoying Country music in the background (Sensory center), which evokes feelings of wanting to take a vacation (Egoic Center, remembrance of desires).

Relaxation (*attenuated activation*) – this type activates withdrawal of energy, resulting in a resting state of the faculties of the vehicles. This response appears naturally in hypnagogic and dream sleep, but can be voluntarily produced by induction of relaxation and hypnosis.

Catatonia (*maximal attenuated activation*) – this produces maximal withdrawal of energy, yielding paralysis of motor function and cessation of the functioning of a vehicle. This occurs naturally in sound sleep and coma, but can be triggered through hypnosis or use of anesthetic and narcotic drugs.



Union (*primal state of energy*) – in the deepest states of meditation, a state of heightened inner awakening is coupled paradoxically with profound relaxation and withdrawal of life energy from the vehicles. In this ecstatic state of awareness called Samadhi, you experience the Soul as the ultimate source of life energy and as the primal activator of the Will. Though your inner vehicles are in a state of suspension and rest, you are powerfully recharged with life energy.

Turning On and Off Your Inner Vehicles

Today we will practice the varieties of *on influence* (energization, focus, dramatization, and coordination) and two of the types of *off influence* (relaxation and catatonia) with your physical body.

You would normally do this meditation lying on a bed, a couch, or upon a yoga mat. For your meditation today, you can do this sitting up.

Notice the tonal state of arousal, the readiness for movement in your muscles as you are sitting still.

You will first explore *on influence*. Focus your energy by directing a specific action. Then dramatize that action by stretching to the maximum range of movement.

Now experiment with *off influence*. [When you do this lying down, you will relax your whole body. For our meditation today, perform this with a body part, like your arm or leg.] Visualize bringing all of the energy out of this body part, so it lays there completely paralyzed and inert. Notice that when you suggest to this body part to move, when you are in this catatonic state, you cannot move any muscle.

Visualize energy again entering this body part, and bring yourself up to a normal, tonal state of arousal.

You may wish to experiment with turning on and off your other vehicles in other meditation sessions.

Performing this exercise demonstrates the power of your Will, and its control over your physical body. It maintains similar control over each vehicle within you. Learning to activate the Will brings you the power to take charge of your destiny.

Data for Meditation on Personal Volition

Form – a vortex in the middle of a golden triangle. Thread-like channels radiate from the vortex and connect to each of the vehicles.

Energy – the power of volition

Quality – command, self-direction, self-mastery

Intelligence – the ability to direct life force in a coordinated way to accomplish goals and to respond to the demands of the organism and the environment.

Organizing principles – the following major chakras can be identified in the Volitional Vehicle:

Base of the spine (perineal)	The neurological substrate of will
Navel (sacral)	The mental center of the Conscious mind: sub-vocal commands direct specific actions
Solar Plexus (lumbar)	The Egoic center: challenge, conflict and confrontation
Heart (thoracic)	The Etheric Vehicle, connecting with and coordinating the secondary channels of the will
Throat (cervical)	The Emotional Vehicle, utilizing motivational, social and ethical components to modulate the activity of the Will

Point between the eyebrows (thalamic)	The Mental Vehicle, using the intelligence of the concrete mental, intellectual and intuitive components to enhance decision making and to direct behavior toward discrete goals
Brain (cerebral)	The volitional vortex, with radiating channels to each vehicle

Volitional nexus – the vortex and source of volition within the personality

Core of identity – I am the Will.

Affirmation – I can direct my attention to the volitional vehicle and become aware of my ability to direct the activity within my vehicles. I control each of my vehicles of my personality through my Will.

The Seven Rays and the Personal Volition

The Seven Rays express through the Personal Volition as different modes of operation through the inner vehicles. These seven modes of operation are listed below.

Ray	Mode of Operation
1st	<i>Direction</i> – This is the primary activity of the Will, sending life force to selected vehicles of consciousness.
2nd	<i>Teaching</i> – This mode operates when you are showing someone how to do something.
3rd	<i>Coordination</i> – This mode utilizes several vehicles of consciousness simultaneously, and adjusts their functioning to achieve a goal.
4th	<i>Evaluation</i> – This mode observes the outcome of decisions and notices whether they are achieving the objective.

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5th	<i>Learning</i> - This mode learns the steps or procedures to carry out an activity.
6th	<i>Leadership</i> - This mode gives directions and commands to others. It may also offer encouragement and inspiration to influence others to carry out the goal.
7th	<i>Experimentation</i> - This mode tries novel or imaginative behavior. Examples include mirroring or imitating another, choreographing creative movement for dance, theater, or the movies, or discovering what new ways of you can ride a bicycle.



Thank you for attending our webinar today!

