

Attention as a Channel Selector

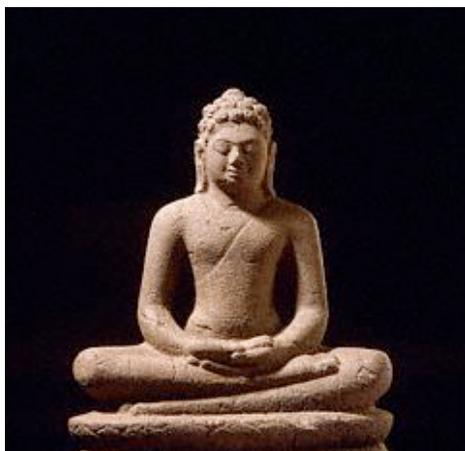
You can focus on centers in your Conscious mind and experience what is going on in the present time.

You can focus on your corridor of memory and the personal unconscious and remember your past experiences.

You can focus on the chakras of the Subconscious mind and access the intuitive knowledge of those centers.

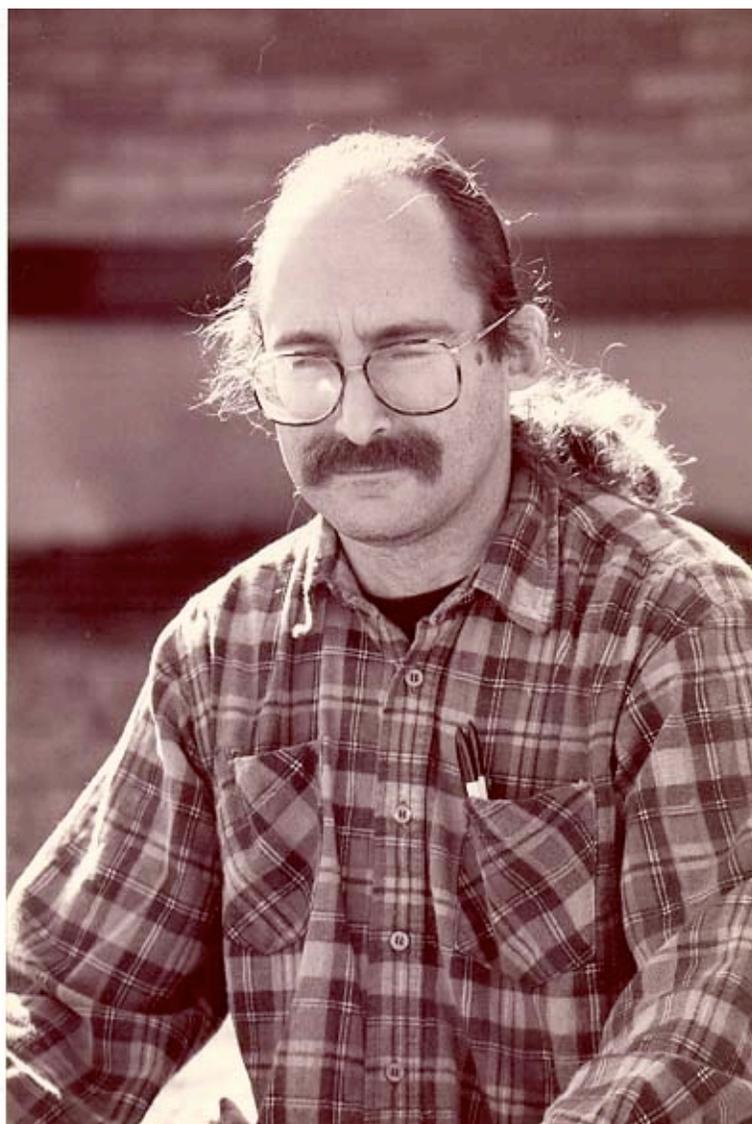
You can focus on the centers of your Metaconscious mind and work on actualizing your goals.

You can focus on a nucleus of identity in the Superconscious mind and come to view the world from that perspective and become identified with that state of consciousness.



Focus on Key Centers

To make meditation a productive activity, however, it is important to focus on those centers that enable you to become conscious, empowered, and able to work on yourself



To Become Conscious

The key centers on which to focus to become conscious are the attentional principle and the spirit.

The attentional principle enables you to see within and use your power of intention.

Your spirit enables you to tap into the currents of Light and Sound and to travel back to God, seeing and hearing on the inner path of the Nada.



To Become Empowered

The key centers on which to focus to become empowered is the Self, at the level of the personality; and the Soul (or ensouling entity) at the level of the Superconscious mind.

Empowerment occurs when you are in touch with the will.

The human will enables you to take charge of your destiny at the level of the personality.

The transpersonal will expresses all of the abilities that your Soul has gained in the Superconscious mind.

To Work on Yourself

The key centers through which you work on yourself are your attention and the attentional principle.

Your attention focuses your awareness and energy at the level at which you are concentrating. It allows you to gain knowledge about that level and to observe your mind in operation. This sets the stage for the *meditation activity* you will do.

Your attentional principle allows you to use intention to *contemplate* to study yourself, and to make *affirmations* and *suggestions* to program that level of your mind. It enables you to consciously direct and focus your attention where you intend it. It enables you to empower a transformational mantra, which in turn unfolds the potentials of your Soul and its vehicles of consciousness.



Meditation Objectives

The Mudrashram® system of Integral Meditation uses different meditation activities to accomplish different meditation objectives.

Centering Methods bring your attention into the awareness of the Self, which is your center of personal empowerment.

Kundalini meditation activates the energy underlying awareness to awaken the vehicles of your Subconscious, Metaconscious, and Superconscious mind.

Nada Yoga meditation awakens your spirit and shows you how to travel back to God on the currents of Light and Sound, which we call the Nada.

Invocational Methods teach you how to use the Subconscious and Superconscious mind more effectively.

Transformational mantra allows you to unfold the potentials of your Soul and its vehicles of consciousness, so you begin to move ahead in your spiritual evolution.

Raja Yoga instructs you how to travel into the Superconscious mind with your attentional principle.

Guru Kripa Yoga elucidates what is balanced spiritual development, the stages of spiritual work, and how you undergo Initiation.

Jnana Yoga methods reveal how to get into touch with your intuitive wisdom, to obtain guidance from your higher mind, and how to gain insight and discernment.

Agni Yoga shows you how to tap into the Light Fire within, so you can begin to use the Light within you to work on yourself, and ultimately, to give attunements.

Dharma Yoga helps you stay in touch with your integrity and your Soul's purpose in the midst of your daily life.

Next Steps

We teach these meditation methods in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

For those of you who complete the basic course, there is additional training available.

You can do the Mudrashram® Advanced Course in Meditation, that teaches you about the higher realms of consciousness in the Transplanetary, Cosmic, Supracosmic, and Transcendental levels of the Great Continuum of Consciousness.

There is the Satsang Program Home Study Course, which has guided meditation compact disks to guide you through each of the levels of the Great Continuum of Consciousness.

There is the two year Mudrashram® Correspondence Course, which studies each vehicle of consciousness in great detail, and goes level-by-level through each band of the mind—Conscious, Subconscious, Metaconscious, and Superconscious. You journey through each level of the Superconscious—Subtle, Planetary, Transplanetary, and Cosmic; each path of the Supracosmic and Transcendental Sphere.

You have access to the volumes of the *Initiate's Library*. The first volume, *The Fundamentals of Meditation*, is the source book from which the Mudrashram® Master Course in Meditation and the Accelerated Meditation Course were derived. It goes into much greater depth than the basic courses, detailing many more important techniques—every serious student of the Mudrashram® meditation family needs to have this book in their library!

Obstacles

Those who are attending this webinar come to us at various levels of studying our meditation programs.

Some of you at this webinar have completed one of our basic courses, the Mudrashram® Master Course in Meditation or the Accelerated Meditation program, and you are ready to take the next step with us.

A few of you here today have taken that next step, and may have taken the Mudrashram® Advanced Course in Meditation, or perhaps have begun some of our programs of advanced study.

Some of you may be currently studying the Accelerated Meditation Program. You hope to master its basic techniques and hope to finish this program, to move on to the more advanced study.

Some of you who we have invited to this webinar today started the Accelerated Meditation Program, but gave up on this project—for whatever your reasons—and feel stuck.

Some of you we have invited have expressed interest in learning more about our basic programs.

Whether you have studied with us a day or for over twenty years, each of you have your obstacles.

The purpose of this webinar today is to learn from you what those obstacles are, and to see if we can find solutions, so you can move ahead to the next step in your spiritual growth.

Identification of Your Obstacles

We would like to learn from you now what some of your barriers are and I will discuss with the group some of those solutions...



Resources

Some of you who have been out of touch with us for a while might not be aware that there are new programs and resources available for you from Mudrashram®. Did you know that?

We now offer readings and consultations in person, by mail, by email, and by phone and video via Skype? [Oh, and if you have Skype installed on your computer, the calls and video are free?]

We now have books about meditation and poetry that you can acquire for your library, whether you have completed a basic course or not?

On recovery from addictions – *Meditation for Recovery: Key Techniques for Maintaining Sobriety, Sanity and Serenity*

A reference book of key articles about Integral meditation – *A Mudrashram® Reader: Understanding Integral Meditation*

The original teachings of Swami Prem Dayal that were given when our teaching work began – *The Discourses of Swami Prem Dayal*

A first volume of mystic and poignant poetry – *The Collected Poetry of George A. Boyd, volume one*

On understanding psychic phenomena and the abilities that can be gained in the Psychic Realm – *The Psychic Realm: Finding Safe Passage through the Worlds of Illusion*

That you can now order our services and classes using Pay Pal at

<http://www.mudrashram.com/webservicesorder.html?>

That you can now order our books and by-mail meditation programs using Pay Pal at

http://www.mudrashrapublishing.com/MP_ordering_page.html?

That we now offer consultation services for individuals throughout the world for problems with their kundalini?

That we now offer a free consultation upon completion of the Accelerated Meditation Program, where we go over the key techniques? And you can now be personally trained to awaken your kundalini safely as an add-on to the Accelerated Meditation Program?

Other New Things

Did you also know:

That we have partnered with Renate Bell to offer Vedic Astrology Readings on our site? You can check out her page on our web site at

<http://www.mudrashram.com/Renatesreadings.html?>

That soon there will be a new Mudrashram® website

<http://www.mudrashram.info>

Where you will be able to read our newsletter and blog, and you will be able to read the stories from Mudrashram® students who have studied with us? This forum, developed by and for our students, will be a place where you can learn about our new developments and our upcoming events?

That our first two teachers have been trained, and will begin teaching in the next year?

That we have a new course, the Introduction to Meditation Course, for those that do not feel prepared to take a basic course? Look for details in the next few months about this exciting new course!

That we developed and presented a new workshop, The Vision Workshop, that trains people how to activate all of the octaves of inner sight?

That you can now keep up-to-date with our events on social media? We're now on Twitter and Facebook:

www.twitter.com/mudrashram

www.facebook.com/pages/Mudrashram-Institute/103184416391907

That we have continued to do Light Sitzings once or twice a month?

Important Links and Contact information

For information about current Mudrashram® services

<http://www.mudrashram.com/serviceslist.html>

To read George A. Boyd's articles on meditation and other topics

<http://www.mudrashram.com/readingroom1.html>

To learn more about our new books and programs

<http://www.mudrashram.com/ournewbooks.html>

<http://www.mudrashram.com/newmeditationprograms.html>

You can also gather additional information about our books and programs on our sister site

<http://www.mudrashrampublishing.com/index.html>

You can contact George A. Boyd at George@mudrashram.com

You can contact Renate at Renate@mudrashram.com

You can also learn more about Renate's services on her web site

<http://www.integrated-interiors.com>

Keep in touch.

Come grow with us.

For the Masters of the Mudrashram® lineage are with you now, if you will but tune in to receive their Grace.





Thank you for coming to our webinar today

Please fill out your survey.

This will help us to plan future webinars to assist you.