

## Exercises to Enhance Your Detection of Focal Points

Meditators who seek to develop discernment of the subtle structures of their vehicles of consciousness and to develop the ability to see within need to know that suggestion plays a key role in attaining these objectives. Key suggestions to access and get a handle on focal points include:

- (1) *Notice the content arising at the present time for each vehicle of consciousness.* These meditations are typical of the Conscious mind. The suggestion “notice” makes your attention adopt a state of inner alertness and a state of observation, with an aim to recognize the content that is arising. This inner state of alertness and observation is called *mindfulness*.
- (2) *Notice the markers at each level.* What are the visual and auditory markers for this level? Are there smells and tastes, or a “felt sense” associated with this level? Are you aware of the activity of this vehicle of consciousness? Are there any analogies that help you lock in this focal point? Does the ladder, voice, stellar, chakra, mandala, symbol, or figure-ground analogy help you clearly visualize what is the content and activity at this focal point, plus help you differentiate it from other vehicles of consciousness? This suggestion helps you more broadly inspect this vehicle of consciousness and fills in your knowledge about it.
- (3) *Notice the relationship of this focal point to the waking state of awareness.* Are you one level up? Two levels? Five? Ten? You can use the *elevator analogy* to detect where you are in relationship to the ground state. Notice: what floor are you on?

*The Long Arms of Your Mind Exercise* – You use the “long arms of your mind” to “touch” the waking state of awareness when you do this. To develop this faculty, we will use common places to demonstrate this innate faculty to you. Mentally touch the torch of the Statue of Liberty. Mentally touch the Eiffel Tower. Mentally touch the Great Wall of China. Mentally touch the surface of the moon.

This suggestion helps you differentiate one level of your mind from another.

- 4) *Notice the distinct markers that differentiate one focal point from another.* In this suggestion, you are noticing the key elements that make one focal point different than another. You are looking for unique qualities or characteristics that will help you recognize you are at a particular point. For example, focal point one (FP1) is marked by awareness of your movement and body's position in space. FP2 makes you aware of the information coming in through your external senses. FP3 brings the deep sensations within your body into your awareness. FP4 allows you to experience your current emotions and mood. FP5 gives you a window on your thoughts. FP6 enables you to encounter your ego and watch its activities.
- 5) Notice the boundaries between divisions of the mind. This suggestion helps you differentiate the parameters of each zone of the mind: Conscious, Subconscious, Metaconscious, and Superconscious. Here you mentally label each end of this band of the mind. For example, the Conscious mind extends from the waking state of awareness to the gate of the Subconscious mind (FP0 to FP8). The Subconscious mind encompasses the present time in memory to the eight-petalled lotus center (FP9 to FP 24n). The Metaconscious mind spans the etheric body to the gateway to the Superconscious mind (FP 25 to FP35). FP 36 and beyond reside in the Superconscious mind.
- 6) *Notice the phenomena that mark the boundaries of a Subplane, Plane, and Division on the Superconscious mind.* This suggestion extends your ability to detect boundaries into the bands of the Superconscious mind. You might notice, for example, at a certain nodal point in the Subtle Physical Plane of the Subtle Realm, that the mythological theme changes from motifs of the East Indian civilization to those of the Chinese civilization: this is the marker of the boundary between the Subtle Physical and Subtle Etheric Planes.



Artwork by Robert Crumb

7) *Notice the integrating centers of the mind and the essences of consciousness.* This suggestion is given to the Soul: “show me the ego, show me the Self, show me my attentional principle, show me my spirit, and show me your own nature, as the Soul.” Once you glimpse these centers, you directly contemplate them. Contemplating the ego is called *Ahamkar Dhyān*. Contemplating the Self is called *Swa Dhyān*. Contemplating the attentional principle is called *Purusa Dhyān*. Contemplating the spirit is called *Surat Dhyān*. Contemplating the Soul in its own eternal essence is called *Adi Atma Dhyān*. This “show me” suggestion points out where to contemplate; your actual contemplation of this center awakens it, empowers it, and leads to your ability to detect this essence in other people.

## Gaining Control Over Your Attention

Gaining control over your attention requires that you master the following elements of attentional focusing, and using suggestion to fine-tune your experience in meditation:

- 1) *Control where your attention is focused.* What focus point will you place it upon? On which spiritual essence will you focus it?
- 2) *Control the duration of time that you hold the attention there.* You can (a) “bounce” – touch the point with your attention and rapidly move to the next (one to three second duration); (b) “steady rise” – check in with the contents of the focus point to monitor what is going on and to verify you have reached that level of the mind (10 to 30 second duration), then move on; and (c) “spending some time” – contemplate the center for an extended period, monitoring its changes over time and entering the state of processing its content (five minutes to an hour or more)—when this type is chosen, this one contemplation will commonly make up your entire meditation session.

- 3) *Control the level of detail with which you contemplate.* When you “bounce,” you do no contemplation of the center—this is the meditation you do when are on your way to another focal point or spiritual essence where you intend to do your “inner work.” When you “steady rise,” you do a cursory “checking in” with the vehicle of consciousness—this is used when you might like to find out how you are dealing with an emotional issue or solving a problem, and you want to see how your creative processes are moving forward to resolve it. “When you “spend some time” with the focal point, this gives you access to the most information about the vehicle of consciousness, and you get in touch with the greatest amount of detail.
- 4) *Control the ability to anchor suggestions through that focal point.* These suggestions include:
- “Show me or reveal to me [some aspect of that vehicle of consciousness]...” For example, “show me your seed atoms, your sub-centers, and your form.”
  - “Give me information about [something germane to its activity]...” For example, you might ask Reason to give you information about what makes up its faculty of reality testing or what are its criteria for discerning truth.
  - “Remember a time [or incident] in which [you did, felt, chose, had, experienced, knew]...” something relevant to a current problem, obstacle, or issue. This method initiates process meditation.
  - “Stop or modify [these thoughts, beliefs, or actions]...” This method activates autohypnosis.
  - “How do you [perform this activity]?” This gives information about the activity of the vehicle of consciousness and how it performs this.
  - “What are your limits or boundaries?” This gives you clues about the range of activities that it can perform. For example, sight can only detect discrete portions of the electromagnetic spectrum.

- “Who or what controls you?” This allows you to determine what is its integrating center (who) and which octave of the will governs and coordinates its activity (what).
- 5) *Gain the ability to recognize the form of the vehicle of consciousness, its seed atom and its sub-centers against the backdrop of the unconscious mind.* Here you see the form as a whole embedded in the matrix of the unconscious mind. To elicit this information, you might ask, “Show me your background, or the matrix in which you are embedded.”
- 6) *Gain the ability to trace the track of the vehicle of consciousness across the unconscious mind to its origin.* You notice the “developmental track” of this vehicle of consciousness across the unconscious mind. [Certain vehicles of consciousness are especially valuable for this, because they mirror the Soul’s unfoldment during Initiation.] You can ask, “show me your origin” to glimpse this track.
- 7) *Extending your knowledge to encompass each vehicle of consciousness in the Conscious, Subconscious, Metaconscious, and Superconscious mind.* With methodical practice, you can recognize and know each vehicle of consciousness from the waking state of awareness up to Satchitananda. Those of you who have completed the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program are eligible to obtain the [Mudrashram® Correspondence Course](#), which gives you a structured method to explore each vehicle, each band of the mind, and each Path of the Supracosmic and Transcendental Spheres in great detail. [If you enjoy careful and methodical study of meditation, this course is highly recommended. It is a comprehensive, unique, and essential guide to meditation and the Great Continuum of Consciousness.]



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## Where are Your Vehicles of Consciousness?

Some beginning meditators do not sense where these vehicles of consciousness are, as they have difficulty raising their attention out of the waking state of awareness. Initially, you will sense these vehicles of consciousness are “inside,” “behind,” or “above” the physical body, and you will follow the thread of consciousness into these higher vehicles.

In Agni Yoga, we say these vehicles of consciousness, or *forms*, “interpenetrate” the physical body, in that their activity synchronizes with the firing of the nervous system. They make up a continuous shining bridge from your physical body to your Soul.

During the attunements of Agni Yoga, the Light resonates and activates these forms. These forms provide the conduit through which the Soul incarnates through your physical body and operates at each level of the mind.

The physical body is the first of these forms. Can you sense how many forms your Soul has awakened? You can query your Soul, “show me all the forms you have awakened and let me know what they do,” to glimpse these higher vehicles of consciousness. You can next ask, “show me your essential form” [this is the vehicle of consciousness in which your Soul dwells].

When you develop the ability to focus within and contemplate, you can study your self. Studying your self will give you knowledge. Having knowledge will give you understanding of others, because inwardly, we are constructed the same.

But what you pull out of your vehicles of consciousness is unique and different. No two people have the same experience of meditation, or of life—this is what makes each of us an individual.

We will encourage to use these methods to develop landmarks for your inner vehicles of consciousness, so you can activate each of your personal and spiritual potentials; find the wellspring of your love, wisdom and inner abilities; and find your service to humanity and your Soul’s purpose.

*A Webinar of the Mudrashram® Institute of Spiritual Studies*

Our Meditation Today Will Explore the Centers of the Conscious Mind



We will practice “bounce,” “steady rise,” and “spend some time” so you can learn the differences between these methods of focusing the attention.

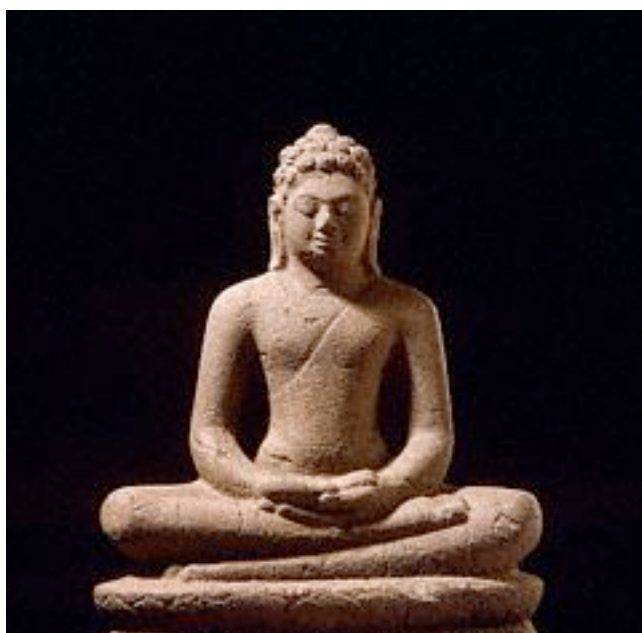
## Announcements

- 1) There is now a sub-domain on our web site where you can download the notes for each of our webinars. You can also preview the tables of contents for each of our books there, if you want to know what our books contain. You can go to:

<http://webinars.mudrashram.com/index.html>

To download the notes... [When we can clean up the presentation recordings, we will be able to put those up there, also.]

- 2) We will do an experiment tomorrow. We will be doing a Light Sitting starting at 11:15am Pacific Standard Time. You can tune in via Freebinar [we will send you a notification]. You will meditate with us, and join us as we send the Light throughout the world. You will learn how to do Attunement Mediation, and how to send the Light. We hope you can join us!





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Thank you for attending our webinar today!

