

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 17

In today's webinar, you will examine the Persona of the Metaconscious mind. The Persona of the Metaconscious mind is the aspect of your mind that allows you to use social skills and humor.

The Persona of the Metaconscious mind permits you to express yourself in ways that are appropriate in varying social situations; to establish friendships, romantic relationships, and business partnerships; to set limits in your relationships; to express caring, empathy, and sensitivity; to express different aspects of humor; and to express your spiritual nature through the personality.

The Persona

Excerpted from the Mudrashram® Correspondence Course

“The *Middle Emotional Vehicle* of the Self is also called the *Persona*. It is the masques of the Self, the roles you play in the social world. It expresses the social skills through which you relate to others in the courtesies and customs of social interaction. It is the harbinger of wit and humor. It allows you to play with others, to assume imaginary roles and personify other people. It carries the deep human caring by which you respond to others in crisis, grief and need. It also allows you to reveal your Self, and to bring your Soul into expression through drama, song, and dance.”

Meditation on the Persona

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 third from the far right (or the third from the lowest center if these array in you vertically) until you merge in the etheric body. Most people sense that the persona is in the area of their face and forehead.

Excerpted from "The Introduction to Meditation Workshop"

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In your Persona, you use verbal and behavioral skills to carry out your social roles. For example, you are expected to act one way at work, another way in the religious meetings you attend, another way in a party. Your Persona also allows you to express your humor and imagine the different ways you might respond in a particular situation.

As you meditate on your Persona, observe some of the different ways you use this Metaconscious faculty.

First, notice your social skills for courtesy and etiquette. [These include your expected social behavior with family, at work, and in your personal and professional relationships.]

Next, notice your ability to modify your voice to personify racial, ancestral, ethnic, or imaginative subpersonalities.

Next, notice your ability to use wit and cleverness when you communicate with others.

Next, notice your ability to create jokes and puns to make yourself and others laugh.

Next, notice your ability to tell stories and to make up imaginative and creative scenarios.

Next, notice your ability to show caring and comfort to others, and to treat them with sensitivity and love.

Finally, notice your essential Self beyond the masks of the Persona. Sense your ability to be real, authentic and genuine.

Another Meditation on the Persona

Excerpted from the Mudrashram® Correspondence Course

“The Persona is active within the Metaconscious mind, but also can channel the higher impulses of the Soul in advanced Initiates.”

“The ability to speak the wisdom of the Soul, to be a conduit of its intuitive knowledge and abilities can also be mediated through the Persona. It is perhaps because of the charisma and spiritual magnetism of the Soul being transmitted through the personas of certain individuals that cults of the personality are formed and maintained.”

“Reflect for a time on the social courtesies that you practice with others: what you say and what you do to put them at ease and to be polite.”

“Notice what roles you play in different situations in your life, and how you act differently in each situation.”

“Observe your ability to rehearse and role-play what you are going to wear, what you are going to say, and how you are going to act.”

“Now focus on your wit, and sense of humor. What strikes you as funny? What jokes or puns do you tell others? Can you personify others?”

“Next focus on the way you see your Self beneath the masques of the persona. Are you a caring person? A committed person? A conscientious person?”

“Consider the qualities of the Self that come out when you are not acting in your social roles, when you are being real and authentic. Spend a few moments appreciating the qualities of your real and authentic self. Where is it safe for you to express your real Self?”

Data for Further Meditations on the Persona

Form – the Self, surrounded by petals of a flower. Each petal represents a masque of the persona.

Energy – playfulness and humor

Quality – inauthenticity, game playing, insincerity

Intelligence – the ability to manage the impressions that others derive from our appearance, behavior, and speech

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

Base of spine (perineal)	Social skills for practicing expected social behavior. The rehearsal and practice of verbal and non-verbal behavior
Navel (sacral)	Wit and humor. The ability to laugh. [Changing the context of behavior to inappropriate or absurd situations produces humor].
Solar Plexus (lumbar)	Personification. The ability to personify the voice, mannerisms, and characteristics of others.
Heart (thoracic)	Comfort and caring. The ability to respond to other's pain and suffering with words and actions of kindness and sympathy. The ability to express your real and authentic Self.
Throat (cervical)	Channeling the voice of the Soul through the spoken word (satsang).

Point between the eyebrows (thalamic)	Channeling the intuition of your Soul as thought (jnana).
Brain (cerebral)	Channeling the Soul's ability or powers (shakti).

Volitional nexus – the ability to assume social roles when appropriate and to reveal the true Self and to express the Soul through the personality

Core of identity – The Self revealed behind its masques.

The Seven Rays and the Persona

The Seven Rays express through the Persona's operation as the mode of expression. These seven modes of expression are listed below.

Ray	Mode of Expression
1st	<i>Leadership and Authority</i> – In this mode, your posture, voice, and tone reinforce that you are the leader or the person in charge. In this mode, you may give commands, reprimand or rebuke others, and direct what others are to say or do. This type of expression is used in the military and law enforcement.
2nd	<i>Teaching and Helpfulness</i> – In this mode, your posture, voice, and tone soften, and you communicate helpfulness, caring, and encouragement to others. This mode appears when you are teaching or counseling others, or sharing your experiences to help others.

3rd	<i>Moral Admonition</i> – In this mode, your posture, voice, and tone communicate your displeasure with another’s behavior or speech, and you clearly make known your expectations and the standard that they were supposed to meet. This mode is commonly used in parenting. Clergy also use it to inculcate moral virtue; and managers, to correct and improve employee behavior and performance.
4th	<i>Role embodiment</i> – In this mode, you shape your posture, speech, and tone so you can portray others as if you were that other person. Actors, clowns, mimes, dancers, and other entertainers, who effectively “become their characters,” practice this mode.
5th	<i>Role rehearsal</i> – In this mode you practice the body postures, movements, voice, and tone required for a particular activity before you actually perform it for the public. Psychotherapists and counselors use this mode therapeutically to train in effective social skills and assertiveness—in this use, the client practices the skill in a realistic scenario, and gets feedback on how the skill can be improved. Those who do dancing, acting, or public speaking will similarly practice their performance and speech before someone who can give them feedback.
6th	<i>Courtesy and politeness</i> – In this mode your posture, speech, and tone are deferent and polite. You put your best foot forward and show yourself at your best. This mode appears when you are doing customer service, attempting to make a good impression on relatives, or during a job interview. You may also adopt this mode when you are attending a religious service in your faith; in this religious context, this behavior is called piety.
7th	<i>Humor</i> – In this mode, you use your cleverness and wit to make others laugh. You may express humor as plays on words (puns), poking fun at others (teasing and ridicule), recounting stories with funny “punch lines” (jokes), comparing two situations from a unique perspective (irony), or personifying goofy behavior (slapstick).

Reflections on the Social Skills

Excerpted from *Tools for Recovery* (unpublished manuscript)
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When we examine the social skills one by one, we discover that there are three major zones of expression. These are the zone of normality (skills 1 to 56), the zone of creativity (skills 57 to 64), and the zone of spirituality (skills 65 to 72). These arrays of skills comprise nine groups of eight skills each. They are listed below.

Zone of Normality

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|-----------|---|
| Group One | <ol style="list-style-type: none">1. Hello and response2. Thank you and response3. Excuse me or pardon me and response4. Introducing yourself by name and revealing what you do5. Asking another for their name and what they do6. Telling a little about your background: education, location, career, marital status, children7. Asking another about their background8. Sharing information about something you learned in school, on television or the media, or in a book9. Paying attention and listening to what another says10. Making eye contact11. Making firm contact in a handshake12. Touching someone to comfort them |
| Group Two | <ol style="list-style-type: none">13. Offering an extended hand to help someone14. Caring for another's injury or hurt by first aid or bringing ice, etc.15. Giving another a gift or a card for their birthday or a holiday16. Giving another an embrace or hug |

Zone of Normality (continued)

- Group Three
17. Dressing neatly and appropriately for the situation
 18. Being neatly groomed
 19. Having good table manners
 20. Letting others know where you are going so they won't worry
 21. Setting an appointment and keeping it, being on time
 22. Responding to interview questions about your education, qualifications, or experience
 23. Receiving instructions on what to do, clarifying any questions you have; completing the task, and reporting you have completed it
 24. Undergoing a critique, review, or evaluation of your performance, defending and acknowledging your decisions and successes, respectively
 25. Taking a person aside and letting them know something is out of place or inappropriate (e.g., their zipper is unbuttoned)
 26. Asking a person for their help, support, or to make a contribution
 27. Giving a person feedback on their performance or behavior
- Group Four
28. Admitting you made a mistake and apologizing
 29. Accepting public acknowledgement or praise and saying a few words
 30. Giving a speech or talk in front of a group
 31. Visiting someone who is sick or volunteering your services
 32. Teaching someone how to do something you have learned

Zone of Normality (continued)

- Group Five
- 33. Complimenting a person on their appearance
 - 34. Letting a person know you really like them and want to know them better
 - 35. Letting a person know you are attracted to them
 - 36. Asking a person to make love to you
 - 37. Talking about your feelings, dreams and aspirations (disclosing intimate subjects)
 - 38. Discussing your preferences for pleasuring
 - 39. Caring for and nurturing another to express affection
 - 40. Asking a person to marry you
 - 41. To express anger and to discipline another
 - 42. To assertively set a limit by saying you will not do something or forbidding another to do it
 - 43. To set a rule or standard and make explicit your requirements
- Group Six
- 44. To negotiate with another for something you want
 - 45. To comfort another who is grieving or despondent
 - 46. To listen to another's problems and advice them based on your experience
 - 47. To end a friendship or relationship that is no longer appropriate
 - 48. To disclose to another your pain, shame, disappointment and grief



Zone of Normality (continued)

- Group Seven
49. To introduce yourself with presence and charisma
 50. To perform publicly before others, e.g., to dance, do a concert or piano recital
 51. To assume leadership and take charge
 52. To render a professional opinion (to study and research an issue and report on it)
 53. To disclose about your finances or behavior and defend yourself before an agency of inquiry (e.g., a court)
 54. To initiate legal proceedings where appropriate against another who has wronged you
 55. To terminate another's employment or end a contractual relationship
 56. To negotiate a purchase or contractual relationship and abide by its obligations

Zone of Creativity

- Group Eight
57. Naughty or mischievousness humor
 58. Sarcasm or wry humor
 59. Exaggerated personification of another or playful ridicule
 60. Foolish humor (missing an important fact or doing something in an inappropriate context)
 61. Witty humor (making a play on words or mental set)
 62. Practical joke (leading someone astray by diversion and then pulling a surprise)
 63. Commentary humor (showing the consequences of behavior or reasoning by telling stories)
 64. "Zen" or detachment humor (being "god" in a situation, mime or silent humor)

Zone of Spiritual Expression

Group Nine

65. To heal another's body by channeling energy
66. To know another's thoughts or qualities by reading their aura
67. To convey spiritual comfort to another, to calm their emotions
68. To answer another's deepest existential questions from wisdom
69. To guide another into a meditative state
70. To speak to another's spiritual heart
71. To speak the truths or mysteries of the Soul (satsang)
72. To pray on behalf of another and/or to minister the Light to them

The **zone of creativity** comprises the eight expressions of humor. The **zone of spirituality** consists of eight ways in which your spiritual essences are communicated to others through ministry and inspired speech.

The Masters of the Mudrashram® lineage also describe a channel of knowledge that leads beyond the personality, that they call the **range of noetic communion**. They describe this transpersonal extension of the persona as follows:

These are states of direct insight and union... that constitute moving beyond the normal, creative, and ministerial aspects of personality expression [through the persona]. These are states of wisdom, understanding, compassion, and empathy that transcend the normal distinctions of self and others—I and you, us and them.

[This zone] is a unified field of perception, which is all-inclusive, [that permits] the direct apprehension of [Metaphysical] Laws or principles substanding and antecedent to human personality interactions. They correspond to insight into the personal unconscious, three astral realms (classically portrayed as hell, purgatory and heaven), and the causal mental realm...

Thank you for attending our webinar today!

