

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 10

As we continue to study the bands of the mind in greater detail, you will begin studying each vehicle of consciousness. In today's webinar, you will examine the vehicles of (1) memory, and (2) the personal unconscious.

The Faculty of Memory Focal Points 10a and 10b

The faculty of memory begins with your first conscious memory, which is the first time you experienced you were the actor in your life. This is the beginning of your personal narrative, which barring any major traumas or injury to your brain, is a continuous record from that day until now. We focus on two focal points in this zone, (10a) the present time in memory and (10b) your first conscious memory at the beginning of the track of your personal narrative.

Meditation on the Present Moment of Memory Focal Point 10a

Move your attention through doorway of the Gateway Center. You may become aware of the Conscious mind as a ovoid or bubble. As you move further along the meditational thread, you will come to the wave of the present time.

Hold your attention on this wave of the present time, and notice that your memory is recording your experiences moment-by-moment. Follow this process of recording memory, and notice what your memory is encoding. Is it recording your movement? Your emotions? Your thoughts or beliefs? A sense that *you* are doing something? Your decisions?

Meditation on the First Conscious Memory Focal Point 10b

Move your attention back from the present moment of memory along the golden thread of your personal narrative, and locate where this thread begins. This is the first moment where you sensed that you were an actor in your life. What were you doing? What were you feeling? What were you thinking? What were you deciding?

Constructing Your Autobiography

One of the ways you can begin to clarify your life narrative is to construct an autobiographical essay. [If you have a lot to tell, you can turn this material into a book of your memoirs!] You can start this process by asking your Subconscious mind the following questions, and writing down any responses:

- What important decisions did I make in my life?
- What are my important achievements?
- What were my important relationships? How were these important to me?
- What were mistakes I made? What did I learn from them?
- What were the patterns I lived that make me feel shame?
- What unfinished business from my past continues to affect me now?
- What life and relating skills did I learn? What did I learn in school?
- What episodes in my life were highly emotional or traumatic? Which were my happy moments?

Ask any additional questions that occur to you.

The Personal Unconscious

You encounter the personal unconscious behind the first conscious memory, where your unbroken zone of personal narrative begins. There are islands of memory in the personal unconscious, which you can recall, but they are not connected to a coherent sense of self, as they are in your zone of personal narrative.

We meditate upon three focal points in this zone: (10c) birth, (10d) conception, and (10e) the atom of eternity.

Birth marks your emergence from embryonic life into your life experience, in which you interact with the external world—with objects and people in the environment.

In the area between birth and the start of your personal narrative, there are sometimes little islands of memories, but they do not form a coherent “story of your life” that you can recount to others. Usually, this takes the form of memory snapshots. You might glimpse your mother’s face, a favorite toy, or the wallpaper in your room as you gazed up from your crib.

As you contemplate **conception**, you contemplate the growth of your body from a fertilized egg through all of its stages of growth until it is finally born.

Contemplation of the **atom of eternity** can bring you glimpses of the Soul’s past life experiences and its inter-life experiences if you hold your attention on this focal point for long periods of time. This atom is the aligned with your Soul’s current stage of spiritual development; as your Soul evolves, this atom moves along with it and reveals more information about former lives and the interludes between lives.

Some of this material in your personal unconscious is just neutral memories, not integrated into your personal narrative. But some of it is traumatic. The Mudrashram® Correspondence Course expands upon these traumatic aspects of your personal unconscious, and describes them as follows:

Excerpted from the Mudrashram® Correspondence Course

“The...Personal Unconscious, consists of both conscious memories, material you can readily recall, and those memories and experiences that are actively held out of the awareness of the Conscious mind through psychological defense mechanisms. In mythology this [zone of the mind] has been referred to as the Underworld, Hades, and the Realm of Shadows.”

“[Some] memories held out of awareness include traumatic experiences, wishes that are unacceptable to the conscience, and desires that cannot be realized in your life because of lack of resources, conflict with other goals, or fear of consequences.”

“[Sometimes] when you enter the Subconscious mind, this material will surface. This material must be boldly faced and processed, so it can become accepted into conscious awareness and integrated into the structure of the Self.”

“This [zone of the mind] is divided into a zone of integrated experience in which [your] memories are readily accessible. There also is a deeper zone, which comprises a shadow side in this [zone of the mind].”

“This shadow side of the personal unconscious consists of unresolved issues that are stored in the body as muscular armor, expressed as chronic tension or spasm of muscles within the body. This armoring may be found in different areas of the body.”

“Common zones of armoring include the muscles”

- On the sides of the neck
- Between the shoulder blades
- Along the jaw
- At the forehead and temples
- Around the eyes
- In the diaphragm
- Of the middle back (kidney area)
- Of the lower back (sacral area)
- In the groin and genitals
- In the hips and hamstrings
- On the back of the knees
- In the calves
- On the balls of the feet

“These mysterious aches and pains [sometimes can be found to] have their origins in this zone of the personal unconscious, and are the manifestations of psychosomatic conflict and unfulfilled desires.”

“Seven tracks run through this [zone] of the Subconscious mind [through its conscious and unconscious portions]. Depth psychotherapists who work on issues buried in this realm have based their therapies on processing their patient's issues on one or more of these tracks:”

Track One: Movement – appears as the acting out of emotional issues and spontaneous posturing. It is accessed through dance therapy and dramatic acting out of issues.

Track Two: Energy – appears as the energy of sexual desire, anger, hunger, frustration and grief. It is accessed through rhythmic breathing; massage therapy; and vocal expression of unstructured sound (e.g., yelling, roaring, or screaming). [Sensory impressions are also laid down on this track.]

Track Three: Feelings – appears as the reactions to experience, the meanings that one assigns to the events of life. It is accessed by active listening, reflection of meaning, clarifying experiences and their meaning.

Track Four: Sense of Self – appears as the archaic forms of the adult ego, with protective defenses. It is accessed by analysis of defenses, free association of experience to tap these earlier experiences and the traumas associated with them. Guided meditations that go back to earlier stages of life may also evoke this material. The aim is to re-integrate this material into the adult ego.

Track Five: Narrative – appears as the story that a person tells about his or her life. It is accessed by therapies that have patients tell about their goals and dreams, their family background and relationships, and how they describe their problems. [These forms of therapy] seek to reconstruct the story so that solutions can be found and alternative pathways to goals can be identified.

Track Six: Belief – appears as the cognitive maps of the self, relationships, and the world, consisting of beliefs and values. Disputing irrational beliefs and defusing oppressive standards that restrict personal freedom access this track.

Track Seven: Memory – appears as emotionally laden memories of past material that floods into conscious awareness. Processing earlier and earlier experiences along a common theme accesses this track, effectively retracing behavioral patterns back to their origins; and [maladaptive] learning back to the original experience where a belief or value was formed.

“The personal unconscious appears to have many layers, repeating its themes at each level of the psyche. In each case, moving through this layer of the unconscious will free you to move into states of expanded awareness.”

Focusing on Muscular Armor

Note: if material arises during this exercise that frightens you, shocks you or deeply troubles you, stop doing this meditation [on muscular armor] and seek the services of a trained psychotherapist or counselor to deal with this material. Do not continue meditating on this [zone] of the Subconscious mind without resolving these issues in therapy.

“Sit upright and notice the tension in your body. Focus your attention on an area of muscular tension and pain. Hold your attention there. You will feel the muscles beginning to relax and discharge tension.”

“Notice any thoughts, feelings or memories that emerge as you are focusing in this area. See if you can move deeper into the tension. Breathe into the area of the tension and see if you can release it even further. Notice what new material emerges.”

“Exercises that involve sustained stretching such as the hatha yoga asanas, and slow rhythmic movement and breathing will help discharge the muscular tension in this zone.”

Retracing Issues

“Identify a problem that repeats itself in your life. Notice when it occurred before. Notice when it occurred before that. Continue to focus your attention on each earlier occurrence of the pattern. See if you can identify when it first occurred.”

“Notice any decisions or beliefs you formed at that time. Decide if that is still true for you today.”

Data for Meditation on the Zones of Memory and the Personal Unconscious

Form – an area of darkness that lays behind the sphere of consciousness of the Conscious Mind, a shadow area behind the lighted zone of awareness. [Through part of this darkened area, there is a golden thread and an area that is light—this is the realm of your life narrative.]

Energy – [the silent, patient recording of memory, together with] the repressed energy of unresolved issues and frustrated desires stored as muscular armor.

Quality – [the serene mirror of memory in which your life is recorded, together with forgotten episodes of your life experiences, and] unacceptable and unexpressed aspects of the personality

Intelligence – [the mnemonic circuits of the brain, including the pathways from the limbic system and the hippocampus to the temporal lobe, which fixes experience into long term memory. It also includes] the wisdom of defenses to protect the ego from the pain of the truth

Organizing principles – the following major chakras can be identified in [the zone of Memory and] the Personal Unconscious:

Base of spine (perineal)	The track of movement through the zone of personal narrative and the personal unconscious
Navel (sacral)	The track of energy through the zone of personal narrative and the personal unconscious—this layer also records sensory impressions for each of the senses
Solar plexus (lumbar)	The track of emotions through the zone of personal narrative and the personal unconscious
Heart (thoracic)	The track of the sense of self through the zone of personal narrative and the personal unconscious
Throat (cervical)	The track of verbal description that describes your life experience through the zone of personal narrative and the personal unconscious
Point between the eyebrows (thalamic)	The track of recorded thoughts, beliefs, and decisions through the zone of personal narrative and the personal unconscious
Brain (cerebral)	The track of memory through the zone of personal narrative and the personal unconscious—this is the layer upon which memories are directly recorded, associated with the simultaneous recording of the thoughts, beliefs, decisions, verbal account, sense of self, emotions, energy and sensory impressions, and movement that occur in that moment

Volitional nexus – [The innate faculty to preserve life experiences, plus the drives of the personal unconscious] to be heard, to be known, to be understood, to be loved, to be accepted, and to be satisfied

Core of identity – [This is your personal life narrative, the record of your life experiences and achievements, together with] the shadow, which contains [that which you have forgotten and] the multiple unresolved issues of [your] life

Additional Meditations on the Personal Unconscious (10c) Birth, (10d) Conception, and (10e) the Atom of Eternity

Move your attention back to your first conscious memory. Move it along your meditational thread until you reach the time of your birth. Contemplate the personal unconscious from before your first conscious memory to your birth. Notice what memories arise in this zone.

Once your awareness has opened to your birth, move back along your meditational thread until you are focused on the moment of your conception, the fertilized egg. See if you can notice any impressions stemming from your embryonic development.

Finally, move your attention beyond the moment of your conception, and follow the stream of golden light upwards until your attention unites with the blissful atom of eternity. This is the reflection of your Soul.

The golden light streaming from your Soul contains the records of the Soul's former incarnations, captured as archetypal forms, together with the bands of its inter-life experiences. Take in this whole panorama of your personal life in time, and your transpersonal essence in Eternity.

The Seven Rays and the Preconscious Center

Depending on your Personal Ray (the Ray overshadowing your Self), one or more of these Seven Ray pathways may be your dominant processing mode for your Life Narrative and Personal Unconscious. While all mnemonic recording upon the seven tracks of Memory and the Personal Unconscious operate together seamlessly, the perceptual matrix of the Seven Rays makes one aspect of this system stand out, as figure from ground.

First Ray (Decision) – This pathway highlights the decisions you made and how they affected your life.

Second Ray (Your Experiential Context) – This pathway brings up your reactions to what occurred, and your feelings about what you experienced in life, and how that has shaped your perceptions and beliefs about other people and the world.

Third Ray (Achievements and Learning) – This pathway emphasizes what you have accomplished, and the knowledge and skills you have acquired.

Fourth Ray (Sensory and Energy Mindfulness) – This pathway observes the present time recording in memory of sense impressions and the intensity of energy this moment contains.

Fifth Ray (Event Location and Reconstruction) – This pathway selects specific incidents for recall, and gathers the information available in memory to reconstruct the event that has been located.

Sixth Ray (Life Narrative and Sense of Self) – This pathway focuses upon your narrative of your life and how you felt about what you did, what you said, and the decisions you made. You may regard yourself highly for certain decisions you made, and feel badly about others.

Seventh Ray (Behavioral experience) – This pathway looks at the actions you performed and how others reacted to them. It traces your habits, your automatic patterns of speech and action you do without thinking, and the process by which you learned to perform each of the skills that you now possess.

Differences between the Zone of Memory, the Personal Unconscious, and the Preconscious

In the Preconscious, you access the bands of Memory and the Personal Unconscious from a center that is in the Conscious mind, either passively receiving impressions in the state of reverie and reflection, or actively retrieving specific memories. Memory actively records all experience on the appropriate track in the Subconscious mind. Certain aspects of memory that occurred before your personal narrative began, or certain shameful or traumatic material, may be relegated to the zone of the Personal Unconscious.

In the Preconscious, you access material from a zone of the mind that is beyond the threshold of the Conscious mind. In Memory, your experience is recorded in the present time. When your attention is focused in this zone of the mind, you directly observe this content within the reservoir of Memory, or within the field of the Personal Unconscious.

The Preconscious plays a role in encoding, highlighting, and retrieving memories. It encodes and highlights information during learning; it selects certain data from the stored information in memory to retrieve during recall. The entire reservoir of learning and experience are contained in Memory, which can be recalled; additional information is contained in the personal Unconscious, which cannot be readily recalled.

Thank you for attending our webinar today!

