

## A Question of Balance

In the Mudrashram® System of Integral Meditation, we emphasize balanced spiritual development. This means

1. We develop each of the four poles of being: Soul, spirit, vehicles of consciousness, and the attentional principle.
2. We align development with the axis of being; as transformation occurs, we re-align each of the four poles of being with this axis.
3. We use Guru Kripa Yoga and Attunement meditation (Light Sittings and Soul Attunement Guidance Channeling) to ensure that this alignment is maintained for those who study with us and who are under the umbrella of our dispensation.
4. We engage spiritual development at the cutting edge of spirituality at the nexus of where the Divine Spirit (Alaya) interfaces with the ensouling entity; through this means, we maintain the connection between the personal and transpersonal zones of functioning.
5. Through progressive unfoldment at the cutting edge of spirituality, we rectify imbalances created by unfolding spiritual essences—e.g., ensouling entities, one of the 12 spirits, nuclei of identity, or individual vehicles of consciousness—that dwell outside this cutting edge.
6. Through transformation and transmutation, we progressively and methodically process and integrate the Adi, Kriyaman, and Sinchit Karma that are stored in the unconscious zone of the mind.
7. Since we use the Alayic Divine Name as our forge of transformation, this balancing effect takes place at each octave of being: Transcendental, Supracosmic, Cosmic, Transplanetary, Planetary, and Subtle, and are reflected in the associated centers within the personality.

## What is the Axis of Being?

Excerpted from the article, "What is the Axis of Being" in  
*The Winds of Nubiya* © 2009 by George A. Boyd

"The Axis of Being is the vertical path from the Swastika Center in the system of Chakras in the Subconscious mind to the quintessence mantra (Alayic Divine Name) upon the Lotus Feet Center, which can be found on the Bridge Path in the Transcendental Sphere. The Axis of Being passes through each Octave of Being from Subtle, to Planetary, to Transplanetary, to Cosmic, to Supracosmic, and up through the Transcendental to Satchitananda. "

"When the Light of Spirit descends, it follows the track of the Axis of Being. The Spirit tunes each ensouling entity, nucleus of identity and vehicle of consciousness that is aligned with this axis to a new state of being."

The Axis of Being is briefly described in the table below.

Octave of Being	Active Nodes upon the Axis of Being	Activity of the Spirit
Transcendental	Lotus Feet Center	Vortex of the Spirit on the Bridge Path and seat of the Quintessence Mantra
	Satchitananda	Ensouling entity of T7 – focalizes the Alaya in Creation
	Aligned Transcendental Sphere ensouling entity (Soul of the Bridge Path, or ensouling entity of T1 to T7)	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
Supracosmic	The Supracosmic Soul, its seven chakras, and the Supracosmic seed atom of the Path on which the Supracosmic Soul dwells	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality

Octave of Being	Active Nodes upon the Axis of Being	Activity of the Spirit
Cosmic	The Astral Soul, its 16 centers, its seven vehicles of consciousness and its associated nucleus of identity for its station on the Path	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
Transplanetary	The Monad and its seven chakras	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
Planetary	The Planetary Soul, its seven vehicles of consciousness and the associated nucleus of identity for its station on the Path	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
Subtle	The Soul Spark, its twelve centers and nine vehicles	The Light unfolds this ensouling entity and its associated centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
Personal	The Etheric Seed Atom in the Etheric Vehicle of the Metaconscious mind	The Light unfolds these centers to a new nodal point in exact synchrony with the Cutting Edge of Spirituality
	The atom of the Swastika Center of the Subconscious mind	

*“Spiritual unfoldment that aligns with this Axis of Being brings balanced development. Transformation that does not adhere to this alignment produces unbalanced spiritual development.”*

“The Cutting Edge of Spirituality refers to the node on this Axis of Being that is currently activated and animated by the Alaya...”

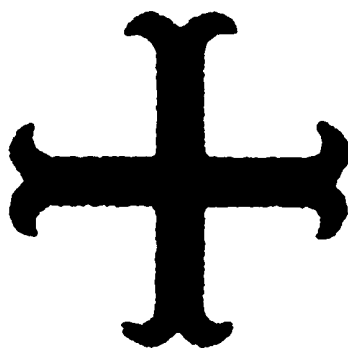
## The Markers of Balance

Aspirants often ask us, “How do I know that I am progressing spiritually in a balanced way?”

We will ask them, “Are you doing your transformational mantra, opening the channels of the Nada to the same nodal point, and then going up to your ensouling entity with your attentional principle and inspecting what has changed in you? If you are doing this, you are progressing in a balanced way.”

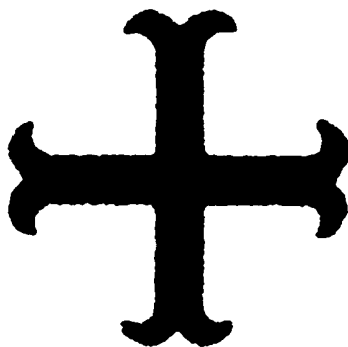
We suspect that many of you are still taking this balanced development largely on faith, as you still don't see this process that is taking place, though most of you feel something is going on inside of you.

Let us see if we can make this process a little clearer as you look at it on the different Octaves of Being.



The four poles of being align around a central point like this cross.

The central point of this cross is where your Soul dwells in its current nodal point. The upward-pointing bar of this cross represents the opened Path that your Soul has traversed.



This alignment is replicated in each of your Soul's vehicles of consciousness. The downward-pointing bar represents this.

The bar on the right represents the path of the spirit. You must actively realign the spirit with the heart center of the Soul through Nada Yoga.

The bar on the left represents the attentional principle. You must continue to expand the portals of your perception by focusing on the Soul at the center of this cross.

This primal state of union is your Soul's innate harmony and perfect attunement with the Divine Law. As you move up the spiral of being through Initiation, you will re-establish this same state of harmony and perfection at each nodal point on the path.

When a Master of Integral meditation initiates you, he or she first looks to see where is your cutting edge of spirituality and which of your ensouling entities is established there.

This ensouling entity is the center of your spiritual mandala. As the Master initiates you, your ensouling entity is moved to a new nodal point and the karma behind your Soul is transmuted.

The Light then descends through each of the vehicles of consciousness aligned with the ensouling entity and tunes it up to the same nodal point.

The Master then will send the Light to (1) your Soul's heart center to attune the spirit with this new state of being, (2) to the kundalini path to open the track of the kundalini so your mind's awareness can open into the Soul's new nodal point, and (3) to the attentional principle so that it can open to this new vista of consciousness.

If you are not receiving an Initiation from an Integral meditation Master through a Light Sitting or other attunement, however, you must not wait until you have this opportunity.

We encourage you to initiate yourselves through using your bija mantra, opening the channels of the Nada to the Soul's heart center, and going in your attentional principle to contemplate this new perspective on your inner cosmos of consciousness.

Your objective is to consciously and voluntarily move forward on the Path, taking sufficient time between each episode of initiation to fully integrate, express, and concretize the new elements your Soul has wrested from the unconscious.

To *integrate* these elements means that they become a part of you; they are no longer on the outside of you, but they are inside of you.

As you ascend in consciousness, you will *express* these elements as new abilities, new compassion and virtue, and new intuitive understanding.

To *concretize* these elements means that you will express some your new abilities, compassion, and understanding through your personality in a practical way.

This practical expression can take many forms. You might concretize an aspect of your Soul's new realization as:

- Volunteering your abilities to serve others to express the new feelings of love and compassion that suffuse your Soul
- Counseling others using your new insights
- Writing down your new insights as an article, a poem, or as a part of a book
- Painting, drawing, sculpting, or dancing the new visions that dawn upon your Soul
- Teaching others about the inner realms of consciousness through inspired discourse (satsang)
- Sharing the healing Light within you with others
- Using the ideas that occur to you in meditation to make progress in your career through invention, innovation, and new insights
- Using the insights of meditation to understand the meanings of philosophy and religious scripture
- Resolving personal problems by gaining a new way of looking at them

While much of your Soul's abilities, compassion, and intuitive knowledge that are gleaned through initiation will remain in the transpersonal zone; some of it will shine through your personality like light through a prism. To the degree that you can make your personality an instrument for your Soul through concretizing its gifts, to that degree you bring the Spirit into expression.

## Meditation upon the Primal Cross of Integral Balance

In our meditation today, we will explore the theme of the Cross of Integral Balance.





## Meditation upon the Cross of Integral Balance

The Cross of Integral Balance shows up at different levels of the psyche. We will contemplate this state of balance at the following centers:

Level of Mind	Center	Top	Bottom	Right	Left
Conscious mind	Etheric Veil – Entrance to the Sub-conscious mind	Life force and feeling (breathing) channel	Combined smell and taste (nectar) channel	Hearing (sound) channel	Light (vision) channel
Subconscious mind	Swastika center – integrating center of the Chakras of the Sub-conscious mind	Sushumna Nadi – central channel of the Kundalini	Opened chakras along the track of the Kundalini	Pingala Nadi – track of the descending current	Ida Nadi – track of the ascending current
Metaconscious mind	The Self	Will	Intuitive Awareness	Joy	Voidness of Being
Superconscious mind (Subtle Bands)	The Soul Spark	Primitive and Magical Octaves of Will, track of the Soul Spark	Aligned seed atoms of each Subtle Plane, intuitive knowledge of the Subtle Realm	Path of the Nada to the Heart Center of the Soul Spark’s essential vehicle	Track of the attentional principle between its ground state and the Soul Spark
Superconscious mind (Planetary Bands)	The Soul	Biophysical, Abstract Mind, Psychic, Moral. Solar Angelic, and Transpersonal Octaves of Will, track of the Soul	Aligned seed atoms of each Planetary Plane, intuitive knowledge of the Planetary Realm	Path of the Nada to the Heart Center of the Soul’s essential vehicle	Track of the attentional principle between its ground state and the Soul

Thank you for attending our webinar today!

