

Practical Objectives of Meditation

One of the things you must emphasize when you sit down to meditation is meditating with a purpose. After you have moved your attention to the level where you are going to do your inner work, you will perform your meditation, and then come back to waking awareness. What are some of these things that you will do when you go into meditation?

There are practical things you can do in meditation. You can:

- Contemplate what arises in a vehicle of consciousness in the present time (Vipassana)
- Use the breath or other method to gain union with the Self and begin working on your personality from that empowered vantage point (Centering methods)
- Give a suggestion to change your behavior (Autohypnosis)
- Change limiting beliefs (Affirmation)
- Work out emotional issues (Process meditation, Mandala Method, Rainbow Technique)
- Study your inner vehicles of consciousness (Samyama practice of Raja Yoga)
- Get guidance to make important decisions (Little Sun Method, Stepping Stones Method, and Receptive Meditation)
- Deeply think through ideas to understand them and integrate them (Little Sun Method, Inquiry, Meditation on Pairs of Opposites)
- Determine what are your authentic values and discover your own sense of truth (Dharma Yoga)
- De-stress yourself after a stressful day (Watching the breath, Relaxing into the Self, Vipassana on Body Awareness)
- Energize yourself when you are feeling tired (Basic Agni Yoga Technique)

These are methods that you learn in the Accelerated Meditation Program and the Mudrashram® Master Course in Meditation that have practical applications. You also learn about the spiritual techniques in these courses.

Spiritual Objectives in Meditation

You can also work on spiritual objectives when you sit down to meditate. Among these spiritual objectives are:

- Unite your attention with your attentional principle, move your attentional principle out from the pituitary center, and journey inward to unite with the Soul (Purusha Dhyana, direct projection method of Raja Yoga)
- Commune with the inner guide (Guru Dhyana meditation – you learn this meditation in the Mudrashram® Advanced Course in Meditation and the Satsang Program Home Study Course)
- Send the Light of Spirit to minister to others (Attunement Meditation – you learn this meditation by attending our Light Sitzings)
- Open the channels of the inner light and sound and let your spirit travel back to its origin (Nada Yoga)
- Awaken the energy of awareness to open the potentials of the entire mind (Kundalini Yoga – AMP students can get this as a special consultation when you complete this course)
- Gain intuitive knowledge from the Superconscious mind and discern your own spiritual nature (Wisdom and Discernment aspects of Jnana Yoga)
- Unfold the spiritual potentials of your Soul using your transformational mantra (Bija Mantra)
- Raise your attention into communion with God (Chanting, Prayer)

Meditation students need to realize that there are times when they will put time aside to work on developing their personality using the practical techniques of meditation; there will be other times when they focus on the spiritual objectives of meditation. We recommend that you do your spiritual work daily; supplement this, as needed with the personal work.

This really is not an either/or proposition. It is both/and—you can do meditation for personal objectives along with your spiritual development. Your objective will be to generate transformation at both levels of your life: at the level of personality and in your spiritual essence.

Generating Transformation

So what does it mean to generate transformation? Transformation can happen to you at the personal level and also at the spiritual level. At the personal level, we call it personal transformation. At the spiritual level, we call it Initiation.

But before we discuss what transformation is and how you bring it about, it is important for you to understand how transformation fits with all of the different results that you can achieve from working on yourself, using psychotherapy, hypnosis, or self-help methods. We call this the Human Growth Continuum. You can read more about this in our book, *Meditation for Recovery: Key Techniques for Maintaining Sanity, Sobriety, and Serenity*—the entire article is on pages 59 to 66. We also excerpt from this article on our website:

<http://www.mudrashram.com/transformation2.html>.

THE HUMAN GROWTH CONTINUUM

New Awareness – moving from normal waking consciousness into another state.

Insight – becoming aware of the causal or associated events preceding a present attitude, behavior, or life condition.

Catharsis – reliving painful life experiences and expressing the emotion buried in them.

Release – letting go of old attitudes and long-standing negative emotions.

Re-choosing – deciding upon a new life direction or a new life script; deciding to alter fundamental conditioning.

Rebirth – awakening to your transpersonal or spiritual life.

Breakthrough – moving through inner blockage into states of spiritual absorption or attunement.

Synthesis – forming a coherent, unitive understanding of your life and your place in the universe.

Transformation – creating a lasting change in your behavior, life condition, health, character, values, life direction, spiritual development, or in the level of your ability or Being.

Initiation – making a quantum leap in spiritual development, level of your ability and Being, together with being empowered by the Divine to use this new knowledge and ability in the service of self or others.

“Transformation involves a lasting change. This change can be in form, in energy or vitality, in feelings or values, in viewpoint or beliefs, in goals or life direction, in spiritual consciousness or inner quality (virtue), or in the state of your Being. You can be transformed by an experience, by a sudden revelation or realization, by a phrase in a book or a line in a movie, by an insight gained by inner process, by the touch of Divine Grace. You change, and you are forever, not the same.”

What Are Some Ways You Can Transform Personality?

When you consider your personal life, there are a number of areas you can transform:

- Your living space or housing
- Your personal appearance
- Your weight
- Your health, vitality, and energy
- Your mood
- Your attitudes
- Your knowledge and education level
- Your career—advancing and earning more money
- Your wealth and financial situation
- Your abilities and talents—from absolute beginner to mastery
- Your ability to achieve success and reach your dreams
- Your ability to overcome character faults or addictions

What Does It Take to Transform at the Personal Level?

To transform yourself at the personal level, there are seven things you need to do. Select what area you want to transform, then:

- (1) Have a *Clear Vision* of what you want to become
- (2) Learn a *Doable Method* for attaining what you visualize
- (3) *Use that Method* until you succeed
- (4) Keep your *Commitment and Perseverance* despite obstacles or setbacks
- (5) Continue to *Correct and Improve* your performance
- (6) Have *Faith* you can achieve this goal and don't give up
- (7) When you achieve your goal, *Help Others* to do the same

Let's do this now! What do you want to transform? Pick something to work on.

What will it look like when you have transformed yourself? [Imagine this in great detail]

What is a doable method (something you can now use, afford, understand, and implement given your current situation) that will allow you to achieve your goal? [If you don't have a workable method, consider what someone else has done to succeed in the area that you seek. *Your quest will be to find a solution that works for you.*]

What does it mean for you to regularly and consistently use that method?

What does it mean to maintain commitment and perseverance? When have you done this in the past?

When you make a mistake or have a slip, how do you study to see how you can improve your performance?

What does it mean to have faith and not give up?

What does it mean to succeed and reach your goal? How can you help others?

By doing this process, you start the process of change leading to personal transformation. Today you plant the seeds. Determine now you will transform!

Spiritual Transformation

Those of you who have taken the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program have been given a transformational mantra. *This technique is probably the most important thing that anyone could ever give you.*

What would you say if someone gave you a method that

Enables you to unfold your Soul through each nodal point in the Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental Levels of the Great Continuum of Consciousness?

Draws down the Spirit to burn away the karma behind your Soul and your vehicles of consciousness, so that you can awaken all of your dormant potentials?

Lets you speed up your spiritual evolution so that you do the work of hundreds, even thousands of lives, during this life?

Allows your Soul to actually move into the Presence of God?

Gives you the keys to realize your Soul's Purpose?

Permits you to enter Liberation and to unfold in yet higher octaves of spirituality beyond your current spiritual horizon?

Grants you the key to Initiation, by which you progressively move forward on your Path and receive Divine empowerment to carry out your service to all life?

That is what you have been given.

“7 And then the twelve disciples heard a voice, a still small voice, and just one word was said, a word they dared not speak; it was the Sacred name of God.”

“8 And Jesus said to them, by this omnific Word you may control the elements and all of the powers of the air.”

“9 And when within your Souls you speak this Word, you have the keys of life and death; of things that are; of things that were; of things that are to be.”

Excerpted from Dowling, Leo [Levi] (1964) *The Aquarian Gospel of Jesus the Christ*
Santa Monica, CA: DeVorss & Co., Publishers, page 131

Aspiration

You have the chance to attain that objective to which you aspire. But what is the object of *your* aspiration?

Some aspire to achieve their personal and material objectives and stop there.

Some aspire to be virtuous, receive the blessings of their God, and to hope they will merit Heaven when this life is through.

Some aspire to reach that form of God that dwells on the inner horizon of their vision, that form of God in which they invest their hope and trust, and to whom they say their prayers.

Some aspire to the state of Mastery embodied by their Preceptor, their Guru, or their Sat Guru, at the culmination of the Path they were revealed.

Some aspire to Liberation, to be free from the necessity of rebirth in this world of sorrows.

Some aspire to attain mighty powers and be a Siddha, and use their powers to control matter and mind.

Some aspire to be empowered by Light, and to minister the Grace and Love of God to others.

Some aspire to go all the way—to gain Mastery, and to make their Full Ascension in this very life.

To what do you aspire? Can make a resolution and commitment that:

You will do whatever it takes to attain it?

You will not stop in your quest until you have grasped your prize?

You will spend the time and make the effort necessary to attain it?

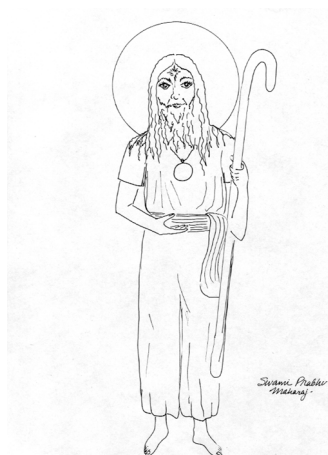
You will attend to every detail and make sure that everything is complete?

If you will not faint in your effort, O Aspirant, you can reach that Goal you seek.

Keys to Using Your Transformational Mantra

If you will use the key you have been given to unfold your Soul:

- Dedicate your self to achieve the object of your spiritual aspiration
- Ask for the Grace and Protection of the Masters
- Know how to use the technique correctly
- Know how to activate the mantra
- Know why you use it
- Know your target – where to aim and where to strike
- Keep doing the mantra until you get the number of downpours that is the objective of your meditation today.
- After the transformation is complete, study to see what is new in your Soul.
- When you are done, ask to use what has been given to you to be of service, to carry out your purpose, and to be guided in right activity in your life today.
- Do not stop. Do not give up. Do not let any obstacle hold you back from reaching the Other Shore.





Thank you for attending our webinar today!



A Webinar of the Mudrashram® Institute of Spiritual Studies