

Intelligent Activity and Purpose

When we talk about intelligent activity, we refer to the action of the intellect coordinated with the will. The objectives of intelligent activity are:

1. Behavior towards a goal
2. Active learning of a subject with testing to measure the acquisition of knowledge
3. Practice of a skill with an aim to gain mastery of it
4. Alignment of behavior with an idealized standard of the conscience, which may take the form of self-restraint, self-correction, or self-denial (austerity)
5. Actively setting goals, planning, or doing personal inventory with an aim to discover authentic goals
6. Developing an organization to multiply the actions of each person, creating efficiency, order, and synergy
7. Contemplating the Soul's extrinsic and intrinsic purpose, and aligning human life with these innate objectives

We teach aspects of intelligent activity in Integral meditation. For example, in Practical Meditation, we underscore the importance of doing a personal inventory, setting goals, making a plan to actualize those goals, and then carrying them out—the fifth objective of intelligent activity.

If your plan is adequate—e.g., it accounts for all significant variables and contingencies—the odds are good that you will succeed in achieving your goal. If your plan is flawed, however, you often set the seeds for failure, and you waste valuable time, resources, and effort.

We also advocate the third objective of intelligent activity: that you practice the skills of your meditation techniques until you can master them.

We also teach about the seventh objective of intelligent activity: knowing and actualizing your purpose.

Understanding Purpose

When we examine behavior, we find it can take different forms depending on what motivates it. These forms of behavior include:

1. **Behavior that is governed by strong passions.** People act on rage, lust, greed, revenge, addiction, and desire for vainglory—this typically leads to harm to self and others.
2. **Behavior that is random or governed by whim.** When people do not have a plan, they act on whims or fantasies, and waste their time; worse, they often get into trouble or perform crimes to “do something exciting” to alleviate their boredom.
3. **Behavior that is reactive and is engaged in without prior thought or planning.** This often leads to unintended consequences and lack of success; lack of preparation and planning leads to poor results.
4. **Behavior that follows another’s guidance.** Some individuals follow a life plan laid out for them by parents, peers, school counselors, or clergy, but they feel strangely inauthentic and dissatisfied because they are not living from their core. Sometimes, they may achieve the trappings of success following this guidance, but it does not fulfill them inwardly. These individuals commonly become aspirants—seekers of truth.
5. **Behavior that is inspired by intuition or revelation.** People who have begun the spiritual path often learn to “follow their heart,” “listen to the inner voice,” or “ask the Holy Spirit to guide them.” Until they have gained discernment, however, these “Intimations of the Ineffable” or “whisperings of the Silence” sometimes lead to odd adventures, poorly considered plans, and to doing much “on faith,” while hoping everything will somehow work out.

6. Behavior based on self-knowledge and wisdom.

People who come to know themselves and have enough experience to begin to recognize the potential outcomes of their behavior can identify what they truly want to achieve, make a plan to achieve it, and as a result, often achieve a success that is meaningful and fulfilling. While this success might not take the traditional form advocated by their culture, it is deeply personally satisfying. This is called *Self Actualization*.

- 7. Behavior that is governed by knowledge of one's purpose.** Those who meditate on their Soul come to understand that the Soul has certain gifts that it wishes to share with the world, and that it has a mission that it has come to fulfill—this is its *extrinsic purpose*. It also has an overarching spiritual evolutionary plan, or calling, that it seeks to actualize—this is its *intrinsic purpose*.

Functional Purpose

To understand what your purpose is, you can meditate upon the twelve centers of *Functional Purpose*.

Functional purpose is expressed through the seven chakras of the Subconscious mind, your ego, and through four higher centers. These centers can be visualized as dwelling in a spiritual form, whose highest center is the crown of purpose. These centers are:

1. Feet – The Ego. The functional purpose of the ego is to ensure survival of your body, your family and loved ones, the safety of your possessions and wealth, and to maintain your reputation.
2. Base of spine – Your Physiological Core. The functional purpose of this center is to maintain homeostasis, adaptation to the environment, health and wholeness, and mental serenity and balance.

3. Navel – Sexuality and parenting. The functional purpose of this center is procreation of children, being a parent, and raising a family.
4. Solar Plexus – Livelihood. The functional purpose of this center is to earn a living to support your self and your family, to advance in your career, and to make a contribution to the community.
5. Heart – Caring. The functional purpose of this center is to express your love and compassion, and to make a difference in the world through charity, advocacy, social action, or volunteer service to others.
6. Throat – Creativity. The functional purpose of this center is the expression of your Soul’s gifts and abilities. It is through this center that you discover your *Soul’s Extrinsic Purpose in action*.
7. Point between the eyebrows – Intuition. The functional purpose of this center is reception of guidance from your Soul. Once you become a disciple, you will receive inner direction (Agya) from your spiritual Master at this center. *It is through this center that you learn about what your Extrinsic Soul Purpose is*, so you can begin to plan to carry it out and to cooperate with your Soul.
8. Brain center of the Subconscious mind – Wisdom. This center mirrors your Soul’s development. The functional purpose of this center is to gain wisdom, insight, and understanding.
9. Transcerebral center – Transformation. The functional purpose of this center is the spiritual evolution of your ensouling entity. *Meditation upon this center and the track across the Higher Unconscious reveals your Intrinsic Soul Purpose*.

10. Meta-thalamic center – Empowerment. The functional purpose of this center is the activation of your attentional principle and its abilities of metavision, creation, intentional activation, and attunement.
11. Meta-heart center – Salvation. The functional purpose of this center is to awaken your spiritual heart; to develop, purity, love, and virtue; and to travel back through the channels of the Nada until the your spirit unites with its Divine Beloved.
12. Meta-cerebral center – Realized Purpose. This is called the Crown of Purpose Center; it is also known as the Crown Chakra. This crown- or torus-shaped center is the center that integrates each of the aspects of your Soul's purpose and coordinates its activity.

With each action that you take upon one of its aspects of activity, you purify that radius that emanates from the center of this torus. This cycle of action, completion of action, and purification continues until you have completed purified this entire radius.

Complete purification of each radius gives your Soul mastery over that aspect of its purpose. Once your Soul has become established in this center—"the Jewel within the Lotus Sets"—your Soul begins to actively guide the personality in carrying out this purpose. *This leads to purpose-driven life.*

Listening to the Sphinx

For many aspirants, when they boldly ask their Soul, "what is your purpose?" they get either silence, or cryptic, koan-like sayings like, "love," "harmony," "joy," "goodness", or "just be."

These mystic silences or vague abstractions are not particularly useful to the personality, which wants to operationalize this mysterious purpose by setting a goal, making a plan, and then carrying out that plan—e.g., intelligent activity.

Indeed, *we make our purpose real through intelligent activity*. So we must have something concrete enough to be able to be turned into a goal (a picture of what we want to accomplish) and a plan (the sequence of behavioral steps we need to carry out to reach that goal).

So how do we get purpose into an actionable form?

We must first know what our purpose is. To do this, you can (1) do reflective meditation on “My Purpose,” [Little Sun Method or Process Meditation] (2) meditate on the radii of the Crown Chakra to sense what are these abilities that the Soul is developing, and (3) we can meditate on the “seed of calling” on the other side of the Higher Unconscious.

Once we get some ideas, we need to concretize them. If you get some abstract ideas from the Soul, you will need do a reflective inquiry about them so you can (1) understand their meaning, (2) get a sense about how these could be expressed in your life, and (3) what sequence of actions might lead to the realization of this idea [Stepping Stones Method].

Once you have a sense of what the objective is and what the Soul is seeking to accomplish, you can formulate a plan and check in with the Soul. Once you have a sense about what your Soul is abstractly communicating to you, you will formulate a plan, then check with your Soul to see if this is what it wishes. You may have to change your plan a few times until you get something that genuinely resonates. You know this by the “inner yes!!!” and the upwelling of joy.

Meditation on Intelligent Activity and Purpose



Exercise One – Notice when you have carried out intelligent activity. Monitor:

- Goal oriented action
- Active learning
- Practice of a skill until you master it
- Self-correction or self-discipline you have done
- Setting goals and making plans
- Starting an organization
- Contemplating your purpose

What did you discover about yourself when you did these things?

Did your life change? If yes, how?

Did this empower you? If yes, in what ways did it empower you?

Exercise Two – Monitoring behavior based on self-knowledge and wisdom. Notice if you have ever made action based on your own wisdom and knowledge of your self, which honored your goals and needs.

What did you do to identify your goals and needs?

What were the results?

How did you feel?

Exercise Three – Monitoring behavior based on knowledge of your Soul's purpose. Notice if you have ever made action based on your intuition that you were aligning with or carrying out your Soul's purpose.

How did you know it was your Soul's purpose?

What were the results?

How did you feel?

Exercise Four – Perform a Reflective Meditation upon your Soul's purpose. We will use the little sun method for this exercise. [Your homework will be to do Process Meditation, with the question, "What is your purpose?"]

Exercise Five – We will meditate on the meta-cerebral center. We will contemplate each of the seven chakras of the Subconscious mind, follow the thread of light up into the presence of the Soul, and then move into your Crown of Purpose.

Note: Some of you will sense this center is beyond where your Soul is now. Others of you will sense that your Soul is established in this center. A few of you might not find a Crown of Purpose on your current track of spiritual development—in this case, your primary focus will be fulfilling your Intrinsic Purpose of Mastery and Liberation.



Invocation of the Masters of the Third Ray

Oh Venetian Master and Lord Maha Chohan, guide me to use intelligent activity to accomplish my worthy goals. Lead me to not waste my time and effort, but to find the path to unite with and actualize my Soul's purpose. Reveal to me my Soul's expressed purpose and empower me that I may have the clarity, wisdom, and strength to carry it out. Make known to me the Divine Will and my place in the Great Plan. May I be led to Right Activity and may I be of service to humanity and the Masters, according to my Ability. And so may it be.

Thank you for attending our webinar today!

