

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 16

In today's webinar, you will examine the Desire Body of the Metaconscious mind. The Desire Body of the Metaconscious mind is the aspect of your mind that allows you to make long-term commitments.

The Desire Body of the Metaconscious mind has the traits of tenacity, perseverance, commitment, dedication, willingness to face hardship and adversity, and standing up for your values and faith. Those who are successful have learned to use the dynamic force of their desire body to magnetize their goals and to do whatever is necessary to achieve it.

The Desire Body

Excerpted from the Mudrashram® Correspondence Course

“The *Lower Emotional Vehicle* of the Self is the emotional center capable of making commitment, of courageously facing the obstacles of life, of bravely dealing with confrontation and challenge.”

“It is an inner source of strength by which you rise from apparent defeat to renew your efforts. It is the part of you that has confidence, faith, and optimism that effort will lead to success at last.”

“It is also the part of you that can stand by your friends and loved ones through all of the trials of life, empowering them, believing in them, and supporting them.”

“It is that part of you that can give its word and fulfill its promises, whatever it takes. It is that part of you that can be honorable, noble, and steadfast despite temptations, for it commits you to live by your moral principles and not waver from them. It is also called the *Desire Body*.”

Meditation on the Desire 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 second from the far right (or the second from 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.

Excerpted from “The Introduction to Meditation Workshop”

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Focus your attention on the Desire Body. The Desire Body focuses your emotional energy and desire towards a goal object (attraction) that you select; it also pushes you away from those objects that you believe hinder you or distract you from achieving your goal (repulsion). To meditate upon your Desire Body, you need to first select a goal that is important for you.

To “key-in” your Desire Body, some people find it helpful to visualize an animal that represents their instinctive strategy for achieving your goals. For example, you might be “shrewd like a fox,” “tenacious like a badger,” “eager as a beaver,” or “aggressive like a tiger.” If an animal image doesn’t come to you, it’s OK—this part of the meditation is not essential for you to explore your Desire Body.

Once you have moved your attention into your Desire Body, you need to feel your attraction towards the goal object. Do you desire it very strongly? Moderately? Weakly? Focus on this feeling.

Next, feel your gratitude for the resources, support, and help that is currently available to you to help you achieve this goal.

Next notice your repulsion against those influences that interfere or hinder you from achieving this goal.

Next, focus on your reserves of courage, faith, and strength that aid you to press past obstacles to achieve the goal, in spite of any obstacles, adversity, or barriers that might be holding your back from reaching your goal.

Next, feel your one-pointed determination to achieve the goal.

Finally, focus on your reward picture. Feel how much you would enjoy attaining the goal, and think about how you will celebrate its achievement.

Another Meditation on the Desire Body

Excerpted from the Mudrashram® Correspondence Course

“Review the promises you have made to others. Notice what you have promised to yourself, your resolve to achieve specific goals and to renounce bad habits.”

“Pay attention to your ability to be strong in the face of adversity, to persevere through obstacles. Recall when you have been strong for others, supporting them in their times of grief and crisis.”

“Realize this strength is always with you, and you can call upon it in your time of need. Every time you honor your promises and keep your word you strengthen this center.”

Data for Further Meditations on the Desire Body

Form – a vortex of energy directing life force into the midbrain

Energy – sustained effort towards a goal or promise

Quality – commitment, resolve

Intelligence – the drive to do whatever is necessary to achieve a goal

Organizing principles – the following major chakras can be identified in the Lower Emotional Vehicle and correspond to spiritual development in the Great Continuum of Consciousness:

Chakra	Image/Content	Correspondence
Feet (pedal)	Demons and monsters	Subtle Planes
Base of Spine (perineal)	Animals	Biophysical Universe
Navel (sacral)	Human relationships	Abstract Mind Plane
Solar Plexus (lumbar)	Cartoons/archetypal images	Psychic and Wisdom Planes
Heart (thoracic)	Saints [self-discipline]	First Initiation
Throat (cervical)	Christ-like figures [inspiration]	Second Initiation
Forehead (thalamic)	Servants of humanity [dedication]	Third Initiation
Brain (cerebral)	Radiant golden light emanating from a sun of love and compassion [humility and selflessness]	Fourth and Fifth Initiations

Volitional nexus – the ability to maintain sustained commitment towards a goal

Core of identity – the ability to give your word and keep it

Considering Commitment

Excerpted from *The Practical Applications of Meditation in Daily Life and Education* © 2011 by George A. Boyd

In what is called the Metaconscious mind, you are able to determine the goals by which your human life is directed. A life without goals is a life without direction: you simply drift through life.

To set goals, you must take the time to reflect upon what your human life means, what your values are, what you wish to accomplish in this unique opportunity that your human life presents. Once you have decided what your goals are, to reach your goals, it is important to understand the elements of commitment; what it means to make a commitment and how to activate commitment to achieve success.

The steps leading to commitment are listed below:

1. Become *Aware that you are at cause*. This is your free choice or volition.
2. Understand the *Purpose*. Know why the action must be done.
3. Get a clear *Goal image* or a picture of what the end result looks like.
4. Have a *Plan to carry out the goal* in a discrete time frame sequence of actions.
5. Be sure you have *Ethical clearance* so that there is no moral conflict with the means of carrying it out, or about the prudence of doing it in the first place.

6. Use your *Social skills* to interact with the other people needed to accomplish the goal.

7. Make a *Commitment* to see the goal is reached.

Commitment can be the inner dedication and necessary sacrifice of time, energy, money, active problem-solving (intelligence), reputation (self esteem), life, and attention to see that the goal is accomplished. It means to do whatever it takes to get the job done!

In making a commitment you are making a decision to ensure that the goal you set is carried through to its completion. You decide to dedicate the time, effort, and energy to the task.

You solve the problems that arise in your pursuit of the goal, and develop alternate or contingency plans to overcome these obstacles.

You need to enlist the help of others to help you reach the goal. You may have to take risks to accomplish your goal and defer other desires while you work on this objective.

Your reputation as to whether you will be regarded as a success or failure by others may be challenged by your performance on this goal.

It may even change the course of your life, for better or for worse. You will need to devote regular attention and may need to give much reflection on how to accomplish the goal when you encounter obstacles.

There are several barriers to commitment, including:

Barriers to Commitment

- Fears (e.g., failure/embarrassment/being seen as not competent or skilled/being trapped or tied down)
- Shame (ridicule by others/self-condemnation for not living up to your ideals)

- Conflicting priorities from other commitments and responsibilities
- Financial lack or perceived inordinate risk
- Conflict of values or loyalty
- Lack of knowledge/skill/information to carry out the task
- Uncertainty about what you really want

When you find yourself procrastinating, unable to commit to something you believe is valuable or worthwhile, it is important to examine which of these barriers is getting in the way for you. You can do a personal inventory on commitment by asking the following questions.

[Select an issue about which you are uncertain whether or not to make a commitment. Answer these questions:]

- Is this proposed commitment something truly important and worthwhile for me, or is it just a whim?
- What fears arise in me when I consider making this commitment?
- What are my conflicts because of other activities or prior commitment?
- What are my financial concerns about making this commitment?
- Does this commitment challenge my current values or loyalty to other people or institutions?
- Do I believe I lack the knowledge, skills, or information to undertake this task?
- Am I unclear as to what I really want in my life?

When you identify what barriers are coming up for you, ask yourself: Are these barriers surmountable at this time? Is there something I can change, something I can learn, or something I can do now to overcome this barrier?

If the answers to these additional questions are yes, next ask yourself: Am I willing to make these adjustments in my life at this time?

If the answer is yes, notice if there is anything else that comes up for you that presents a doubt, a concern, a bad feeling about the proposed commitment. Ask yourself, is there anything else that may make it unwise for me to embrace this commitment? Listen to your intuition concerning it.

If all the indicators continue to be positive, you will find that your objections and concerns have been handled, and you will be inwardly freed to make that commitment.

This process may be valuable to you if you intend to have a life in which you set long-term goals. For example, having a relationship, marrying, having children, purchasing a car, purchasing a house, obtaining education, and job training for your career, investing for retirement, joining the military, or accepting religious faith each require an extended commitment of your faculties and resources.

If you further consider that the ability to make a binding contract, to give your word, and make commitments is one of the markers of maturity, you may need to ask yourself that final, terrifying question:

Do I really want to grow up?

Grown-ups are those people who can make commitments.

Differences between Personal and Spiritual Commitment

By George A. Boyd © 2011

When we consider the differences between personal and spiritual commitment, we find that they pertain to discrete bands of human functioning.

Personal Commitment is anchored in the Desire Body of the Metaconscious Mind. It permits a person to give a commitment to an agreement or contract, and to fulfill it. These commitments generally pertain to the objects of desire and the pursuit of objectives that bring fulfillment in human life.

Spiritual Commitment is anchored in the spirit and the attentional principle. It is able to take a sacred commitment, or **vow**. A vow is made to pledge loyalty to a lineage or spiritual teacher, to strictly uphold behavioral or ethical standards, to not reveal spiritual secrets, and to assume ministry under the aegis of the Initiates supervising the lineage and/or the Divine.

To adopt the adult role in society, the ability to make personal commitment is required. Those who are successful in their lives are those who are not afraid to make commitments, and honor these commitments and persevere in them despite obstacles, difficulties, or setbacks.

The higher order of commitment is required to succeed spiritually. **Discipleship** is founded on the ability of someone to make a commitment to a spiritual teaching and the teachers that promulgate that teaching. **Holiness** is based on the adoption of behavioral and ethical standards that promote purity, goodness, and virtue. **Accepted discipleship**, which confers the ability to teach and initiate on behalf of a lineage, requires even stricter standards than those mandatory for disciples on the path.

Consequences of violation of a personal commitment can have financial or legal repercussions, or result in the vitiation of the trust and respect of others, or loss of wealth, or a job or relationship. It can also result in failure to attain goals that they have set.

Breaking a spiritual commitment can lead to karmic darkening (sin) and loss of spiritual attainment (spiritual fall). The karmic sequelae of breaking a vow can lead to the necessity of reincarnation to work out these patterns until these individuals have reformed themselves.

Aspirants should meditate on the meaning of personal and spiritual commitments to ensure that they understand what these commitments require, and to sound their own willingness to make these commitments.

Disciples should be clear about the ethical and behavioral expectations of the path they have embraced and what additional requirements will become mandatory once they become teachers and initiators in this tradition.

Thank you for attending our webinar today!

