

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 15

In today's webinar, you will examine the etheric body of the Metaconscious mind. The etheric body of the Metaconscious mind is the master switchboard that links the executive functions of the Metaconscious mind with the Subconscious mind.

The etheric body of the Metaconscious mind has the faculties of perception, ideomotor movement, physiological functioning, memory, the etheric octave of will (habit), and integration of these faculties with the Self.

Encountering the Etheric Body

The etheric body appears as a translucent replica of the physical body that is suffused with tiny thread-like tubules that are called **nadis**. The etheric chakras connect with these nadis. The body is filled with life force.

The etheric body is connected with the octave of volition that is in the Metaconscious mind through the integration center. Through this portal, the Self can:

- (a) Access the perception center to get a picture of the external world
- (b) Suggest movement through the ideomotor movement center
- (c) Rouse the body into action or calm it down through the physiological center
- (d) Retrieve or record items to remember through the memory center
- (e) Establish habits or remove them

Data for Meditation on the Etheric Body

Excerpted from the Mudrashram® Correspondence Course

“The *Etheric Vehicle* consists of a bioelectric life–energy field that interpenetrates the physical body. Its purpose is to translate the will and thought impulses of the Self into the neuro–biochemical responses of the nervous system.”

“It influences sensation, movement, physiological functioning and memory, and coordinates these functions with the Self. The etheric body is the master conductor that orchestrates the complex interrelationships between the Conscious, Subconscious and Metaconscious mind to bring about harmonious integration. It is a conduit for energies arising from the Soul and from higher octaves of Being. It is the fiery chariot upon which the warrior of the Self rides into the ongoing battles of life.”

Meditation on the Etheric Body

You will move your attention up to the medulla center of the Subconscious chakras. Focus on the center channel and then lower your eyes. You will sense tracks of colored lights that are a conduit into the Metaconscious mind.

You will follow the track at the far right (or the lowest center if these array in you vertically) until you merge in the etheric body. Most people sense that the etheric body is in the solar plexus area.

Focus your attention on the etheric body. Feel that the energy that animates your senses, your movements, your physiological processes and your memory is directed from an inner source. Notice that the thousands of cellular and psychological processes that take place every moment are coordinated by the intelligence of the etheric body.

Move your attention from the solar plexus to the medulla center, and visualize a white five-pointed star there. Feel the presence of the Self, responding to the switchboard of the senses, directing movement, modulating physiological activities to respond to the demands of the current situation, accessing memory, and issuing the commands of will.

Move the attention to the point between the eyebrows and move it upwards through the top of the head. Visualize a tiny, brilliant star. This represents your state of spiritual development in the Subtle, Planetary, or Transplanetary bands of the Great Continuum of Consciousness.

Surrounding this star is a network of tiny micro-fine channels called nadi that circulate the life force of your Soul. This center allows your Soul to interface with your etheric body.

Move your attention to the top of your head and track downwards towards your medulla. Here you will visualize the brilliant star that corresponds to the higher octave of your being, and notice the network of nadi surrounding it. This center represents your spiritual development in the Cosmic, Supracosmic, or Transcendental Bands of the Great Continuum of Consciousness.

Data for Further Meditations on the Etheric Vehicle

Form – a form resembling the human body, which is made up of a field of life force

Energy – circulation of energy through the nadis

Quality – liveliness, vitality

Intelligence – the wisdom of the etheric body coordinates the functioning of the Conscious mind, Subconscious and Metaconscious minds and brings them into harmony with the Self

Organizing principles – the following major chakras can be identified in the Etheric Vehicle:

The base of the spine	The etheric sensory center
Navel	The etheric movement center
Solar Plexus	The etheric physiological processes center
Heart	The etheric memory center
Throat	The etheric will center, the nexus of habit
Medulla	The integration center, coordinating the senses, movement, physiological, memory and will functions for the Self
A track from the point between the eyebrows to the top of the head	The seed atom of the Soul
A track from the top of the head to the medulla	The seed atom corresponding to Higher Octaves of Being

Volitional nexus – the ability to translate the thought and volitional impulses of the Self into neurochemical responses

Core of identity – the field of life force suffusing the personality that permits the expression of the Self and the Soul in human life

The Etheric Sensory Center

The physical brain summates all of the information that reaches the cerebral cortex to create the picture that you have of the world. This picture, however, is only raw data. To interpret this data and to make sense of it, the faculty of **perception**, which operates in the etheric sensory center, allows you to label and recognize what these objects are.

To differentiate these levels of sensation and perception, shift your attention from monitoring the sense data that reaches the surface of your cerebral cortex, to the etheric sensory center. Differentiate the ability to sense the objects around you and the description and recognition that take place in the etheric sensory center.

Also notice the difference between the sensory focus that allows you to detect individual sensations (single objects you see, hear, smell, taste, or touch) and the global picture of your environment that is contained in the etheric sensory center.

You can expand this global picture of your environment to encompass everything that is in the room you are in, to your house, to your yard, and to your neighborhood. While sensation is tied to objects directly around your body, perception is extensible.

The Etheric Movement Center

The movement that is generated from the mental center of the Conscious mind consists of individual behavioral commands. For example, you may say to yourself, “pick up your shoes,” “put them on,” “tie your shoe laces,” “stand up,” “pick up your umbrella,” “walk to the door,” “open the door,” “close the door,” and “lock the door.” This aspect of movement is governed by the octave of will that operates through the ego.

The type of movement that arises in the movement center of the etheric body is the idea of movement, or what is called **ideomotor movement**. For example, if you were going to carry out a series of dance steps, you might visualize the pattern of steps in your mind, and then execute them.

This idea of movement allows you to perform new movements that you have not ever done before. This is important when

- (a) You are learning a new skill
- (b) You are attempting to modify your movement to enhance your performance
- (c) You are describing a movement to someone else, like when you are teaching someone yoga
- (d) You are generating spontaneous movement, as when you do free dance or Movement Meditation
- (e) You are choreographing movement for a dance routine or stage performance
- (f) You are engaged in a sacred ritual, in which you imbue each action with meaning and love
- (g) You are moving your body in response to the Soul's direction, or are performing healing or ministerial work, whereby the energy channeled through you is shaping your movements

Notice the difference between a learned behavioral sequence and the "idea of movement."

Reach down and tie and untie your shoe. Notice that you give a command to perform this action. *This is a learned behavioral sequence.*

Now do a random action you have never done before, such as raising your arm in a new direction. *This is ideomotor movement.*

Recall when you were learning a new skill, such as riding a bike, or throwing a baseball. Notice that you first looked to others as to how it was successfully performed, and you formed a picture in your mind as to what the successful action looked like. You tried that action, made some mistakes, and then kept modifying your action until you could do the entire sequence correctly.

Learning new movement is a function of this ideomotor movement faculty of the Metaconscious mind. Once you have learned the new behavioral sequence, you can then execute it as a behavioral command at the level of the ego.

The Etheric Physiological Center

When you focus your attention on the Physical seed atom, you become aware of your muscles, tendons, bones, organs, glands, and nervous system, and the physiological movements of your breathing, circulation, heartbeat, and peristalsis.

While your attention is in this state, you can enter suggestion to relax your muscles, or slow down your heartbeat or your breathing.

The etheric physiological center monitors your physiological functioning. You interface with this center when you visualize that you are going to compete in a race, or that you need to calm down.

These two abilities of the etheric physiological center are called the arousal response and the self-soothing response.

The **arousal response** occurs when you present the idea to the etheric physiological center that you must raise your functioning to a heightened level to carry out a behavioral objective. This makes you move to a more aroused state than the one in which you are currently operating.

The **self-soothing response** occurs when you sense you are upset or overly emotionally aroused, and you calm yourself down.

Give your etheric physiological center the suggestion that you are going to compete in a race. Notice how your body responds.

Next, remember a time when you were very upset about something. Now give yourself the suggestion through the etheric physiological center, “it’s OK, calm down.” Notice your body’s response.

The Etheric Memory Center

The physical substrate of memory is stored in the tissues of the brain. We can access the information nexus of memory through the portal of the Preconscious to recall or retrieve selected memories that are laid down in the Subconscious mind.

The etheric octave of memory resembles a series of concentric circles in which the different levels of memory can be accessed and selected. This selection process is done through the higher centers of the Metaconscious mind in response to the requirements of a particular operation.

For example, your Conscience might pull out the memories of certain actions to correct your behavior. Your Persona might retrieve memories of something you did to portray it in a comedy skit. Your Concrete mind may recall the steps of a plan you have already done, and the steps that have yet to be performed. Your Intellect may pull up certain information to respond to a test, or to write an essay about a topic.

You can pull material from this etheric memory center as

- A specific item (fact)
- Items that are associated with one another (group)
- Items that are sequential or in a range (linear array)
- Items in a tabular or matrix format (Cartesian array)
- Items in a 3-dimensional volumetric format (spatial array)
- Items in a 4-dimensional or time format (temporal array)
- Items in an analogical or correspondence format (mandalic array)
- Items that correspond to the Soul's consciousness (essence array)

Experiment with accessing the etheric memory center by asking for a fact, a group of ideas, a table of information (e.g., the periodic chart), a three dimensional object, a time sequence, some ideas that are associated by analogy or correspondence, or knowledge that comes from your Soul's current state of spiritual evolution.

The Etheric Will

The Etheric Will governs habit, the automatic actions you do not have to think about to perform.

Think about some of the habits you have. For example, notice your habits when you are riding a bicycle, driving a car, or selecting the same products at the store.

Notice when you changed a habit. What did you do to change it?

Notice when you practiced an action until it became a habit. What changed it into a habit?

The etheric will forms habits, and operates them in the background. This frees up your Conscious and Metaconscious mind to learn new behavior and information.

The Etheric Integration Center

The Self operates through this center to translate its requests through each of the etheric chakras. So for example, if the Self requires information from memory, the request will be shunted through the heart chakra of the etheric body. If it detects that the ego is upset, it may send a self-soothing suggestion through the solar plexus chakra of the etheric body.

The Etheric Seed Atom of the Soul

Move upwards from the point between your eyebrows in the etheric body until you detect the seed atom of your Soul. The location of this seed atom along this track corresponds to your state of spiritual evolution.

Move to the top of your head and follow the track inwards and downwards. See if you can detect the presence of one of your Higher Octaves of Being along that track.

Thank you for attending our webinar today!

