

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

Plane	Content	Subplanes
Biophysical Universe	Culture and nature, Native American shamanic religion, tantric sexuality, origins of biological life, origins of the physical universe	Planetary Reunification Subplane – your re-unite your Soul Spark and the Soul, and become aware of the nature of your Soul.
		Culture Nature Subplane – you become aware of how the society and culture in which you live suppresses your instinctual drives, and seek to find a healthy balance.
		Shamanic Subplane – you become aware of the sacredness of the planet and nature, and strive to live in greater harmony with the Earth; for some, this may lead to involvement in environmental advocacy or ecological study.
		Sexual Union and Transmutation Subplane – this brings insight into the unconscious zones of mind behind sexuality, and how this force can be trained to lead to ecstasy; one also learns to sublimate this energy.
		Phylogenetic Subplane –this brings the grand vision of the relatedness of all living things—bacteria, plants, animals, and man; one glimpses the vision of Charles Darwin’s laws of evolution of species at this level.
		Geological and Astronomical Subplane – this brings the vision of the epochs of the earth’s development, the creation of the world, the sun, and the universe. One gains insight into the principles of geology, astronomy, chemistry, and physics at this level.
		Etherec Matrix Subplane – Here you behold the etheric grid around the earth and become aware of the themes of pilgrimage through the entire earth to arrive at the culmination of spiritual development in Shambala.

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Abstract Mind Plane	Self-programming, Science, Art, Philosophy, Akashic Records, the Universal Mind, Masters of Mind	Body-Mind Programming Subplane - this brings control over the body and subconscious mind; this features mastery of sports, biofeedback, and using the mind to program the subconscious mind.
		Temple of Science Subplane - this level features learning, teaching, and applying the principles of a discipline of science to advance human knowledge and technology.
		The Temple of Art Subplane - here you learn and express your abilities in one of the arts—such as music, literature, poetry, sculpture, film-making, textiles, or dancing
		The Temple of Philosophy Subplane - Here you learn to use philosophical reasoning to explore the limits of knowledge, ethics, metaphysics, and ontology.
		The Akashic Records Subplane - At this level you explore the stored experiences for your current and past lives and work out issues that hinder your functioning, productivity, creativity, and expression of your innate abilities.
		The Dynamic Creation Subplane - Here you take charge of your life and create the things that you want for yourself.
		The Universal Mind Subplane - Here you use affirmation and visualization to bring into manifestation the Laws of Mind in your life.

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Psychic Realm	Psychic powers, astrology and metaphysics, contact with UFOs and spirit guides, healing, visions of the afterlife	Materialization and Dematerialization Subplane – Here you gain power over your ability to create what you want and to dissolve what you do not want. You see visions of the end of the world, as well as utopian visions of an earthly paradise.
		Psychic Powers Subplane –At this level you learn to use your psychic powers.
		Healing Subplane – This brings knowledge of healing and divinatory arts. The inner “schools” at this level prepare you to become a professional psychic or healer.
		Heavenly Realms Subplane – You contact your psychic guides at this level, and journey through a series of dimensional worlds.
		Pleiadean Vortex Subplane – Here you uncover deeply buried trauma, and encounter extraterrestrials, and the Galactic Brotherhood.
		Astral Form Subplane – Here you encounter the astral forms of historical and spiritual beings, and learn to communicate with them.
		Psychic Guide Subplane – Here you understand the process of guiding others into union with the Light of the Spirit at the top of the Psychic Realm.

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<p>Wisdom Plane</p>	<p>Working out karma, learning the great lessons of life, the 12 sages</p>	<p>The Life Lesson Subplane - Here you reflect upon your experiences and gain wisdom, discretion, and prudence.</p>
		<p>The Life Revision Subplane - Here you make new choices to set up new life patterns and reform your character.</p>
		<p>Life Re-creation Subplane - At this level, you encounter the seeds of creation in the mind; you choose to maintain them or destroy them.</p>
		<p>The Karmic Law Subplane - Here you contemplate the seven laws of karma.</p>
		<p>The Forgiveness Subplane - At this level you learn to forgive your self and others, and overcome the bondage that comes from resentment, unfulfilled expectations, and broken promises.</p>
		<p>The Understanding Subplane - Here you gain insights into the true motivation for behavior and attitude, and the factors that lead to success and failure, and freedom and bondage.</p>
		<p>The 12 Houses of Wisdom - At this level are the mystery schools that bring understanding and mastery of the twelve themes of life.</p>