

## A New Years Message for 2012

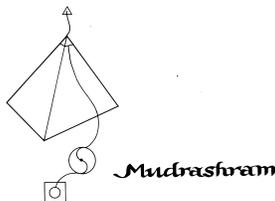
At the request of our students, I have been asked to present a message for the New Year. I have been requested to introduce Mudrashram® to those who are new; I have been called upon to deliver a timely message to our existing students.

We will discuss the following points in our introduction:

- (1) What is Mudrashram®?
- (2) What are some of the unique contributions of Mudrashram® to meditation and spirituality?
- (3) What kind of meditation do we teach?
- (4) What is unique about our style of meditation?
- (5) What benefits can someone expect from meditation, and how can Mudrashram® help my spiritual growth?
- (6) How do we support those who study with us?
- (7) What is Satsang and how do the Masters of the Mudrashram® lineage communicate with us?

For our existing students I wanted to discuss some practical advice, to recap what Mudrashram® has done in 2011, and what we plan for 2012. Those who are new may be interested to know more about us; and how we are growing to touch more and more people's lives.

We will conclude our meeting today with a blessing and Satsang from one of the Mudrashram® Masters.



## **What Is Mudrashram®?**

Mudrashram® is a newly emerging spiritual lineage, whose Multiplane Masters dwell on the three highest levels of the Great Continuum of Consciousness—the 7th Transcendental Path, the 6th Transcendental Path, and the Bridge Path.

**A spiritual lineage** is a group of Master teachers who God has empowered to work with humanity. The spiritual forms of the Mudrashram® teachers can be seen at the entrance to the highest level of the Bridge Path, a level which we call *Adi Sat Guru Desh*.

**The Great Continuum of Consciousness** is a map of the entire spectrum of human consciousness. There are three levels that make up the personality of a human being: the Conscious mind, the Subconscious mind, and the Metaconscious Mind. The realm of spiritual experiences is called the Superconscious mind. It can be divided into regions or divisions: the Subtle Realm, the Planetary Realm, the Transplanetary Realm, the Cosmic Sphere, the Supracosmic Sphere (comprising 73 Paths), and the Transcendental Sphere (comprising 8 Paths).

Imagine that the Transcendental Paths are stacked one upon the other. At the bottom is the Bridge Path, but though you will encounter it first, it actually originates at a level beyond the first five Transcendental Paths, and mirrors them. Then there is Transcendental Path One (T1), on up to Transcendental Path Seven (T7). Each Path has a progressively deeper origin.

From the unique platform of the highest levels of the Bridge Path, a Multiplane Master is able to spiritually minister to all levels of the Great Continuum of Consciousness—those who dwell on each Transcendental Path and on each Supracosmic Path, and to individuals who dwell in the Cosmic, Transplanetary, Planetary, and Subtle regions.

## **What Are Mudrashram's Unique Contributions to Meditation and Spirituality?**

### ***Mapping of the Great Continuum of Consciousness***

From the vantage point of the upper levels of the Bridge Path, it is possible to look into every Path and every dimension of this Great Continuum of Consciousness. So one of the first contributions of the Mudrashram® lineage to our collective spiritual knowledge, was to map this Continuum in its entirety.

Those of who have gone to our website to

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

Can view the general landmarks of this Great Continuum.

We cover this subject in depth in our two intermediate courses, the **Mudrashram® Master Course in Meditation** and the **Accelerated Meditation Program**, and deepen this study in the **Satsang Program Home Study Course** and the **Mudrashram® Advanced Course in Meditation**.

But the capstone study of the Great Continuum of Consciousness is contained in the **Mudrashram® Correspondence Course**. This in depth two-year course explores the Great Continuum level-by-level and world-by-world from the waking state of consciousness to the highest level of T7—including *every* Path of the Transcendental Sphere, and *every* Path of the Supracosmic Sphere.

Nothing like this has ever been done... in the history of humanity. While individual Paths have been mapped in great detail, until now... there has never been a complete map. The Mudrashram® lineage has given this to us.

### ***The Cutting Edge of Spirituality***

It is traditional that when spiritual teachers initiate a seeker into meditation, they awaken that seeker on their Path. For example,

- New Age teachers will awaken someone onto the Psychic Realm.
- A Christian or a Jewish spiritual tradition will awaken someone to the level of the Christ Child, or what we call the Moon Soul.
- A Yogi Preceptor will awaken someone to the level of Cosmic Consciousness; if they are a Kriya Yoga teacher, they will awaken the Divine Eye center in their students.
- A Cosmic Master will awaken the Astral or Celestial Soul.
- A Supracosmic Master will awaken the Supracosmic Seed atom on their Path.
- A Transcendental Sat Guru or Perfect Master will awaken the spiritual essence at the entrance to their Transcendental Path.

But Mudrashram® is different. We instead initiate you at the level where the force that gives your Soul life and purpose—what we call the **Alaya**—which is where your Soul dwells in its innate essence.

So we don't bring you to our Path. We start you on *your* path, and teach you to accelerate your spiritual evolution.

This way, you remain grounded and don't break off the connection with your personality. You grow spiritually and personally—without creating a split inside yourself between the “evil ego” and the “good spiritual essence.” You use each aspect of your nature to express your innate spirituality and your personal potentials.

## ***The Quintessence Mantra***

Most spiritual groups use mantras and chants. There are several general types:

Sometimes those mantras or chants will be used to invoke the Divine, as it is known in that tradition; sometimes they will be used to call upon the spiritual Masters and saints of that tradition for their blessings and Grace. These are called **invocational mantras**.

Certain mantras can be used to focus your attention on a spiritual essence, such as the spirit, a Supracosmic seed atom or other nucleus of identity, or the Soul. When mantras focus your attention on the *spirit*, we call them **contemplative mantras**. When they focus on the Soul or a nucleus of identity, we call them **centering mantras**.

A special type of mantra actually unfolds the potentials of consciousness—this is called a **transformational mantra**.

They are also called *bija mantras*. There are several types:

1. **Vehicular bija mantra** – this is used to awaken a single vehicle of consciousness, a nucleus of identity, or a chakra.
2. **Planetary Divine Name** – this awakens your Soul in the Subtle, Planetary, and Transplanetary bands of the Continuum.
3. **Cosmic Divine Name** – this awakens your Astral Soul, without affecting your development in the other bands of the Continuum.
4. **Supracosmic Divine Name** – this awakens the Supracosmic seed atom and the Supracosmic Soul upon one Supracosmic Path.
5. **Transcendental Divine Name** – this awakens one of the Transcendental ensouling entities on T1 through T5.

**6. Alayic Divine Name** – this awakens the Soul at its cutting edge and awakens simultaneously those aspects of your nature that are at the Transcendental, Supracosmic, Cosmic, Transplanetary, Planetary, and Subtle.

Mudrashram® reveals the Alayic Divine Name. So instead of just opening one level of your being, it opens you at all levels—in a balanced way.

### *The Keys to Unlimited Spiritual Growth*

Many spiritual groups don't have any way to transform the Soul's spiritual potentials. They pray. They read the scriptures. They go on pilgrimages. They fast. They sing sweet songs to God. But their Soul isn't going anywhere—it just stays at the same place!

Other groups offer transformation, but it is just in a narrow range.

- Some spiritual teachers in the Planetary Realm teach how to unfold a vehicle of consciousness or nucleus identity just on their Plane.
- Yogi Preceptors teach how to unfold Cosmic Consciousness up to the Guru Padam, but have no method to take seekers beyond this level.
- Cosmic Masters unfold the Astral Soul up to the Cosmic Hierarchy and the Great Light of Liberation—Brahma Jyoti—but cannot take them beyond this limit.
- Supracosmic Masters unfold the Supracosmic Seed Atom of their Path up to the same level where they dwell, but their technique drops off at this level—they can't go any further.
- Transcendental Sat Gurus awaken the spirit on their Path and lead it to its origin, but can't go beyond this.

Mudrashram® gives the keys to open every world, every level.

## **What Kind of Meditation Does Mudrashram® Teach?**

We teach **Integral meditation**. This gives you an entire toolbox of methods to help yourself personally and spiritually.

We don't just teach one technique, we teach 28 techniques including Centering Methods, Kundalini meditation, Nada Yoga meditation, methods to access the Subconscious and Superconscious mind, Bija mantra meditation, Raja Yoga meditation, Guru Kripa meditation, Jnana Yoga meditation, Agni Yoga meditation, and Dharma Yoga meditation.

When you have a carpentry project, do you use just one tool? A hammer? A pliers? A wrench? Do you use that tool for everything?

Well if you don't do that for carpentry, why do you do it for meditation? You don't just have one aspect of your nature? Why would you try to use the same technique to do everything?

Yet **unitive meditation traditions** do just that. They give you one or two techniques: maybe chanting, repeating a mantra, listening to the inner Light and Sound (Nada Yoga), or awakening the kundalini—but that's it.

And you will understand that this is fine if you are only going to work on opening one segment of the Continuum, purifying one path. But if you are going to take on the Great Work—the master project of awakening all of your Soul's potentials and your personal potentials—you're going to need a lot more tools.

Mudrashram® gives you the tools you'll need to take on this job—a complete tool kit.



## **What Is Unique about Mudrashram® Meditation?**

Well, these unique characteristics about our meditation system are based on our contributions to spirituality.

- We start by letting you know where you are on the path. We do a reading for you to let you know what is your cutting edge and your exact coordinates on the Continuum.
- We teach you methods that unfold you at your cutting edge of spirituality in a balanced way.
- We give you methods that allow you to achieve unlimited spiritual growth.
- We don't demonize your personality. We don't say the personality is illusion, or that the ego is the devil. We see they are tools for your Soul's use. They have a purpose. They enable your Soul to incarnate and express in the world of matter with other human beings. Rather we say, *develop your personality to bring out all of your gifts and talents.*
- We give you customized instruction based on where you are in the Great Continuum. We include a meditation consultation to give you guidance for where you are now on the Path.
- We teach you to awaken your kundalini safely, so you don't become a spiritual casualty.
- We teach you what each technique does, and when to use it. You learn to apply different techniques for different needs—to transform your Soul and spirit, to get guidance from your Soul, to work on personal issues, and to travel on the Great Continuum in full consciousness.
- We give you a map to let you know where you are and where you are going... through every region of the Great Continuum.

## **What Benefits Can Someone Expect from Meditation?**

Scientists have studied meditation, and it appears that some of the benefits they have found include:

- Increased ability to relax
- Enhanced ability to recognize mental phenomena and to gain insights
- Improved concentration
- More natural relations with others
- Greater altruism and compassionate feelings for others
- Better ability to cope with stress
- Direct contact with spiritual or mystic realities
- Development of positive character traits or virtues
- Reduction of addictive cravings
- Augmented imagination and creativity
- Expanded psychic ability
- Ability to think using all modes of reasoning to solve problems

Ongoing use of the techniques that Mudrashram® teaches will allow you to experience many of these benefits of meditation.

### **How Can Mudrashram® Help My Spiritual Growth?**

The Masters of the Mudrashram® lineage extend their Grace waves to assist those who study with us, and those that call upon them.

They offer both instruction in effective meditation techniques, ongoing instruction, books and courses to gain further knowledge about spirituality and meditation, and the Light.

## **How Do We Support Those Who Study with Us?**

We offer you ongoing support through student webinars, introductory and advanced meditation classes, and individualized guidance to help you progress through every level of the Great Continuum.

We assist your spiritual growth by doing **Light Sittings**, where the teachers of the Mudrashram® lineage send the Light to unfold your spiritual potentials, balance your vehicles of consciousness, and awaken your Soul's innate gifts and wisdom.

We have books on meditation, both for the general public, and books just for our meditation students under the *Initiate's Library* imprint. To learn more about our available books, go to

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

We work with students by mail, in person, via email, and through videoconference using Skype.

## **What Is Satsang? How Do the Masters of the Mudrashram® lineage Communicate with Us?**

Normally when people talk, they speak from their personality. However, there is a special kind of speech that comes when people communicate from their spiritual essences—from their Soul, their spirit, or their attentional principle—this is called **Satsang**.

When the Masters of the lineage communicate, they have established a special link with the individual whom they have selected to be their human representative—the **Lineage Holder**—and communicate their ideas and channel their guidance through him.

So when we have Satsang, later in our webinar today, one of the Masters of the lineage will speak to us through me. It won't be me speaking. I'll be like a microphone, and you'll hear that Master speaking. It's very powerful. It's inspiring.

## **Guidance for the New Year**

The New Year is a new beginning. It is a time to review what you have accomplished in the old year. It is a time to look at the lessons you have learned. It is a time to go over the mistakes you have made, and determine ways to correct them.

It is a time to envision your future. Set achievable goals you want to accomplish in the coming year for each of the twelve areas of your life.

1. **Physical environment** – your home and surroundings
2. **Physical body** – your health, your diet, and exercise
3. **Relationships** – how do you want to improve your relationships with your spouse, your loved ones, your relatives, your children, and your friends?
4. **Education** – identify the new things you want to learn and the classes you plan to take
5. **Career or business** – set goals for your job or your business
6. **Finances** – set goals for the amount of money you will earn and save, how you will manage your debt, what new assets or investments you acquire, and what you will give to others as gifts and charity
7. **Social and cultural** – what are the places you want to go, the events you want to see, and the entertainment you want to experience?

8. **Ethical** – review your character and behavior. Are there things you want to change about yourself? Identify what needs to be changed and develop a program to make this happen.
9. **Creativity and self expression** – set goals for the things that you want to write, paint, draw, design, set to music, or any other creative pursuit
10. **Community** – identify how you will be involved this year in your community, by volunteering, or participation in civic projects
11. **Self Actualization and Service** – tune into your Soul and ask how you can be of service this year, how you can advance your Soul's purpose, and how you can use your spiritual gifts and knowledge to serve others spiritually
12. **Spirituality and Meditation** – set goals for daily meditation and personal process, and set progress goals for your meditation practice, (e.g., advance three nodal points each day), and to enhance your ability to see and hear within

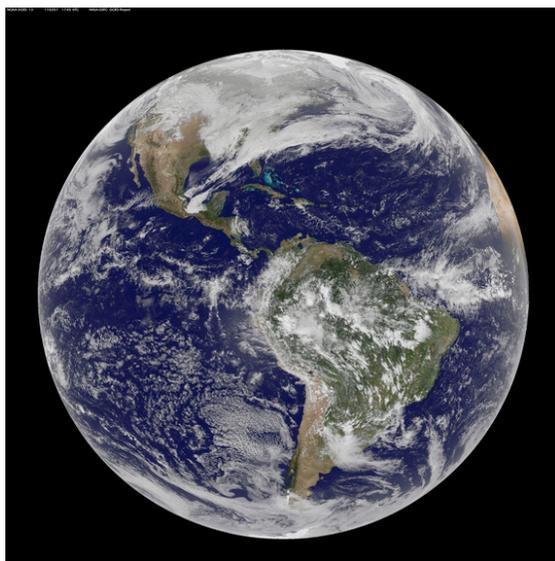
It is a time to set the seeds of success. Resolve that this coming year will bring you greater prosperity, knowledge, understanding, and greater spiritual illumination and compassion. Make it a year in which you will achieve some of your dreams. Make it a year in which you will be better, in every way, than the way you were last year.



## **Mudrashram® in 2011**

During 2011, Mudrashram® has expanded in several ways.

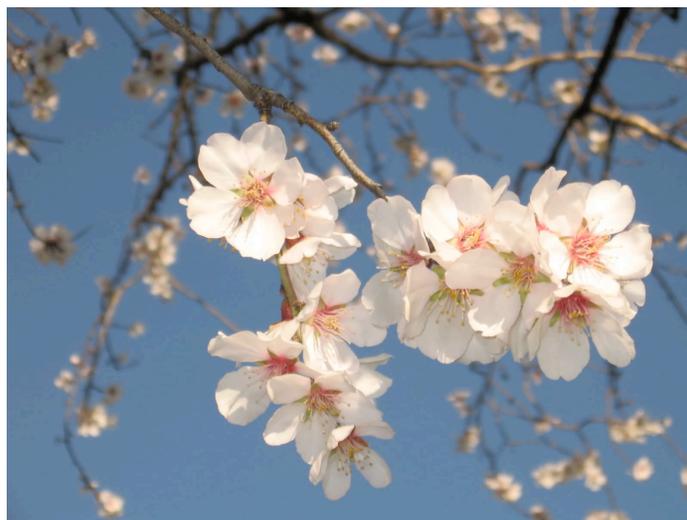
- We published four new books for the general public
- We held weekly student webinars
- We held paid public webinars each month
- We developed advanced webinars for our advanced students
- We held an Mudrashram® Advanced Course in Meditation course in Lake Mary, Florida
- We taught a Mudrashram® Master Course in Meditation in Nashville, Tennessee
- We developed a Mudrashram® Self Study Workbook (expect to see this released next year)
- We gave regular Light Sittings each month in webinar format
- We continued to work with people all over the world to assist them with kundalini problems, and to teach and counsel them



## **Envisioning Mudrashram® for 2012**

For 2012, we hope to accomplish the following objectives, with the help of our students and the Grace of the Masters:

- Publish one more popular book, and five books for the Initiate's Library
- Bring forward the Introduction to Meditation Workshop, and the Mudrashram® Self Study Workbook
- Develop e-books for introducing the public to Mudrashram® and for brief treatments of selected topics
- Continue the webinars for the students and the general public
- Hold one Mudrashram® Advanced Course in Meditation in Oceanside, California in April 2012
- Continue to train new meditation students in person, by mail, and on-line
- Move Mudrashram® to non-profit status
- Build a new website for our non-profit platform
- Help many more people and touch many more lives



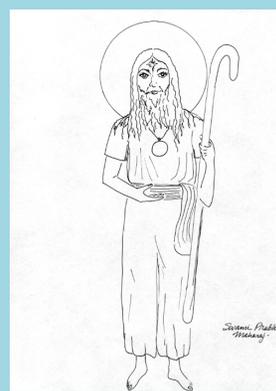
# *Satsang*



Swami Prem Dayal



Swami Charan Das



Swami Prabhu  
Maharaj



George A. Boyd channeling the Light

Thank you for attending our webinar today!

