

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 11

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 chakra system of the Subconscious mind. Within the chakras of the Subconscious mind are several key subcenters that are crucial to Transcendence meditation—the methods to activate them are taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

These subcenters include (11a) the seat of the Kundalini, or Kanda (perineal center), (11b) the Life force center (medulla chakra), (11c) the seat of the attentional principle (pituitary center), (11d) the doorway to the spirit (pineal center), (11e) the reflection of the Soul's state of spiritual evolution (brain chakra), and (11f) the mirror of the origin of the Soul (Jyoti chakra).

We will also study the Swastika center (11g), which is a center that is also coordinated with the Soul's spiritual development—this center dwells at the top of the portion of the spinal tube (Sushumna) that has been opened.

The Chakra System An Overview

The chakras are a switchboard of the Subconscious mind. As the Soul evolves, this switchboard is opened. These centers correspond to the Soul's development, as follows:

- The 3½ turns of the Kanda Subtle Realm development
- The 7 Chakras Planetary Realm development

Yet higher centers beyond 11f mirror development in the Transplanetary, Cosmic, Supracosmic, and Transcendental bands of the Great Continuum of Consciousness. The Subconscious mind chakras are shown below:

Chakra	Approximate location	Associated Activities
Root	Perineum	Seat of kundalini, the energy of awareness
Base of spine	Lowest part of the sacrum in the spinal tube	Orientation to reality, survival of organism
Navel	Three fingers below navel in the spinal tube	Sexuality, family life, and gender relations
Solar plexus	Behind solar plexus in the spinal tube	Territoriality, control, and livelihood
Heart	Behind the heart in the spinal tube	Caring, community, and cooperation
Throat	Behind the pharyngeal hollow in the spinal tube	Creativity, and communication
Medulla	Top of the neck next to the back of the skull	Currents of life force, consciousness, and karma
Point between the eyebrows	Where the nose meets the forehead	Intuition, inner-guidance
Pituitary	On a 60° slope connecting the brow and brain, this center is 1/3 of the way up	Seat of the attentional principle
Pineal	On a 60° slope connecting the brow and brain, this center is 2/3 of the way up	Entrance to the Nadamic current, link with the spirit
Brain	Cerebral cortex	Wisdom, understanding of life's meaning, reflection of the Soul

The Soul, in its own nature, dwells in what we call the Transcerebral Chakra, which is above the top of the head. Uniting your attention with this center confers Gnosis and Enlightenment.

In classical Yoga texts, the chakras of the Subconscious mind have been viewed as lotus flowers with varying numbers of petals. These centers and petals are shown below.

Chakra	Number of Petals	Ray
Base of Spine	Four	1st
Navel	Six	6th
Solar Plexus	Ten	5th
Heart	Twelve	2nd
Throat	Sixteen	3rd
Point between the eyebrows	Two	7th
Brain	One thousand	4th



Data for Meditation on the Chakras of the Subconscious Mind

Excerpted from the Mudrashram® Correspondence Course

Form – the seven chakras of the Subconscious mind

Energy – the energy of the Kundalini Shakti flowing in the central core of the spinal tube animates the seven chakras

Quality – creative intelligence, the power of imagination and intuitive knowledge

Intelligence – the wisdom of the Subconscious mind inherent in the chakras

Organizing principles – the following major chakras can be identified in this zone of the Subconscious mind:

Base of spine	A lotus of four petals
Navel	A lotus of six petals
Solar plexus	A lotus of ten petals
Heart	A lotus of 12 petals
Neck	A lotus of 16 petals
Medulla	A vortex of energy pulsing with the AUM vibration
Point between the eyebrows	A lotus of two petals
Brain	A lotus of 1,000 petals with a flame of light at its center

Volitional nexus – the ability to be able to respond to suggestion

Core of identity – the subconscious seed atom contained in the Swastika Center



Meditation on the Subconscious Chakras and Subcenters

After you have focused your attention on the atom of eternity center on the time track, you will move your attention further along the thread of consciousness until you come to the perineal center of the system of Subconscious chakras. You will contemplate each center progressively, spending between one to five minutes on each center—depending on the time you have available for your meditation. Meditate as follows:

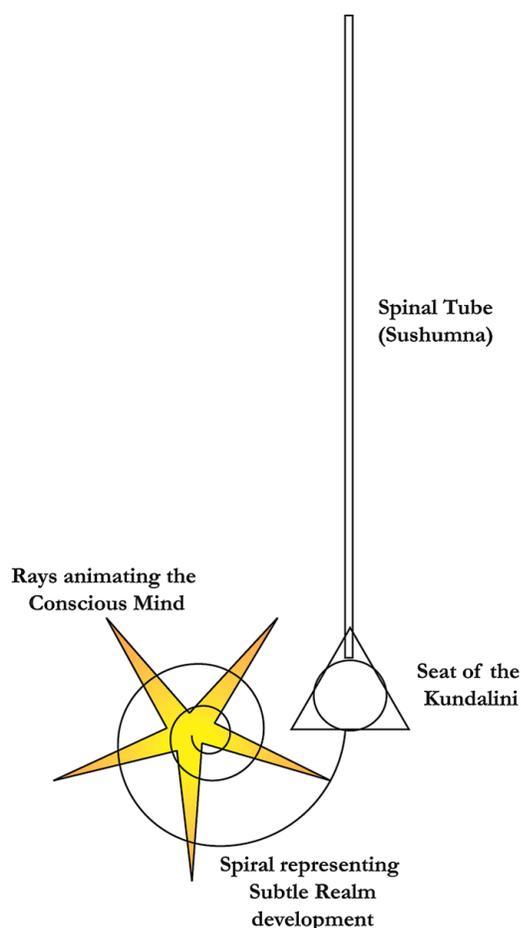
- Perineum
- Base of spine
- Navel
- Solar Plexus
- Heart
- Throat
- Medulla
- Point between the eyebrows
- Pituitary center
- Pineal center
- Brain
- Fontanel (Jyoti chakra)

Meditations on the Subconscious Chakras

(11a) The Seat of the Kundalini

The Seat of the Kundalini can be visualized as a sun surrounded by a triangle. A coil of three and one half turns is connected with the sun. At the other end of the coil, five rays beam into the centers of the Conscious mind.

The sun is the actual energy of the kundalini, which is drawn u through the spinal tube (the Sushumna). The three and one half turns represent the journey of the Soul Spark through the Subtle Realm. The five rays animate the Conscious mind, anchoring the kundalini energy in the waking state of awareness, the physical seed atom, the emotional seed atom, the mental seed atom, and the Egoic seed atom.

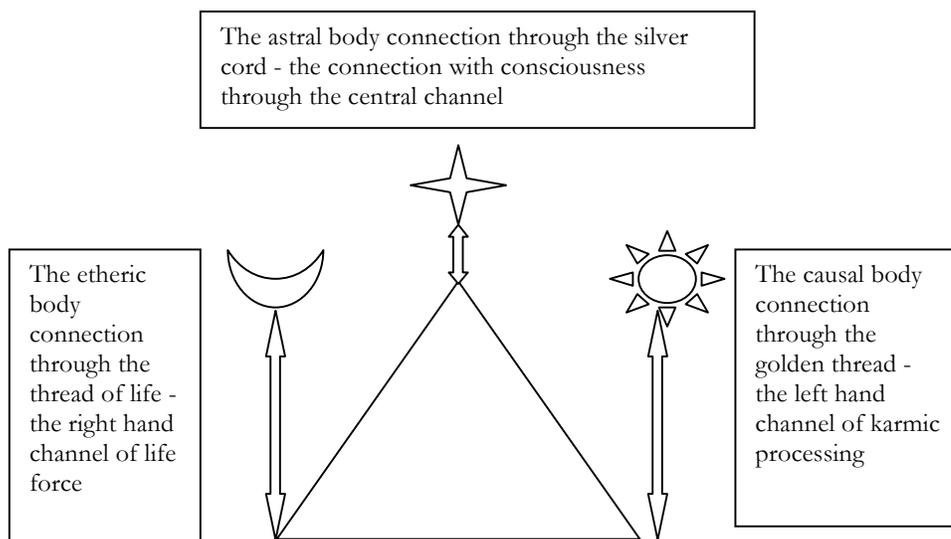


In this meditation, you will aim to sense (a) the five rays that anchor the energy of the kundalini in the Conscious mind, (b) the sun of the Kundalini energy, and (c) the entrance to the spinal tube.

Meditations on the Subconscious Chakras

(11b) The Medulla Center

The Medulla Center is the center through which life force flows into the system of chakras from the etheric body, the astral body, and the causal body. This is shown in the figure below.



The Medulla Center of the Subconscious Mind

In the medulla center, three threads attach from the higher vehicles.

Thread One is the astral umbilicus from the astral body. It enters in the topmost vertex, which is the central channel. It resonates to the "U" of the AUM vibration. This is the connection with the attentional principle, the inner witnessing consciousness.

[When the attentional principle moves out of the body focus behind the pituitary center of the Subconscious mind, it brings the astral body with it.]

Thread Two is the thread of the life from the etheric body. It enters from the right hand vertex of the triangle, bringing in the energy of life force. It resonates to the "A" of the AUM vibration

Thread Three is the golden thread from the causal body. It enters from the left-hand vertex of the triangle. It sets up the rhythms of activity and karma that make up your life. This resonates here as "M" of the AUM vibration.

This three-part rhythm can be heard in this medulla center of the Subconscious mind. It can also be detected in the gross physical body as the three part electromagnetic flux in the medulla oblongata.

Meditation on the medulla center of the Subconscious mind

Focus your attention on the medulla center. Close your ears. See if you can hear the rhythm of the AUM vibration. Notice the feeling of the movement of life force as this rhythm vibrates within you.

Raise your eyes to the point between your eyebrows. You will become aware of the attentional principle.

When you move your gaze to the middle of your nose, you will sense the rhythm of the AUM.

When you lower your gaze to the tip of your nose closest to your mouth, you will become aware of the colored ray paths coming from the vehicles of the Metaconscious mind. These attentional pathways are summarized on the next page.

Faculty of the Metaconscious Mind	Color
Etheric Body	Ever-changing rainbow colors - These colors reflect the moment-to-moment activity of the Metaconscious mind
Desire Body	Blue violet
Persona	Golden yellow
Conscience	Emerald green
Concrete Mind	Orange red
Intellect	Royal blue
Personal Intuition	Sky blue
Volition	Ruby red
The Self	Clear - These are seven tracks using will, breath, discernment, mindfulness, relaxation, sensory withdrawal, and movement as conduits to unite your attention with the Self—these are the Centering techniques.
Being	Clear - These are four tracks using sight, sound, inner taste (nectar), and breathing that bring attention into the Voidness of Consciousness.

These tracks are arrayed like a spectrum. The etheric body is on the far right; Being is on the far left. To locate one of these colored light tracks, you scan from right to left. You can use these light pathways to focus your attention on any vehicle of the Metaconscious mind that you wish to contemplate. So for example, if you wanted to contemplate your personal intuition, you would select the seventh track from the right and follow it.

Meditations on the Subconscious Chakras

(11c) The Pituitary Center

For this meditation, you will do the Purusa Dhyana technique. Your task in this meditation will be to isolate the attentional principle.

Meditations on the Subconscious Chakras

(11d) The Pineal Center

For this meditation, you will do the Surat Dhyana technique. Your task will be to feel the Nadamic current and feel the presence of your spirit within it.

Meditations on the Subconscious Chakras

(11e) The Brain Center

For this meditation, you will meditate through the chakras and focus on the aspect of your brain chakra that has been opened. You will contemplate the inner jewel of the reflection of the Soul that dwells in this center.

Meditations on the Subconscious Chakras

(11f) The Jyoti Chakra

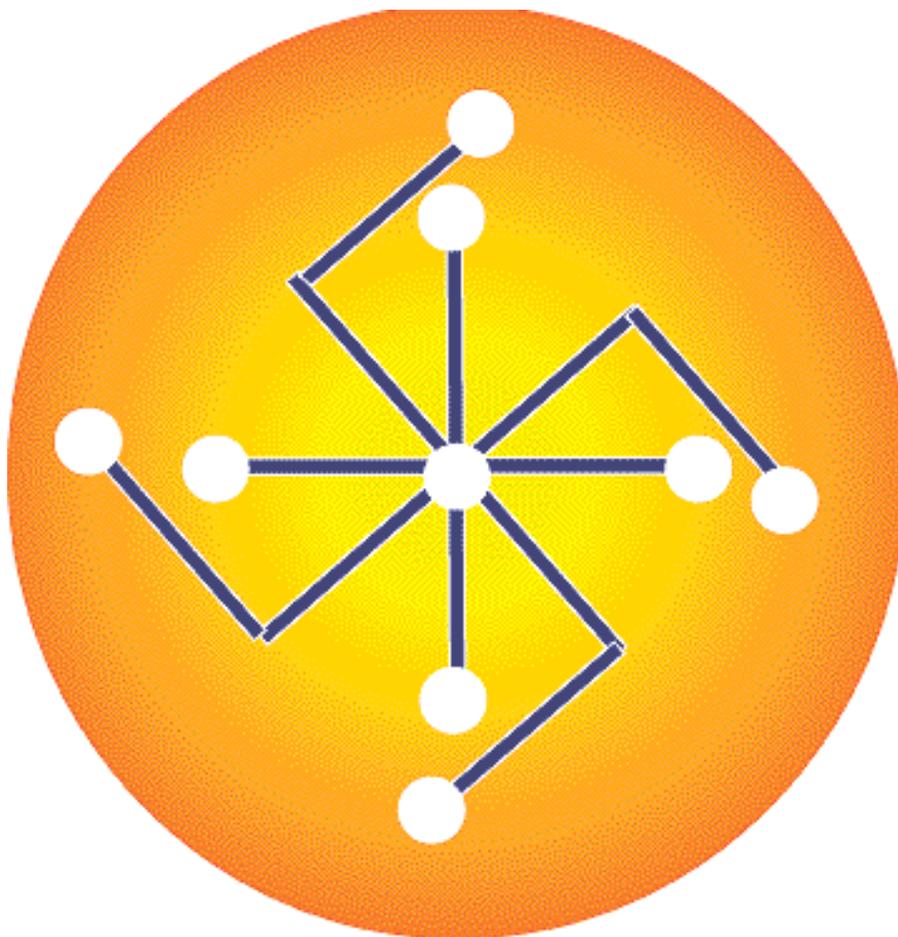
Once you have reached the presence of the reflection of the Soul in the brain center, move upwards along the spiral track until you have reached the central jet of Spirit (Jyoti) at the fontanel. Contemplate the rays of light that come out of this center. This light corresponds to the state of the Soul's Liberation, or Nirvana.

Meditations on the Subconscious Chakras

(11g) The Swastika Center

The Swastika Center is at the top of the opened portion of the spinal tube. Like the brain center, it mirrors your state of spiritual evolution of your Soul. The center has eight radii: four are curved like a swastika; four are straight. The center looks like a cardinal cross that has been laid on top of a swastika. The Ida, Pingala, and Sushumna connect with its central seed—called the Subconscious seed atom—from below.

Contemplate this center by focusing upon each of the radii in turn.



Thank you for attending our webinar today!

