

Spirituality of the Cosmic Sphere

For today's webinar, we will explore the spiritual groups that colonize the Cosmic Sphere. Many westerners, who innocently go to their Hatha Yoga classes, do breathing exercises (pranayama), greet each other with Namaste, and chant OM may not realize that they are using practices that are drawn from this realm.

For many seekers, their introduction to spirituality comes through exposure to spiritual teachers and their disciples from traditions of the Cosmic Sphere, who encourage the aspirant to identify with the cosmic consciousness nucleus of identity. They offer a variety of practices that draw the aspirant's energy and attention into union with the spiritual essences of this realm; some encourage that the aspirant keep his or her attention ever united with this "bliss consciousness."

The Astral Soul's Place in the Great Plan of Evolution

When an individual's cutting edge of spirituality dwells in the Subtle Realm, the ensouling entity is what we call the Soul Spark. In this East, this is called the Jivan Atma.

As this core essence evolves into the Planetary Realm, it re-unites with the Planetary Soul—also called the Soul, the Higher Self, or Atma.

When the Soul completes the Fifth Planetary Initiation on the Planetary Realm, and merges into the Monad (Paramatma), it begins the Transplanetary leg of its spiritual journey.

If you do your spiritual work at your cutting edge of spirituality, you do not reach the state of identification with the Astral Soul—the ensouling entity of the Cosmic Sphere—until you have completed your development in the Transplanetary Sphere.

Many groups of the Cosmic Sphere, however, teach their students to identify with states of spiritual consciousness that are anchored at this higher level right away—and actively awaken this essence, which dwells outside the cutting edge of spirituality.

In Mudrashram®, we point out that unfolding spiritual essences outside of the cutting edge of spirituality can lead to imbalances, and we do not recommend that seekers unfold the spiritual essences at this level.

With this disclaimer in place, we will describe to you (a) the centers of the vehicles of the Astral Soul, (b) the groups that colonize this sphere and their teachings, and (c) the types of identification that the different groups that colonize this Sphere adopt.

Anatomy of the Astral Soul

When we examine the major and minor chakras of the Astral Soul while it is sojourning through the First Cosmic Initiation, it has the appearance described below. The major chakras are the *vehicles* of the Astral Soul; the minor centers supplement the activity of those vehicles.

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

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When seekers approach spiritual teachers who dwell in the state of Mastery of the First Cosmic Initiation (Yogi Preceptor), teaching members of the Cosmic Hierarchy, or Gurus demonstrating Mastery of one of the Supracosmic Paths, they are often initiated into practices that awaken the vehicles of the First Cosmic Initiation.

The particular practices utilized awaken different combinations of the major and minor centers at this level, and as a result, yield four types of spiritual identification. These four types of spiritual identification are with the

- (1) Cosmic Consciousness Center (Nucleus of Identity)
- (2) Divine Eye Center
- (3) Spiritual Heart
- (4) Astral Soul (Ensoulng Entity of the Cosmic Sphere)

To understand how these forms of spiritual identification are established, it is important to study the centers of the First Cosmic Initiation... We begin this discussion with an examination of the major and minor centers of the vehicles of the Astral Soul in the First Cosmic Initiation.

Major and Minor Centers

There are 17 centers that make up the vehicles of the Astral Soul. These are shown below.

Number	Center	Location	Keynote
17	Astral Soul	Brain	Major - Existence, Consciousness, and Bliss
16		Left Temple	Minor - Light of Spiritual Path
15		Right Temple	Minor - Sound of Spiritual Path
14	Divine Eye Center	Point between the Eyebrows	Major - Evolutionary forces of spiritual unfoldment; union with the Spirit
13	AUM Vibration	Medulla	Minor - circulation of Life Force
12		Right Hand	Minor - Force of Creation of Manifestation
11		Left Hand	Minor - Force of Dissolution
10	Vakya Center	Throat	Major - Spontaneous Affirmation of Divine Name
9	Mantra Vahana Center	Heart	Major - mantram seed (Supracosmic Divine Name)
8	Tratakam Center	Solar Plexus	Major - mastery of behavior, body, breath, senses, and mind

Number	Center	Location	Keynote
7	Siddhi Yantra	Liver	Minor – Mastery of spiritual powers
6	Deva Yantra	Spleen	Minor – invocation of angels, gods and goddesses by prayer, worship, and chanting
5	Amrita Chakra	Epigastric Plexus	Minor – Fountain of nectar nourishing the gods and goddesses, and humanity
4	Cosmic Consciousness	Navel	Major – Nucleus of Identity for the First Cosmic Initiation
3	Nexus Center	Base of Spine	Major – Connection to Planetary Soul and the personality
2	Pakriti Center	Left Foot	Minor – the substance of Creation: matter, energy, and mind
1	Purusha Center	Right Foot	Minor – the presence of Spirit and consciousness in the Creation

The Seven Vehicles of the First Cosmic Initiation

These 17 centers are nested in seven vehicles of consciousness. These Seven Vehicles are in effect an introduction to the higher work of the Cosmic and Supracosmic Initiations. [Disciples] of the Yogi Preceptors, as well as those of the Supracosmic Gurus, are brought up to this level to receive their spiritual baptism (diksha) into their particular Path, their spiritual practices and traditions.

Vehicle One – Contains a jet of Spirit from which emanates seven rays...[which connect] with your state of being in the Subtle, Planetary, and Transplanetary Realms, and through these, your personality.

Vehicle Two – Contains the Whirling Cave, where you behold the birth of the Cosmic Child, or Cosmic Consciousness. Kundalini Yoga and Kriya Yoga are two practices that actively unfold Cosmic Consciousness.

Vehicle Three – Contains the mysteries of Astanga Yoga. The classical steps of this eightfold yoga are revealed upon this Aether. Steps one and two are the moral observances and voluntary asceticism of *Yama* and *Niyama*. Step three features the practice of the 108 postures (*Asanas*) of Hatha Yoga. Step four is the control of breathing through *Pranayama*. Step five trains the meditator in the withdrawal of sensory energies through *Pratyahara*. Step six utilizes structured practices of concentration, or *Dharana*. Step seven emphasizes contemplation of the contents of awareness, or *Dhyana*. Step eight focuses on the flow of energy and awareness into union with the object of concentration, or *Samadhi*. These mysteries are accessed by the practice of Raja Yoga.

Vehicle Four – Contains the Mantra Vahana, or the channels holding the seed mantras leading to the 73 Supracosmic Paths. This center is awakened actively by the Supracosmic Gurus to initiate chelas into their particular path (diksha). This center is awakened by Mantra Yoga practice.

Vehicle Five – Contains the Vakya Center, the etheric chants that arise spontaneously from the Astral Soul. The particular chants that arise mark a stage of realization in the First Cosmic Initiation. This center is awakened through chanting and Kundalini Practice.

Vehicle Six – Contains the Brahma Dristi, or Divine Eye. This eye appears as a white star, surrounded by a blue ring, and outside of that, a golden ring. This center appears atop of the cosmic cerebrospinal axis, whose six whirling wheels or cosmic chakras circulate life force. Awareness can be drawn up into this vehicle through Kundalini Yoga; Kriya Yoga practice is done at this center to awaken the spiritual evolutionary potentials of Cosmic Consciousness.

Vehicle Seven – Contains the Divine Lotus, upon which sits the Astral Soul...

These 17 major and minor centers make up the body of the Astral Soul, and accompany it as it moves into these yet higher levels. As the Astral Soul makes its journey across the Cosmic Sphere, it awakens higher nuclei of identity, when it takes each higher Cosmic Initiation. These nuclei of identity, and their locations, are:

Initiation	Nucleus of Identity	Location
First Cosmic	Cosmic Consciousness	Navel
Second Cosmic	Cosmic Soul Awareness	Forehead
Third Cosmic	Triune Center	Forehead
Fourth Cosmic	Universal Consciousness	Center of head (thalamus)
Fifth Cosmic	God Consciousness	Center of head (thalamus)

We explore each of these Cosmic Initiations in the Mudrashram® Advanced Course in Meditation. We provide a detailed study of each Cosmic Initiation, and how these centers appear in each one, in the Mudrashram® Correspondence Course.

Groups that Colonize the Cosmic Sphere

We will first describe the nine Yoga lineages of the First Cosmic Initiation.

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

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As an individual ascends spiritually through the Planes of the First Cosmic Initiation, he or she will encounter the nine stations of the Yogi Preceptors, and will behold the Being, called The Supreme, Ishwara, or Yogeshwar (the Lord of the Yogis). These nine stations are:

- (1) The Master of Kundalini Yoga
- (2) The Master of Astanga Yoga or Raja Yoga
- (3) The Master of Mantra Yoga
- (4) The Master of Jnana Yoga
- (5) The Master of Kriya Yoga
- (6) The Master of the Yoga of Service, or Karma Yoga
- (7) The Master of Bhakti Yoga, or Nada Yoga
- (8) The Master of the Divine Light and Fire, also known as Agni Yoga
- (9) The Master of Integral Yoga, combining all eight masteries

A black eight petalled lotus surrounds each of the nine stations of the Preceptor lineages. This lotus is black in all but Enlightened Yogis: in these rare individuals this lotus will appear to have changed to pure gold. In the center of the lotus sits a golden sun. [The cosmic consciousness of a Yogi Preceptor dwells in union with this inner sun.]

These different lineages of the First Cosmic Initiation lead their followers to identify with one of four identity states, described in the table on the next page.

[We wish to add that some Yogi Preceptors of the Bhakti Yoga lineage may alternately teach their followers to identify with the cosmic consciousness center, instead of the spiritual heart.]

Identity State	Lineages which Activate this Identity State/ lineage number ()
Cosmic Consciousness (Nucleus of Identity)	Kundalini (1), Raja Yoga/ Astanga Yoga (2), Mantra Yoga (3), Jnana Yoga (4)
Divine Eye Center	Kriya Yoga (5), Karma Yoga (6)
The spiritual heart	Nada Yoga / Bhakti Yoga (7)
The Astral Soul (Ensoulng entity of the Cosmic Sphere)	Agni Yoga (8), Integral Yoga (9)

So when we examine the practice of each of these lineages, and what they teach, we find that they awaken different vehicles:

Lineage	Vehicles Activated	Practices
Kundalini Yoga	1,2	Kundalini breathing, Shaktipat
Astanga Yoga or Raja Yoga	1,2,3	Yama, Niyama, Hatha Yoga, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi
Mantra Yoga	1,2,3,4	Use of Bija Mantra, Invocation of Deities via mantras
Jnana Yoga	1,2,3,4,5	Focusing the attention on cosmic consciousness and Brahman; spiritual discernment, Cosmic identity affirmations
Kriya Yoga	1,2,3,4,5,6	Focusing the attention on the Divine Eye center, Kriya Yoga

Lineage	Vehicles Activated	Practices
Karma Yoga	1,6 (rarely 7)	Focusing the attention on the Divine Eye center [or the Astral Soul] and using the personality to carry out selfless service
Bhakti Yoga, or Nada Yoga	1,2,3,4 (plus the spiritual heart)	Worshipping the Divine, carrying out selfless service to God and the Master, using chants and mantra to invoke the deities; some groups may teach Nada Yoga practice; reception of love, Grace, and blessings from the Yogi Preceptor
Agni Yoga	7	Receiving Shaktipat that translates the Astral Soul; some Agni Yoga Preceptors may also raise the Kundalini Shakti to bring realization of the Astral Soul
Integral Yoga	1,2,3,4,5,6,7 (plus the spiritual heart)	Alayic Divine Name (Mudrashram®), Light Immersion from an Integral Yoga Preceptor; similar simultaneous development of all 17 centers can be achieved using the Cosmic Divine Name or Kaivalyam Kriya—Nada Yoga practice must be done separately.

The groups of the First Cosmic Initiation gather around the Yogi Preceptor(s) of a particular lineage. These teachers impart techniques to their followers based on these general principles, though some teachings may be syncretic, liberally adopting practices more common to other lineages. For example, a Bhakti Yoga Preceptor may train his followers in the classical techniques of Bhakti Yoga, but may also encourage that they do daily hatha yoga asanas and pranayama—a method normally associated with the Astanga/Raja Yoga lineages.

Some lineages—particularly the Kundalini Yoga, Agni Yoga, and Integral Yoga lineages—also grant Shaktipat, which quickly unites attention with the identity state that lineage cultivates in its followers.



Have you ever explored any of the varieties of First Cosmic Initiation Spirituality? Have you attended churches or temples of these organizations, or participated in their religious services? What are some of their basic assumptions?

Have you read books written by authors that tap the teachings and beliefs of the First Cosmic Initiation? Have you read interpretations of the Scriptures written by Yogi Preceptors?

With which of these lineages have you had contact, either through reading or participation in their meditations? How were these groups different?

Have you ever practiced hatha yoga, done pranayama, used a mantra that invoked a form of God known in the First Cosmic Initiation, contemplated the Atman (cosmic consciousness), or received Shaktipat to awaken your kundalini? Have you ever practiced Kriya Yoga? Have you ever done puja or arati for a Yogi Preceptor?

Have you ever experienced a mystical, blissful, or ecstatic state of consciousness as a result of using these practices?

Groups Anchored in the Higher Cosmic Initiations

Two other major groups are found in the Cosmic Sphere: those groups of the Second Cosmic Initiations, founded on the ministry of Light Masters; and the ministry of Cosmic Masters in the Cosmic Hierarchy. We will start with the description on the MSIA Group, which is anchored in the Second Cosmic Initiation.

Excerpted from *A Mudrashram® Reader: Understanding Integral Meditation*

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[Groups of the Second Cosmic Initiation awaken a nucleus of identity called the] Cosmic Soul Awareness

This nucleus of identity is awakened by Soul Travel or Nada Yoga methods in the Fourth Spiritual Domain. It is most commonly introduced to Westerners through the groups affiliated with the MSIA, which teaches its disciples to identify with the spirit in the Fourth Domain...

This nucleus of identity [Cosmic Soul Awareness] awakens when disciples of this tradition open the path of the Nada to what is called the Soul Plane of the Second Cosmic Initiation. It may also be awakened by mantras used by this group, which open a track from the entrance to the Second Cosmic Initiation to the Soul Plane. This mantra initiation gives one mantra for each Plane; disciples move from one mantra to another until a bridge is built between the introductory stages on this path to awakening as Cosmic Soul Awareness...[and subsequently move through 22 worlds of God until they have reached the abode of the Light Master. The pathwork of this group is summarized below:

Second Cosmic Initiation Lineage	Vehicles Activated	Practices
MSIA	The spirit of the fourth path; the Cosmic Soul Awareness, and its vehicles on the five Planes of the Second Cosmic initiation	Focusing the attention on the spirit through process meditation and chanting, doing Nada Yoga; using mantras to awaken and unfold the Cosmic Soul Awareness; contemplation of the inner guide (Mystery Traveler Consciousness); and reception of the Light to guide the spirit, and to awaken the inner vehicles and nucleus of identity of the Second Cosmic Initiation.



Have you ever explored Second Cosmic Initiation Spirituality? Have you attended churches or temples of these organizations, or participated in their religious services? What are some of their basic assumptions?

Have you read books written by authors that tap the teachings and beliefs of the Second Cosmic Initiation? For example, have you read books by John Rodger Hinkins?

Have you ever taken Insight™ Seminar Training? Participated in the trainings of the University of Santa Monica? Chanted Ani Hu? Been initiated into the sound current by The Movement of Inner Spiritual Awareness (MSIA)?

Groups Inspired by Cosmic Masters

I am not aware of other teachers anchored in the Cosmic Hierarchy who are actively promulgating their teachings to humanity. My knowledge of such spiritual ministry is based on the work of my first spiritual teacher, Maha Genii Turriziani, and his successor, Mahara Devi Turriziani. They called their teaching, the Risen Christ Yoga.

They primarily used Light Immersion, which Maha Genii called “The Light of Translation,” supplemented by raising the kundalini up to the Astral Soul. He would guide also the attention of those attending his “gatherings” up into union with the Astral Soul, and fix it there.

With each successive Light Immersion “gathering,” the Astral Soul and selected other centers of consciousness, would be tuned up to a new octave of vibration. The intensity of the Light sent through the Maha Genii was palpable and powerful: the energy of his inspired discourses still resonates in the tapes made of these gatherings.



Maha Genii Turriziani
with his original artwork behind him

For those of you wishing to see some of his incredible art, you may view some of his images, and read selections from his poetry at <http://www.goldenmeasure.org>.

Some of our Mudrashram® students have had the opportunity to go with me to visit Mahara, and listen to these tapes, and see his original art. It is a humbling, inspiring, and uplifting experience.

Thank you for attending our webinar today!

