

An In-Depth Exploration of Your Vehicles of Consciousness Focal Point 19

In today's webinar, you will examine the Conscience of the Metaconscious mind. The Conscience of the Metaconscious mind is the aspect of your mind that allows you to formulate values and standards, and to hold yourself and others to these standards.

The Conscience of the Metaconscious mind enables you to compare your behavior, words, and beliefs to the standards you have stored within to determine whether you are deviating from your ideas of what is right and appropriate. This process of self-examination is called **introspection**. You can also revisit the values you have learned and see if they are still appropriate—in which case you can remove outmoded values—this is called **values clarification**. You can adopt new values as you learn the ethical codes of your profession, the moral principles of your spiritual organization, or in response to insights gained during introspection—this is called **values acquisition**.

The Conscience

Excerpted from the Mudrashram® Correspondence Course

The *Higher Emotional Vehicle* of the Self is also known as the *Conscience*. It is the repository of your values, the ethical rules by which you guide your actions and your speech.

Your Conscience tells you what you should do, what you ought to do, what you must do to live up to your ideal. It contains your idealized image of the Self, the person you feel you should be, but are not now.

It torments you with its demands that you do it better, faster, more honestly, more perfectly. It inspires you with what you can be, with only a little more effort, a little more progress.

It is the guardian that keeps the animal nature of your ego from destroying your human life. For when the ego prefers to chase fantasy and sensual pleasures, the Conscience counsels instead to defer gratifying these desires so the Self can achieve its goals.

It restrains the lustful and murderous impulses of your ego by pointing out the consequences. It shames, it scolds, it exhorts that your ego not to foolishly follow the Sirens of desire.

Without the Conscience, you would be a criminal and a barbarian. Though it torments you at times, it is your protector: it whispers to you of your Dharma, the law of truth within your heart that allows the Soul to express its virtues in your life.

Meditation on the Conscience

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 fourth from the far right (or the fourth above the lowest center if these array in you vertically) until you merge in the Conscience. Most people sense that the Conscience is in the area of the heart.

Excerpted from "The Introduction to Meditation Workshop"

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Your Conscience is the faculty with which you set standards and establish values to judge whether a statement is accurate, to relate honestly and harmoniously with others, and to determine whether your actions are appropriate and right.

The first part of this meditation will help you identify what your conscience contains. For this you will make an inquiry or examination of what your values are for the following areas:

- (1) Examine the values you have learned from your family and school.
- (2) Examine the values you have learned to function at work, in professional roles, and in society.
- (3) Examine the religious values you have learned, such as the Ten Commandments, the Golden Rule, and the Law of Love, or any other moral rules you might have learned in any spiritual group with which you have been involved.

Notice how these values influence how you speak and act.

Another Meditation on the Conscience

Excerpted from the Mudrashram® Correspondence Course

Meditation on the Higher Emotional Vehicle (Conscience)

Reflect upon what you believe that you should do, and what you must do, to lead an upright and moral life. Look at the many rules and standards to which you subject your self on a daily basis.

Examine where these rules and standards originated. Did you learn them from your parents? At school? In the military? From an employer? In church or temple?

As you look at these rules and standards, do any of them seem to no longer fit for who you are today? Make a note of those.

Now ask yourself, are there any of these rules and standards that impress you as truths that you know and realize are something you must always live by? These deepest truths make up your Dharma, the inner law of the heart by which the Soul reveals to you its way of righteousness and true living.

Data for Further Meditation on the Conscience

Form – the images of parents, mentors, ministers, and spiritual prophets and teachers arise to issue the exhortations of the Conscience. In advanced Initiates, its core appears a seed in which a golden flame is ever burning.

Energy – the active inhibition of forbidden impulses

Quality – discipline, self-restraint, the demand for sacrifice

Intelligence – the ability to monitor deviance from internalized rules and standards and to communicate that violation to the ego and the Self. In a deeper level, it is the ability to know your Dharma, the inner laws by which you harmonize your actions with the nature of your Soul.

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

Base of Spine (Perineal)	The rules you have learned from the agencies of society. These include the expected rules for behavior in your family, at school, at work, and in the military, and the professional codes of ethics which physicians, lawyers, etc. are expected to practice. This also includes your knowledge of the laws of the society in which you live.
Navel (Sacral)	Religious codes of morality, such as the Golden Rule and the Ten Commandments. These are rules and observances taught to you in your religious group and that are written in your scriptures. These are referred to the exoteric tradition, which consists of the rites, creeds and rituals that are the external evidence of your religious faith. Religious expectations for rituals, behavior in interpersonal relationships, charitable contributions and participation in worship ceremonies and public prayer are captured in these doctrinal codes.

Solar Plexus (Lumbar)	The stricter moral codes of the religious renunciant, such as are practiced by nuns and monks. These are referred to as the mesoteric tradition, which prepares an individual for a life of contemplation and selfless service. These include rules for self-discipline, and vows of self-restraint and renunciation of wealth, sensual pleasures, and desires.
Heart (Thoracic)	The guidelines for spirit, the attentional principle, and the Soul as taught during spiritual initiation ceremonies. These include the esoteric practices designed to control the inner vehicles and the impulses of the ego, and to directly experience the inner worlds of the GCC.
Throat (Cervical)	[Whereas the first four centers deal with rules that are externally directed, these next three centers make up what is called the Dharma of the Soul, the truths the Soul directly experiences and realizes. This is called the Law of the Heart.] The Dharma of the Planetary Sphere.
Point Between the eyebrows (Thalamic)	The Dharma of the Cosmic Sphere.
Brain (Cerebral)	The Dharma of the Supracosmic and Transcendental Spheres.

Volitional nexus – the ability to require obedience to internalized values, standards and realized truths.

Core of identity – The realization of Dharma.

As the Soul unfolds its potentials in the Great Continuum of Consciousness, there arises spontaneous virtue, the ability to exercise new abilities, together with a natural renunciation—outgrowing and letting go of self-destructive actions, habits, and attitudes. *The realization of Dharma is a wordless, lived truth that does not have to be taught or exhorted. It stems from an inner knowing. It is the expression of essential virtue.*

Examination of Essential Values – The Truth Process

Ask yourself, "What is true for me?" Write down any response that comes to you. Ask the question again, "what else is true is true for me?" Continue to write down any impressions that arise.

As you continue this process, you will discover and experience deeply realized truths that may come out as single words or short phrases, e.g., "love," "compassion for other living beings." Notice if any of your learned values conflict with your essential truths. See if you are willing to let go of the learned value and to embrace your essential truth.



The Seven Rays and the Conscience

The Seven Rays express through the Conscience as an orientation to inner values. These seven values orientations are listed below.

Ray	Values Orientation
1st	These individuals are dogmatic and impose their beliefs and values on others. There can be forcible attempts to convert others to their way of believing, even to the point of intimidation or outright violence. They are intolerant of other faiths or doctrines.
2nd	These individuals seek to understand the beliefs of others, and to get along with them. They may set up ecumenical gatherings where those of other faiths may find a common forum, and they seek to find the common threads of morality, values, and beliefs that unite them. In their urge to accommodate and get along with others, they may overlook incompatible aspects of the values of others.
3rd	These individuals seek to change the beliefs and values of others by education, persuasion, and discussion. They may systematize the doctrinal elements of faith into creeds, commandments, or steps (e.g., the 12 step movements). They tend to categorize and compartmentalize the elements of belief, or to create value arrays that rank levels of virtue or attainment of holiness.
4th	These individuals look to a mystical dharma or sense of truth that is known innately to the individual's spiritual essence. It is a way of life, a living of truths beyond words or doctrines that is emphasized here.
5th	These individuals intensely analyze and make judgments and commentaries upon scripture, theology, law, or doctrine. They use careful analysis to argue for their interpretation.

Ray	Values Orientation
6th	These individuals are highly devotional. They love first, and then make up the rules later. They can be innocent and naïve, but they seek the truth by experiencing it directly. After long experience, they may codify rules to guide others in mystic immersion—but the rules are simple. They value loyalty, devotion, obedience, love, forgiveness, purity, and surrender to the Divine Will.
7th	These individuals are aware of the way that language and standards structure perception, belief, and behaviors. They may experiment with changing the rules, changing perception or experimenting with alternate belief or behavior. They may try on different faiths and belief systems to see how it impacts them. They are experimental and creative, but sometimes can use their perception of the rules of language and standards to manipulate others.

The First Chord of Jnana Yoga

Excerpted from *The Seven Chords of Jnana Yoga*
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The first chord of Jnana Yoga is the encounter with the Conscience. The Conscience has seven levels, which are described as follows:

- (1) Perceptual band – views behavior as it occurs, and notes the defenses that arise around it. This band is non-judgmental, but gathers facts.
- (2) Ethics band – the accretion of moral rules and values that guide behavior. This band judges actions by whether they violate the moral rules or deviate from accepted standards. It labels actions that appear on the perceptual as right or wrong.

- (3) Exhortation band – attempts to influence others to act and believe in a certain way. Uses argument, comparison with ideal examples, shaming, threats of punishment, and other means to try to change behavior.
- (4) Decision-making band – makes rules and laws to govern behavior, sets standards, and specifies consequences if the rules are broken.
- (5) Archetypal truths band – contains laws or rules enunciated by a god or goddess. Many religious groups operate on the basis of revelations received by their founders (purportedly from these gods or goddesses) that specify rites and practices that must be carried out, ritual sacrifices that must be performed, prayers that must be said, etc. These religious groups believe that if the gods or goddesses are not appeased by faithful execution of their demands, they may bring ruin to the individuals who are not faithful, or even to the entire tribe or nation.
- (6) Metaphysical law band – presents truths as universal laws, such as the law of love, the law of prosperity, the law of karma, etc. If a person does not act in accordance with the principles of these laws, negative consequences occur.
- (7) Prophetic band – utters the inspired word of God. Prophets of sundry faiths receive revelation of the Divine Presence, and commandment from this center at the core of the Conscience.

The Four Social Expressions of the Conscience

There are four social expressions of this band of the mind.

The first social expression is that of the **psychotherapist**, who seeks to clarify the values and standards that delimit behavior

and underpin core beliefs. The psychotherapist may assist the client to modify those values and standards when they are harmful to the client and others.

Psychotherapists work on the first two bands of the Conscience. The psychotherapist attempts to maintain the perceptual objectivity afforded by the non-judgmental first band of the Conscience. He or she may help the client explore the implications of carrying out rules and standards in the client's ethical band, and identify those that are unduly punitive or unreasonable. The therapist may also help the client construct new, congruent values when these are needed for healthy functioning.

The second social expression is that of the **moral reformer**, who teaches values and standards, and holds people accountable for those values and standards. The moral reformer makes the standard explicit, states clearly what behavior is expected, and delivers consequences for breaking the rules. The moral reformers in each society establish the rules, policies, laws and procedural guidelines that govern the society's institutions and system of jurisprudence. Lawmakers and judges act as moral reformers within society. Parents act as moral reformers within the family.

The moral reformers utilize the third and fourth bands of the Conscience. They exhort others to act according to certain rules. They make decisions about the rules by which families, organization, and societies will be governed.

The third social expression is that of the **channel or psychic guide**. A channel is the mouthpiece of a spiritual teacher or

other spiritual entity on the higher Planes of the Superconscious mind. A psychic guide is a teacher seen in meditation, who directs the meditator's attention as it travels on the inner Planes. Channels and guides may bring forward guidance or revelations purportedly from gods or goddesses, or other spiritual entities.

Channels or guides reveal and give voice to the archetypal truths and metaphysical laws of the Superconscious mind. They express band five and six of the Conscience.

The fourth social expression is that of the **prophet**. A prophet is overshadowed and directed by the inspiration of the Holy Spirit. The Spirit of Prophecy that overshadows the prophet may

- 1) Declare the karmic sentence and describes the consequences of certain actions for individuals, a group of people, or a nation
- 2) Speak on behalf of the Divine
- 3) Give the prophet a commandment to perform an action
- 4) Grant commission or holy office
- 5) Manifest the blissful Comforter [This three part blissful rhythm of the AUM or AMEN the presence of the Divine within the Soul, Intuitive truths and guidance for the prophet's own life and spiritual growth arise from this blissful rhythm.]
- 6) Reveal the presence of God
- 7) Show the origin or future stages of the spiritual path.

A prophet is inspired from the core of the Conscience, from its inmost seventh band.

Thank you for attending our webinar today!

