

Discipline: Actualizing Your Objectives

One of the difficulties aspirants and disciples face is carrying out their good intentions, when it seems their nature is fighting against them. This webinar will clarify what discipline is and the different varieties of discipline, what the obstacles are to discipline, and means to overcome them. We begin with one of our articles on this topic.

Reflections On Discipline

Discipline occurs when the volition focuses activity and attention towards a specific objective over a sustained period of time. Those that gain personal mastery of any genre do so because they are able to discipline the faculties of their personality to achieve peak performance and functioning

Across the Seven Rays, we can identify different types of personal discipline. These are shown in the table below.

Ray	Type of Discipline	Keynote	Dominant Personality Function
1st	Sports and Military	Courage	Will
2nd	Relationship and Therapeutic Communications	Empathy	Intuition
3rd	Management and Scholarship	Acquisition and Application of Knowledge	Intellect
4th	Musical and Artistic	Creativity	Imagination and Senses

Ray	Type of Discipline	Keynote	Dominant Personality Function
5th	Scientific	Search for Objective Truth	Reason
6th	Religious	Development of Virtue and Holiness	Feeling - Center
7th	Yoga/ Spiritual	Self Mastery	Body Awareness

The following signs mark the emergence of personal discipline:

- Regular behavior practice and drilling to perfect skills
- Acquiring specialized knowledge about this specialty
- Developing strong desire and commitment to succeed in the achieving this goal
- Continued reflection and introspection about this specialty with an aim to improve one's performance and knowledge
- Focusing the attention upon this area to develop powerful concentration
- Willingness to sacrifice desires in other aspects of life to focus on this area
- Associating with those who have achieved mastery in this field to learn their methods; actively obtaining coaching, teaching, or mentoring from an expert in this area

Discipline and the Path

Meditation is a Seventh Ray application of discipline. It includes learning to control the body and the vehicles of consciousness, to monitor the contents of awareness with different vehicles, and to actively unfold the spiritual evolutionary potentials.

Meditation begins as a process of inner observing and monitoring. After mastery of these rudimentary practices, the Mudrashram® system of Integral meditation activates the three key inner centers—the attentional principle, the spirit, and the ensouling entity.

These meditation-related forms of discipline include:

Form of Discipline	Examples
Moral Discipline	Voluntary self-restraint, observance of rules for living such as Yama or Niyama.
Discipline of the Body	Sitting still in a stable posture, practice of Yoga asanas or martial art poses.
Discipline of the senses	Withdraw of sensory current (Pratyahara); detachment from the objects of sense (Vairagya)
Discipline of the Attention	Steady gaze (Tratakam), Concentration (Dharana), Contemplation (Dhyana), and Absorption in the object of meditation (Samadhi)

Form of Discipline	Examples
Discipline of the attentional principle	Using suggestion, programming, and creation to control the vehicles of consciousness; using intention to the attention to focus it on selected objects of meditation, to perform attunements, and to travel in full consciousness on the inner Planes
Discipline of the spirit	Engaging in remembrance of the Divine, voluntarily surrendering to God and the spiritual Master, dedicating all possessions and wealth and energy to the service of God, and following the Divine Will, as it is revealed

Spiritual discipline aims to ultimately prepare the meditator to become a spiritual Master. This process of inner discipline, which yields progressively deeper penetration into the depths of the mind, may be said to pass through 12 stages:

Level of the Mind	Stage	Abilities
Conscious	(1) Rudimentary Stage	Meditators are first introduced to very basic meditations that do not go deeper than the Conscious mind. They are capable of Practical meditation, relaxation, self-soothing, and introspection.

Level of the Mind	Stage	Abilities
Subconscious	(2) Liminal Access Stage	The meditator can access the chakras of the Subconscious mind, and focus on the seats of the attentional principle and the spirit. With some practice, they can enter the Astral Body, and utilize hypnotic suggestion. They can also scan through their personal unconscious to access early experiences.
Metaconscious	(3) Personal Empowerment Stage	These meditators can access the Self, and utilize the faculties of the Metaconscious mind consciously. They can activate the will to take charge of personal destiny; they can set goals and accomplish them. They are capable of Centering meditation.



Level of the Mind	Stage	Abilities
Superconscious	(4) Subtle Realm Access Stage	These meditators can enter the first band of the Superconscious mind, the Subtle Realm. They can access the higher octaves of the will operating in this band of the Great Continuum of Consciousness and may practice invocation, and magical or shamanic rituals. Those that reach this stage or above can practice Transcendence Meditation.
	(5) Planetary Realm Access stage one (Psychic Realm Attunement Stage)	These meditators activate their vehicles in the Psychic Realm, which grants powers of psychic sensitivity, healing, channeling, and reception of intuitive guidance. They may consciously commune with spiritual guides, and can consciously unite with their Soul.



Level of the Mind	Stage	Abilities
Superconscious	(6) Planetary Realm Access, levels two and three (Holy Spirit Attunement and Solar Angelic Attunement Stage)	These Meditators can invite the Divine through prayer and invocation to anchor the Holy Spirit. Advanced meditators in this band can utilize the power of the spoken word to manifest their intentions.
	(7) Planetary Realm Access, levels four and five (Mental Attunement Stage)	These meditators can attune with the Manasic and the Buddhic Realms, and can receive, integrate, and transmit thought directed from the Soul, the Monad and Initiates of the Planetary Hierarchy.
	(8) Planetary Realm Access, levels six and seven (Empowered Union Stage)	These meditators unite the Soul on its own Plane. They progress to union with the Monad and become Adepts. They are capable of ministering the Light of Spirit to others; they become instruments of the Divine Will.

Level of the Mind	Stage	Abilities
Superconscious	(9) Higher Octave Access Stage	These meditators can access the ensouling entities, spirits, or nuclei of identity of the Transplanetary Cosmic, Supracosmic, or Transcendental band of Great Continuum of Consciousness. They can direct their attention to these levels and perform inner spiritual work at these levels.
	(10) Higher Octave Empowerment	As a result of these practices these meditators gain mastery over one band of the Continuum and become Initiates within that zone. This confers Higher Octave spiritual mastery.
	(11) Multiple Higher Octave Empowerment	Certain advanced Initiates gain mastery in more than one band of Great Continuum of Consciousness, and may have forms of Mastery in the Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental Spheres.

Level of the Mind	Stage	Abilities
Superconscious	(12) Multiplane Mastery	This confers the ability to work in any realm of Great Continuum of Consciousness, and extends the mantle of mastery to all 12 spiritual domains and to all 13 ensouling entities.

“The ability to discipline yourself will lead to progress and mastery of your chosen genre in personal life. When applied to spiritual development, it will lead you progressively across Great Continuum of Consciousness and ultimately help you achieve spiritual Mastery. Without discipline, you will accomplish little in your personal and spiritual development. With discipline all things become possible.”

Obstacles to Discipline

Many aspirants and disciples report that though they can notice some progress in some areas of their life, they cannot discipline themselves to meditate. [These same guidelines apply to any area of life for which you are attempting to discipline yourself.] Here are some of the obstacles to discipline in meditation [and that also have relevance to other areas of your life for which you seek to discipline yourself]:

- (1) **Failure to prioritize meditation** – some people make work, relationship, family life, entertainment, or education their priorities above their spiritual life.
- (2) **Non-conducive environment for meditation** – some people have too many environmental distractions to meditate deeply and steadily.

- (3) **Failure to schedule sufficient time for mastery of meditation techniques** – some people do not allot the time necessary to practice and master each of the methods of meditation.
- (4) **Conflicting desires** – some people have multiple desires and interests, and feel they must give time to each area. This takes time away from meditation.
- (5) **Health problems or psychological issues** – some people have physical or emotional problems that make it difficult to concentrate and spend sustained time in meditation, as is required to gain mastery of their objectives.
- (6) **Moral objections and/or negative influence from other people** – some people may find it difficult to devote the time to spiritual development because other people try to dissuade them from doing it, or may try to convince them that is evil to meditate, and it would be better if they followed the religion that these other people embrace. These other people may also pressure them to engage in other activities—social gatherings, entertainment, or recreation that are not priorities and may even waste time.
- (7) **A creative and experimental mindset** – some people, after being trained in meditation, decide to explore their inner life in new ways, and take up alternative practices—though compelling, these practices do not lead to the mastery of meditation, but rather, distract them from their core objectives. These inner distractions are most prevalent on bands of the Continuum such as the Lower Astral Plane and the Psychic Realm, but aspirants may adopt them at any stage of the path.

Ways to Achieve Discipline



We will examine these areas that impact discipline through a series of evocative questions, which will assist you to examine what might be holding you back from discipline in your spiritual [or personal] life.

What are your priorities? How important to you is your spirituality? If you could look at your life after having died, what would you like to have accomplished in this area of your life? If you do what you are doing now, will you achieve those expectations?

How might you need to change your environment to enhance and support your ability to meditate? If your home environment is not conducive and cannot be changed, where else might you go to ensure that you have a serene meditation experience?

How much time would you need to set aside to master meditation? What would you need to change or put aside in your life to make this happen?

If you do everything you desire, will you be able to make regular progress in meditation? What would you be willing to postpone or sacrifice to ensure that you master meditation?

Do you have physical or mental health issues that are compromising your ability to meditate? What ways might you treat or palliate these conditions so that you can meditate in spite of them?

Are other people interfering with your decision to meditate? Are they attempting to have you do other activities with them that are taking time away from your meditation? How important is your meditation to you? Is it important enough so that you could set limits and let them know that you will not be deterred or distracted by them? Can you tell them, “no”?

If you are not doing meditations that actively unfold your spiritual essences, help you gain direct insight, and support your personal growth, what are you doing instead? What results are you achieving from these other practices? Do they help you obtain your spiritual objectives? What is the impact on your time for spiritual development if you do these practices instead of the core developmental practices? What is the impact on your spiritual development?

If you make something to be a core priority for your life and resolve to achieve it, commit to achieve it, and align the mental and volitional faculties of your personality to enable you to achieve it, you will create the best conditions for success and progress in this area of your life. If you make meditation the core priority of your life, you can expect to make great strides in your spiritual development, and do the work on many lifetimes in your current life.

Thank you for attending our webinar today!

