

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 20

In today's webinar, you will examine the Concrete Mind of the Metaconscious mind. The Concrete Mind of the Metaconscious mind is the aspect of your mind that allows you to plan and carry out your goals and objectives.

The Concrete Mind visualizes the completed goal image, sets up strategic and tactical plans to achieve it, schedules, itemizes items to be accomplished, and checks them off as they are accomplished. It permits organization of your time, your action, and your resources to achieve maximum efficiency of your efforts. The Concrete Mind is the aspect of your Metaconscious mind that enables you to work and to function as an adult in your society, carrying out your duties and responsibilities.

The assignment of homework, projects, and term papers in school help develop this aspect of the mind. This prepares you to work. It is refined to a high degree through your career in civilian or military life.

The Concrete Mind

Excerpted from the Mudrashram® Correspondence Course

The *Lower Mental Vehicle* is called the *Concrete Mind*. It is the like a project manager in your mind: scheduling, planning, remembering the tasks you have to work on, the points you wish to make in your public talk, and organizing your activities and work space so you can function efficiently and effectively. The Concrete Mind allows you to translate your objectives into action, your goals into reality.

The Concrete Mind permits you to work, to carry out projects and to meet deadlines. It enables you to clearly visualize the steps to achieve each of your goals, and to check off each one as you accomplish it.

Meditation on the Concrete Mind

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 fifth from the far right (or the fifth above the lowest center if these array in you vertically) until you merge in the Concrete Mind. Most people sense that the Concrete Mind is in the area of the point between the eyebrows.

Excerpted from "The Introduction to Meditation Workshop"

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The Concrete Mind translates your goals into discrete behavioral sequences. It confers the ability to plan and schedule. It allows you to evaluate the results of alternative plans. Using your Concrete Mind is essential for you to complete work, project, and task objectives. The Concrete Mind initiates operation on the environment through action. To familiarize yourself with its operation, contemplate the Concrete Mind through its seven sub-bands.

Notice your ability to identify key points, e.g., in lectures, readings, or presentations. This also includes your ability to mark discrete information as important to remember.

Notice your ability to recognize what constitutes completion of a goal.

Notice your ability to plan and identify the discrete behavioral sequences necessary to accomplish the goal.

Notice your ability to schedule your goals.

Notice your meta-goals, the objectives that you set for your entire lifetime. These are your life goals.

Notice your ability to isolate the change factors, the factors that contribute to success or failure towards accomplishment of the goal.

Notice your mind's eye, which allows you to visualize the outcomes of alternate tracks to accomplish the goal.



Another Meditation on the Concrete Mind

Excerpted from the Mudrashram® Correspondence Course

Meditation on the Lower Mental Vehicle (Concrete Mind)

The Lower Mental Vehicle (1) needs to know facts and to gather information, (2) attends to each detail, (3) requires concrete knowledge: who, what, where, when, how, and why, (4) directly carries out the behest of will, (5) permits a human being to work, (6) sets goals and objectives, prioritizes them and carries them out, (7) visualizes goals, and aims to bring them into fruition in life, (8) links the present-time single behavior of the Conscious mind into a series of steps that follows a definite plan, (9) creates a sense of the future, and (10) can calculate possible outcomes and can project alternate scenarios.

We urge you to develop the practical and pragmatic Concrete mind by learning to do a wide variety of work tasks and by active goal setting. This will assist you to achieve success in your human life. We further point out that becoming successful in human life in no way conflicts with developing spirituality, and that you can actualize your personal potentials without causing harm or injury to others and without violating the rules of your Conscience.



Actualizing Your Goals

[In our book, *The Practical Applications of Meditation in Daily Life and Education*, we discuss] doing an inventory as a means of assessing what it is you desire in your life. [The inventory recommends that you make] written lists of

- 1) What you wish
- 2) What you desire
- 3) What you need
- 4) What you have decided is essential, a priority in your life
- 5) What you are willing to commit to
- 6) What is an obsession or addiction in your life
- 7) What you choose to create in your life

[If you have not done this exercise in that book, take some time now and do so. We will go over this briefly in this webinar; you may wish to expand upon it with additional reflections. You will need to identify two or three key items for this exercise].

Examine your lists. Are there any similar items that show up under your needs, priorities, and willingness to make a commitment to them?

These are the objectives that you have formulated as goals. You need them. They are important to you. You are willing to do whatever it takes: to commit your time, your energy, your intelligence, your money and your efforts to making them real. These are not preferences or wishes, or desires you cannot fulfill in your life at the present time, but items you are capable of working on and achieving given your current abilities, education, and resources.

Out of these items you have identified as goals, select one. The steps to actualizing your goal are as follows:

- (1) Make a step-by-step plan on how you will carry it out.
- (2) Determine what you will need to carry it out (money, people, etc.). Obtain those resources.
- (3) Develop a contingency plan to deal with things that may go wrong, and implement them as needed.
- (4) Take action and accomplish your goal.
- (5) Check off the item on your list and acknowledge yourself for accomplishing your goal.

Data for Meditation on the Lower Mental Vehicle

Form – a sphere of concentric circles with a clear sphere in the center.

Energy – planned, methodical, and purposeful activity

Quality – intelligent activity, work

Intelligence – the ability to organize activity to accomplish discrete goals and tasks

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

Base of the Spine (perineal)	Scheduling – placing behavior in a temporal frame by the use of calendars and scheduling books.
Navel (sacral)	Researching – gathering information relevant to a topic or a task.
Solar Plexus (lumbar)	Organizing – arranging objects in the environment to increase order and efficiency, clarifying the requirements to carry out a task
Heart (thoracic)	Planning – identifying the behavioral steps to carry out a goal
Throat (cervical)	Managing – coordinating the people and resources to accomplish a goal.
Point between the eyebrows (thalamic)	Tactical (project) and strategic (long term) goal setting – identifying long and short term goals
Brain (cerebral)	Prioritizing – assigning importance to goals
Central sphere (The "mind's eye")	The ability to visualize and monitor the progress toward each of the identified goals

Volitional nexus – the ability to organize activity to achieve discrete goals and objectives

Core of identity – the goal-setting intelligence of the mind

The Seven Rays and the Concrete Mind

The Seven Rays express through the Concrete Mind as different modes of operation. These seven modes of operation are listed below.

Ray	Mode of Operation
1st	This activity brings the awareness of your volition actively directing your personality to carry out a particular objective that you have planned to do. This activity executes the plan.
2nd	This activity organizes the points you are going to make in a speech or presentation. It also allows you to capture the main points in someone's lecture or presentation, and enables you to take notes. This activity communicates.
3rd	This activity of the concrete mind formulates your goals as long-term strategies, medium-term tactical objectives, and short-term projects. It also elaborates contingency plans to deal with situations that do not go as planned. This activity plans and prioritizes.
4th	This activity senses where you are now on your journey to the goals completion, acknowledges what you have accomplished, and visualizes what remains to be done. This activity assesses your progress.
5th	This activity fills in the details of your plan, including what sequence of behavior will be required, what resources or funds, over what timeline each item of the project will be accomplished, and whose cooperation will be required to perform the task. This activity schedules, coordinates, and organizes the plan.

Ray	Mode of Operation
6th	This activity creates the motivation, enthusiasm, and excitement about the objective. This cheerleader within the mind persuades others why the activity is important, and why they need to participate, invest, donate, provide assistance, cooperate, or get behind the successful completion of the project. This activity sells the project.
7th	This activity of the mind looks at the final presentation, product, or service, and fine tunes its packaging, its marketing, its presentation, and its final content. It may edit, suggest, revise, change, or remove some aspect of the presentation, product or service to improve it. This activity shapes the end result, to enable you to achieve excellence.

Learning to use your Concrete Mind effectively is a requirement for personal success and to fulfill your responsibilities to your family, in your career, and in your community.

A well-developed Concrete Mind is one of the grounding factors for the aspirant and disciple—when inspired with the utopian visions and lofty ideals of the path—this puts both of their feet back on the ground.

If you seek to make your dreams real, you must operationalize those dreams with concrete goals and plans to carry them out, and you must stay with this process from beginning to end.

It is not enough to simply suggest an idea for a solution, and expect others to carry it out. In many situations in our lives, it is up to us to carry the ball to the goal line.

If you discover that this aspect of your Metaconscious mind is weak, you can begin to rectify this by learning goal setting, organization skills, and by beginning to set and accomplish short-term goals. You can strengthen this mental muscle by using it.

We hope that you will use your Concrete Mind to achieve personal success and to actualize each of your dreams.

Thank you for attending our webinar today!

