

## **An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 22**

In today's webinar, you will examine the Personal Intuition of the Metaconscious mind. The Personal Intuition of the Metaconscious mind is the aspect of your mind that allows you to check in with each level of your personality to know what that part of you is experiencing.

The Personal Intuition can be extended to other people to sense what they might be feeling or experiencing. In this function, Personal Intuition augments your ability to feel empathy for other people, and to understand their experience and motivations.

Personal Intuition is one of the ways you come to know your Self. It can also be used to sort out conflicts and to help you make a congruent decision.

### **The Personal Intuition**

Excerpted from the Mudrashram® Correspondence Course

The *Higher Mental Vehicle* is called the *Intuition*. It is this faculty that allows you to become aware of all of the levels of your Self, and to empathically enter the psychological worlds of others. It allows you to eavesdrop on your thinking, to monitor the scheming of your ego, and to sense your feeling states. Intuition is an experiential sense, for it sees the activity of your inner vehicles, as they are—beyond the descriptive labels of language, the metaphors of symbol and formula that the intellect uses.

## ***Meditation on the Personal Intuition***

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 seventh from the far right (or the seventh above the lowest center if these array in you vertically) until you merge in the Personal Intuition. Most people sense that the Personal Intuition is in the area of the temples and the temporal lobe of the brain.

Excerpted from “The Introduction to Meditation Workshop”

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Your Personal Intuition makes you aware of the each of the levels of your Conscious, Subconscious and Metaconscious mind. It promotes insight and self-knowledge into what is going on with you in each area of your life, and in each level of your mind. It gives you the ability to “check-in” with different parts of your whole personality to monitor your progress or gain more understanding about any problems you might be having in that part of you.

Contemplate the seven zones of your intuition as follows:

Look at your ability to gain a global sense of the possibilities of the environment, your felt-sense of the world around you.

Look at your ability to sense what is going on within your body.

Look at your ability to become aware of the functions of your Conscious mind, your experience arising in the present time.

Look at your ability to become aware of personal history and lived experience, both that which can be consciously remembered and those aspects of experience that exist outside conscious awareness.

Look at your ability to be become aware of the chakras, the astral body, and the causal body and higher centers of your Subconscious mind.

Look at your ability to become aware of the contents of the vehicles of your Metaconscious mind.

Look at your ability to sense your global potentialities, your strengths and weaknesses, and who you are as a whole individual.



## **Another Meditation on the Personal Meditation**

Excerpted from the Mudrashram® Correspondence Course

### *Meditation on the Higher Mental Vehicle (Personal Intuition)*

Intuition is your ability to see into your inner vehicles and to sense the experiences of other people. As you become more aware of the functioning of your higher vehicles, you will also become more sensitive to others. Intuition is holistic, and combines both a felt-sense and a visionary sense. It operates in each of your active vehicles in your Conscious, Subconscious and Metaconscious mind.

#### *Intuitive Sensing*

Practice getting a whole, felt sense and any image that comes to you for the following intuitive foci within your personality:

- The sense of your physical body
- The sense of your current emotional state
- The sense of your current mental state (rational mind)
- The sense of your ego's experience
- The sense of any emerging material arising in the Preconscious
- The sense of the operation of your Subconscious mind
- The sense of the operation of your astral body
- The sense of the operation of your causal body
- The sense of your etheric vehicle

- The sense of your emotional vehicle
- The sense of your mental vehicle
- The presence of your Self

After you have practiced by yourself a number of times, you may wish to ask a partner to participate with you in this exercise. You can practice becoming empathically attuned to each of these intuitive foci for the other person, and ask the other person to tell you what they sense in you.

This practice is particularly valuable for counselors, psychotherapists, and body workers, for whom empathic responsiveness to clients is an important skill.



### ***The Polling Technique***

In the polling technique, you use your intuition to “check in” with each level of the Conscious, Subconscious, and Metaconscious mind. This method helps you determine what might be contributing to your resistance to change or your reluctance to follow a particular course of action. It also helps you identify which “parts” of you are in favor of your decision, and those that are opposed.

You can then dialog with each opposing aspect of you to discover what are the objections or misgivings to enacting your proposed plan.

You can do polling in one of two ways:

- (1) Getting a yes/no decision [or not applicable, when the question you are asking is not relevant—for example, asking your physical body for its opinion about taking up astral projection]
- (2) Asking for the reasons that part is opposed to carrying out your plan, what it recommends instead, and why.

These two personal polling strategies are combined in the chart on the next page, which gives you the option to explore objections in a deeper way.

Using the Polling Technique will grant you insights into why you might be reluctant to commit to a course of action, and can be a tool to sort out your thoughts about it pro and con.



*A Webinar of the Mudrashram® Institute of Spiritual Studies*

Aspect of Personality	Yes (approve)	No (Disapprove)	Does not apply	Reasons given for support or rejection	Alternative options suggested
Movement Awareness					
Sensory Awareness					
Body Awareness					
Feeling Awareness					
Reason					
Ego					
Preconscious					
Memory					
Intuitive intelligence of the chakras					
Astral body (Imagination)					
Desire Body (Commitment)					
Persona					
Conscience					
Concrete Mind					
Intellect					
Self					

## **Data for Meditation on the Higher Mental Vehicle**

**Form** – A web of shining, silver threads uniting in the Self.

**Energy** – the self-aware state of mind

**Quality** – self-observation, contemplation

**Intelligence** – the ability to sense the activity of the vehicles and the presence of the Self

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

Base of Spine (perineal)	The field of the environment, the senses and the physical body
Navel (sacral)	The field of relationships, emotional experience of self and others
Solar Plexus (lumbar)	The field of reality, the operation of reason, the creation of boundaries
Heart (thoracic)	The ego, the network of psychological defenses, the grasping tendencies of desire
Neck (cervical)	The Preconscious, the functioning of the Subconscious mind and the intelligence of the chakras
Point between the eyebrows (thalamic)	The attentional principle, the astral and causal bodies
Brain (cerebral)	The etheric, emotional and mental vehicles of the Metaconscious mind, and the presence of the Self

**Volitional** nexus – the ability to sense the current activity of the vehicles of the Self.

**Core of identity** – the intuitive intelligence of the Metaconscious mind.

## **The Seven Rays and the Personal Intuition**

The Seven Rays express through the Personal Intuition as different filters for observation of the inner vehicles. These seven filters are listed below.

Ray	Intuitional Filter
1st	This filter examines the choices or decisions that are made at each level. [This filter is used in polling.]
2nd	This filter assesses the feelings at each level, which may take the form of opinions, attitudes, preferences, or desires.
3rd	This filter tracks the beliefs at each level about a specific topic or object.
4th	This filter views the perception of each level and shows its viewpoint about a topic or object.
5th	This filter traces the memories and associations at each level that are evoked by a topic or object.
6th	This filter uncovers the moral rules that govern behavior at that behavior, and determines which of these ethical admonitions encourage behavior and which inhibit it.
7th	This filter evaluates performance at each level and makes a global assessment of personal strengths and weaknesses.



Thank you for attending our webinar today!

