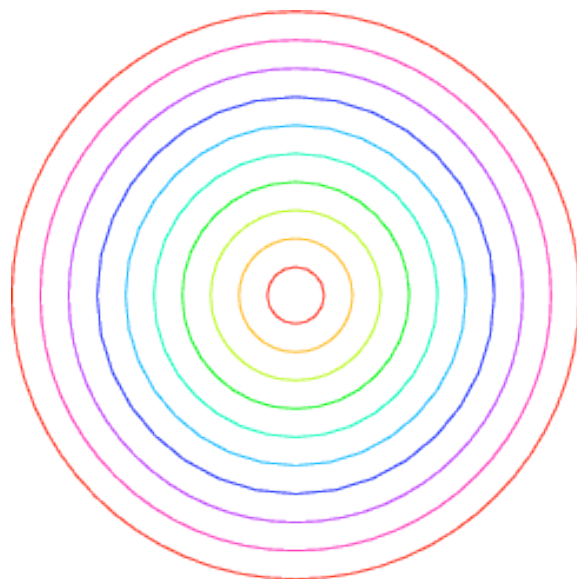


Locating Focal Points

“Beginning meditators [tell us that they] do not know how to differentiate the different states of awareness, and are often unable to discern where they are on the Continuum of Consciousness. Meditation training trains the attention to recognize each vehicle of consciousness or state of awareness and to locate it as a landmark on an inner map. Once a vehicle has been located, the meditator can use that landmark as a focal point for concentration.”¹



“Landmarks are usually visual markers—a color, an image, an inner center or chakra. But it is possible to also use tactile kinesthetic markers, such as a felt sense of great peace, or a felt sense of inner power cued to an inner vehicle of consciousness; or auditory markers, such as a high frequency tone associated with each state of awareness.”²

¹ Excerpted from Boyd, George (2009) “A Guide for Perplexed Meditators: Finding a Simpler Way to Go Within,” page 3.

² Loc. cit.

What Are the Focal Points?

We use the following focal points for the **Conscious mind**:

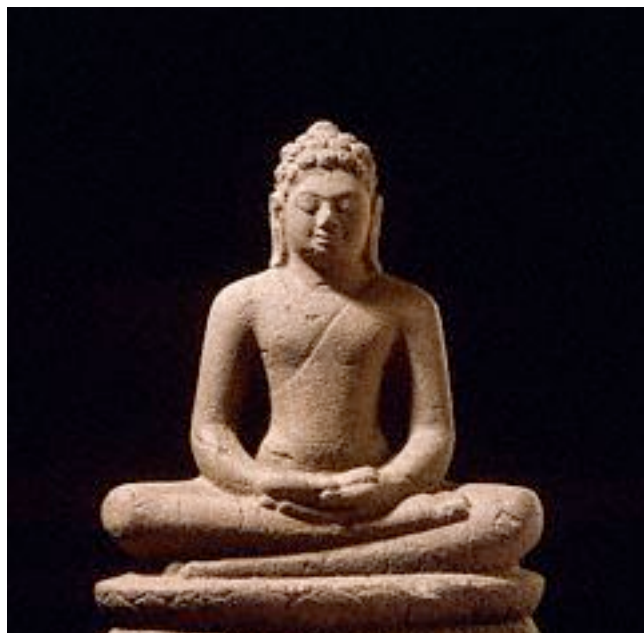
- (1) Waking state of awareness
- (2) Awareness of movement/body position in the present time
- (3) Awareness of sensations from the environment in the present time as vision, sound, smell, taste, and touch [This center is also called the sensorium.]
- (4) Awareness of sensations arising from within the body in the present time such as heartbeat, peristalsis, breathing, or muscle tension [This center is also called the physical seed atom.]
- (5) Awareness of emotions arising in the present time [This center is also called the emotional seed atom.]
- (6) Awareness of thoughts arising in the present time [This center is also called the mental seed atom.]
- (7) Awareness of the identity states of the ego arising in the present time [This center is also called the Egoic seed atom, or more simply, the ego.]
- (8) Awareness of impressions and memories entering conscious awareness from the Subconscious mind [This center is called the Preconscious.]
- (9) The gate of the Subconscious mind [This center is also called the Etheric Veil.]

The focal points that we use for the **Subconscious mind** include the following:

- (10) The five temporal points
 - (a) The present time in memory
 - (b) The first conscious memory
 - (c) The memory of birth in the personal unconscious
 - (d) The memory of conception in the personal unconscious
 - (e) The blissful atom of the Soul, revealing the experience of eternity
- (11) The Creative Intelligence Centers (the chakra system of the Subconscious mind)
 - (a) Seat of the Kundalini (perineal center)
 - (b) Chakras in the awakened part of the spinal tube
 - (c) Chakras in the unawakened part of the spinal tube
 - (d) Seat of the attentional principle (pituitary center)
 - (e) Seat of the spirit/entrance to the current that leads to union with the spiritual heart (pineal center)
 - (f) Reflection of the Soul's development (brain center)
- (12) The astral body of the Subconscious mind
- (13) The causal body of the Subconscious mind
- (14) The 13 toruses of purpose
- (15) The eight petalled lotus center

Similarly, there are focal points for the **Metaconscious mind**:

- (16) The etheric body
- (17) The desire body
- (18) The persona
- (19) The conscience
- (20) The concrete mind
- (21) The intellect
- (22) The personal intuition
- (23) Volition
- (24) The active form of the Self
- (25) The passive form of the Self [This center is also referred to as being, or the voidness of consciousness.]



As we move through the focal points today, we are going to see if you can identify “handles” to “get a firm grasp” for each of the focal points we will explore in our webinar today. You will recall from our webinar on 10/30/10 that there are 12 different tracks for going within.³

In our meditation today, we will look at each of these 12 markers to see which of these trigger “recognition” of this inner center for you. You will recall these tracks are:

- (1) Visual
- (2) Breath
- (3) Taste/Smell
- (4) Auditory
- (5) Touch
- (6) Ladder Analogy
- (7) Voice Analogy
- (8) Stellar Analogy
- (9) Chakra Analogy
- (10) Mandala or Yantra Analogy
- (11) Symbolic Analogy
- (12) Figure Ground Analogy

³ Boyd, George (2008) “The Journey Inward: Tips for Beginning Meditators,” in *A Mudrashram Reader: Understanding Integral Meditation*, page 149 to 151.

Withdrawal to the Medulla Center

The first step in meditation is the withdrawal of the “cloud of mind stuff” to the focal point of the attention at the medulla center. The next step involves the movement of this focused globe of attention to the next focal point.

Each successive focal point is on the inner thread of consciousness. As you follow this thread of consciousness, you may feel that you are going “up,” or “in,” or “deeper.”

For many meditators, this in itself is challenging, as their mind is engaged with the outer world and the sense of embodiment.

Below this medulla center are 13 sub-centers. Your energy must be withdrawn from each sub-center to allow your attention to rise up. These centers are:

Feet	Wheel of Time (the Cosmic Clock mirroring your state of spiritual evolution)
Base of Spine	Death
Navel	Coma
Solar Plexus	Sound Sleep
Heart	Dreaming Sleep
Throat	Light Sleep
Brain	Seven Etheric Vortices of Embodiment
Medulla Center	Seat of the Attention (the waking state of awareness)

You begin meditation by holding the focus of your attention on the medulla center. Your energy and awareness flows into this center, and then your attention and awareness begins to rise to the next focal point.

We will begin our guided meditation today on the centers of your Conscious mind. Your task will be identify which of the 12 tracks allows you to get a clear sense of the focal point—note there may be more than one that evokes this sense, and for some of you, all of the 12 tracks will evoke this center.

We will train you in the basic and augmented Han Sa Breath today, so you can make more speedy progress in your exploration of the focal points.

This is a basic practice, but if you can master it, it will be much easier for you to control where you focus your attention, to keep your attention focused there, and contemplate the contents of your awareness at this center.



On Doing Meditation Successfully

“I believe that it is important to have the experience of successful meditation, because that gives you the internal rewards to want to continue. There is so much that demands our attention outwardly: work, family, children for some people, and the many chores and tasks that have to be done. I think it helps to schedule meditation—but more importantly, to set a goal for each meditation.”

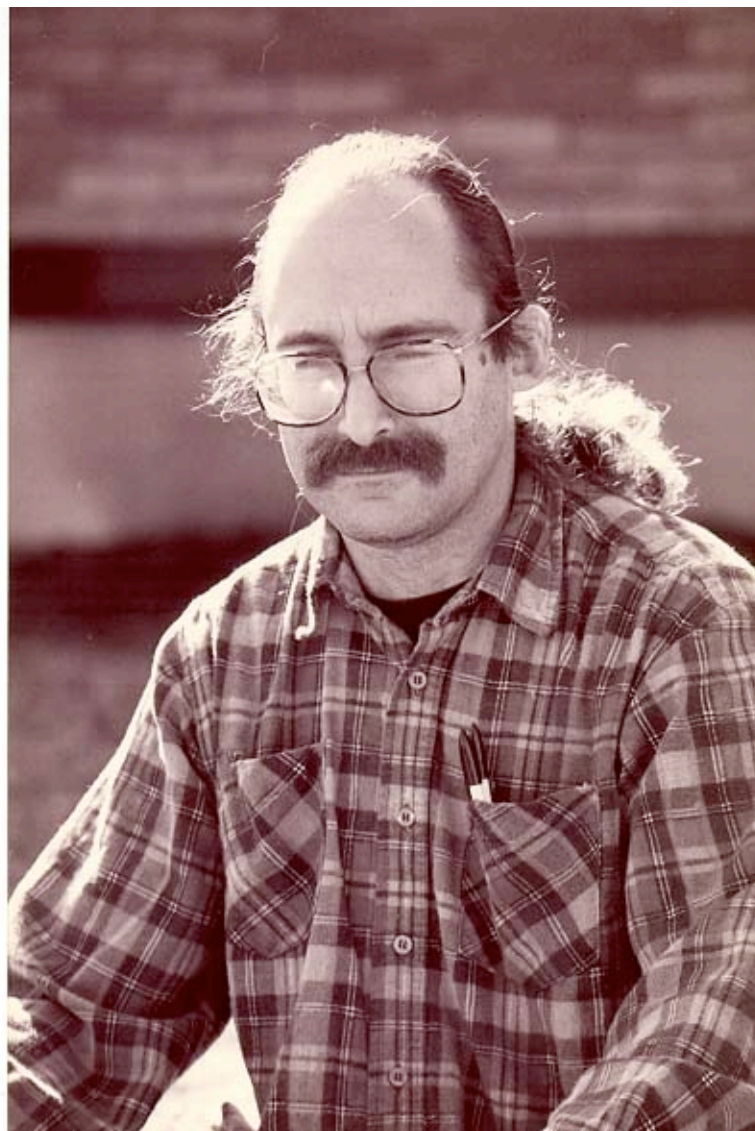
“You can program each meditation to extend your bubble of knowledge and discovery through the focal points, to the attentional principle, to your spirit, to your Soul. How can you do this? Start by really *getting* each focal point. “This” is my waking state of awareness. You are sure of the state. You recognize it. It is clear to you.”

“You go on to the life focus/movement center. You clearly perceive that state of awareness, and you can say with knowledge and confidence, “This is my movement center,” or you might say, “This is the center where I am aware of my life unfolding at the present time.” You are sure of the state. You recognize it. It is clear to you.

“You proceed in meditation from this firm platform. You practice the ability to move to one focal point until you can build a bridge to your attentional principle, through the pineal doorway to your spirit, to your Self, and to your Soul. You know each step. You can go there at will.”

“This takes practice and time, but it is something you can accomplish if you will make this your intention... Our meditation system is not one that we ask you to take what we tell you on faith, but that you can take each step and can verify for yourself each focal point within you, from waking awareness up to Satchitananda.”

“The Objective of Meditation
is the Mastery of Your Own
Consciousness”



Thank you for attending our webinar today!

