

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 12

In today's webinar, you will examine the astral body of the Subconscious mind. Within the astral body are the astral chakras; the astral senses; the astral ability to move, which is directed by intention; the astral eye of intuition, and the astral brain. We will study each of these subcenters in our webinar today.

Encountering the Astral Body

The astral body is active during the states of sleep, hypnosis, and meditation. Your astral body responds to suggestion, and readily carries out your every command.

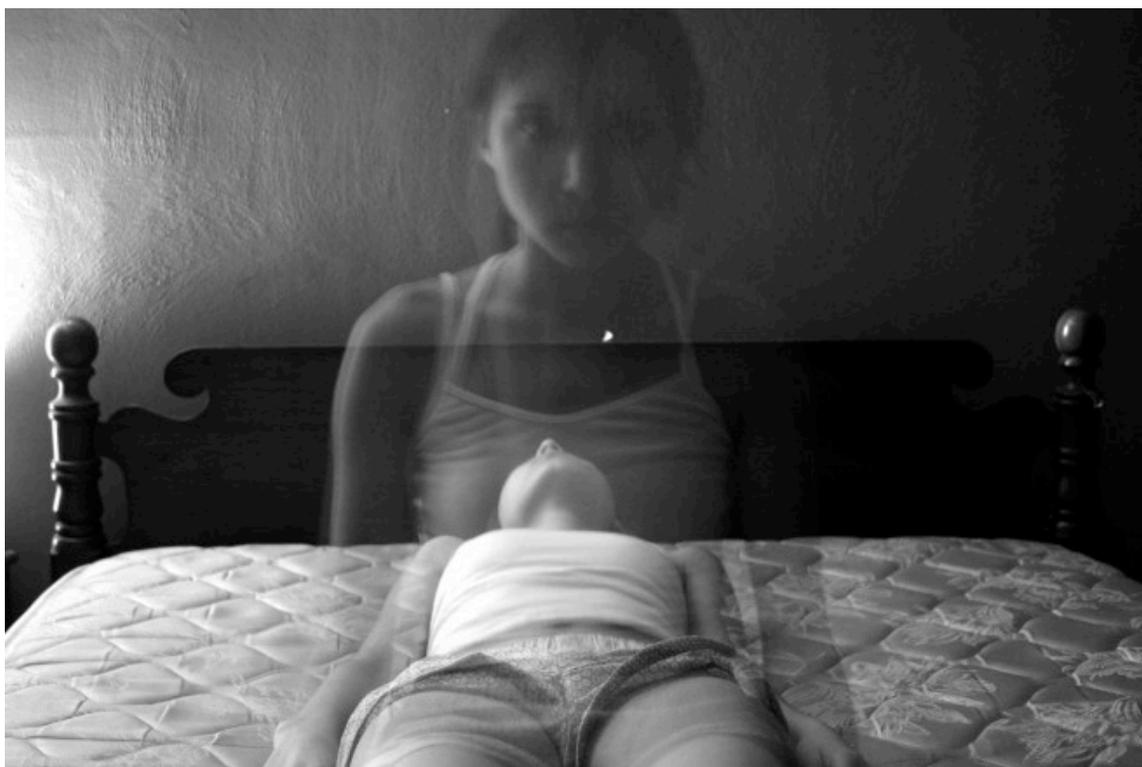
You can command your astral body to extend your physical senses (microscopic and telescopic sensing), to view the scene at distant physical locations and report back to you (remote viewing), to travel back on the temporal track to bring up memories from your current and past lives (temporal projection), and you can train it to travel to the astral realms of dimension and report back to you what it beholds (astral dimensional sensing).

You can use the astral octave of will, which is intention, to create new imaginal objects, or to visualize a desired outcome. [We explore some of these abilities of the astral body in The Vision Workshop.]

You can, with practice, actually change the shape of your astral body, making it as small as an atom or as large as the solar system. You can make it so light that you fly away; you can make it heavy so you can sink through the layers of the earth.

Out of Body Experiences (OOBE)

Some of you may have experienced an out of body experience (OOBE), where you look down on your physical body from the perspective of the astral body. An OOBE is one of the most dramatic ways that people consciously experience the astral body as a vehicle of consciousness that is outside of the physical body.



Normally the astral body is in coincidence with the physical body, but you can readily move any part or the entire astral body out of coincidence with the physical body.

There is no need to try to generate the experience of astral projection, however, for you do this in full consciousness when you use the direct projection technique of Raja Yoga, which you learn in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

Data for Meditation on the Astral Body

Excerpted from the Mudrashram® Correspondence Course

The astral body is the means by which you can explore the deepest reaches of autohypnosis. The astral body is active during the state of dreaming.

It is referred to as the Light Body, the Nuri Swarup, or the Body Celestial. Viewing the astral body is popularly called seeing a ghost; as you become familiar with your own astral body, it will help you overcome much of the fear and superstition surrounding this phenomenon.

The astral body appears as a translucent body, sometimes shimmering from head to toe with a field of sparks. It appears in most respects like its physical counterpart. When it is very quiet and your attention is directed to your astral body, you may hear a hissing sound. The hissing is the movement of life force in this body.

The astral body circulates life force within its chakras. It feeds this life force into the physical body through the medulla oblongata by an umbilicus that has been called the silver cord. The astral body is capable of subtle sensation and subtle movement, and can travel away from the physical body.

When you meditate, you may become aware of the astral bodies of others. As you become more advanced in meditation, you can begin to sense the qualities of others through their astral bodies, and to know whether they are of good or evil character.

Form – a translucent body resembling the physical form

Energy – the circulation of life force to perform sensation and movement of the astral body, and the animation of the physical body

Quality – the emotional, mental, and spiritual characteristics of an individual can be sensed through the astral body. Individuals with the gift of clairvoyance may see this visually as fields of colored lights (aura) around their physical body.

Intelligence – the activity of the astral spinal tube and brain

Organizing principles – the following major centers can be identified the astral body of the Subconscious mind:

Base of spine	A whirling wheel with four energetic radii
Navel	A whirling wheel with six energetic radii
Solar plexus	A whirling wheel with ten energetic radii
Heart	A whirling wheel with twelve energetic radii
Neck	A whirling wheel with sixteen energetic radii
Medulla	A whirling wheel with two energetic radii
Top of nose	Seat of the five astral senses
Point between the eyebrows	Seat of astral movement and intention
Center of the forehead	Eye of astral intuitive knowledge
Brain	A pericarp of 1,000 pastel colored orbs aligned on a spiral connecting with a flame of light at its center. This is the seat of the astral mind.

Volitional nexus – the ability to operate the astral senses and motor functions

Core of identity – Knowledge of the Astral Soul

Meditating on the Seven Rays in the Astral Body

The astral body mirrors the development of the Astral Soul in the Cosmic Sphere. Each of the astral chakras corresponds to the subtle elements.

The Seven Rays activate the whirling wheels in the astral body, like they do in the lotuses of Subconscious system of chakras. This is shown in the table below.

Chakra	Number of Radii	Ray	Element
Base of Spine	Four	1st	Earth
Navel	Six	6th	Water
Solar Plexus	Ten	5th	Fire
Heart	Twelve	2nd	Air
Throat	Sixteen	3rd	Ether
Medulla	Two	7th	Mind
Brain	One thousand	4th	Astral intuitive intelligence





Meditation on the Astral Body

Focus your attention on your medulla center of the Subconscious Chakras. Feel there is a very fine and subtle thread or tube that connects with this center. Follow this thread or tube and you will feel yourself moving into the navel area.

Continue to follow this winding tube and you will find yourself at the base of the astral spine, and you will encounter a whirling disk that moves clockwise, then counterclockwise. Move up the astral spine to the next wheel. Continue this process until you reach the center at the top of the spinal tube (medulla center).

The astral spinal tube will bend slightly forward—follow it. As you reach the top of your cheeks, you will become aware of the astral sense of sight. As you continue to follow this tube, you will successively encounter the astral sense of hearing, the astral sense of smell, the astral sense of taste, and the astral sense of feeling. Spend a few moments exploring each of these senses in turn.

As you continue up the tube, you will become aware of an eye in the center of your forehead. As you focus on this eye, you will become aware of the state of consciousness of your Astral Soul in the Cosmic Sphere.

Continue up the tube. This will lead you to the astral brain. The astral brain has a series of pastel-colored bubbles that unite at a central hub that appears as a brilliant jet of light.

As you focus in this center, you may become aware of wisps of thought, unconnected phrases, and nonsensical syllables. The astral brain is active during the dream state and deep hypnotic states. The streams of consciousness flowing through the astral brain are illogical and non-linear; the astral brain is the zone of pure fantasy and creativity.

Now see if you can move one of your astral limbs. Suggest: “I am moving my astral right arm to touch my physical head” and visualize this happening. Notice if the astral body responds, and if you notice any sensation in your physical body. Try moving other limbs or slightly rotating your astral body. Try moving your astral body up and down in space. Notice the astral body responds to your suggestion and visualization, and with practice, you can make it do what you want.

Warning: do not do experiments with your astral body involving other people or other living things without their knowledge and their permission. This is a violation of the law of non-injury and you could be harmed.

Do not attempt to touch their astral bodies, or use suggestion to influence their astral bodies. You may observe their astral bodies to detect the aura, or study the location of this form.

Now bring your attention back down the astral spinal tube to the medulla oblongata in your system of Subconscious chakras. Return to normal awareness and take time to ground yourself before resuming normal activities.



Thank you for attending our webinar today!

