

Gaining Exact Knowledge of Your Spiritual Nature

You gain knowledge through

- (1) The five senses
- (2) Reason
- (3) Memory
- (4) The Intellect
- (5) The discerning wisdom of the Superconscious mind
- (6) The attentional principle
- (7) The spirit
- (8) The Soul

The first four elements of knowledge are within the band of the personality.

- You gather data through the five senses.
- You analyze it for specific criteria using Reason.
- You retain the knowledge in memory as learning.
- Through your intellect, you use that learning to solve-problems, to explain information to others, and to stimulate your own thinking about the topic.

The next four aspects of knowledge are in the Superconscious mind.

- The discerning wisdom allows you to identity an element in the Superconscious mind and to penetrate its essence.
- Through the attentional principle, you can contemplate an element in the Superconscious mind directly.
- Through the spirit, you can directly behold and know an element that is within the Nadamic channels.
- The Soul becomes one with an element in its nodal point, and intuitively knows this essence in every vehicle via correspondence.

The Scientific Approach to Spirituality

The Fifth Ray takes a scientific approach to spirituality, studying spiritual phenomena in a methodical way. This approach is typified by the Swami Charan Das' study of the Great Continuum of Consciousness, which has been made available in the Mudrashram® Correspondence Course.

We can contemplate the realms of the Conscious Mind and the Subconscious mind up to the pituitary center with attention.

We can study the bands of the Subconscious mind above the pituitary center with either attention or attention combined with the attentional principle.

We can study the content of the channels of the Nada with the attention combined with the spirit.

We can intuitively know the sphere of consciousness opened by the Soul by its discerning wisdom, and can channel this through dialogue with the Soul (e.g., question and answer), and Reflective and Receptive Meditation.

The scientific study of consciousness looks at the specific phenomena that can be known in each vehicle of consciousness.

The *Empirical Scientific Approach* studies the physical brain: the anatomy and physiology of the nervous system, the chemistry of the nerve cells, the electromagnetic waves generated by the living brain and nervous system, and speculates about consciousness as a phenomena explained by the quantum field. This viewpoint is typical of an individual established in the waking state of awareness, where the brain is within the zone of perception.

The *Metaphysical Scientific Approach* studies each vehicle of consciousness above the waking state of awareness. This is the approach used in the Mudrashram® Correspondence Course.

How Do We Study Consciousness?

The Metaphysical Study of Consciousness uses the conscious essences to examine each vehicle of consciousness and to obtain exact data on its nature and its functions. Among the questions that are asked in this inquiry are:

What is the nature of this vehicle of consciousness? What is its form?

What is its energy signature? To what frequency does this vehicle of consciousness resonate?

What is its seed atom?

Does it contain an integration center or nucleus of identity? If yes, what other vehicles of consciousness does this vehicle of consciousness coordinate?

What aspect of this vehicle of consciousness has been made conscious? What aspect of this vehicle of consciousness remains unawakened and unconscious? Is there an apparent origin of its seed atom and the form of this vehicle of consciousness in the unconscious?

What chakras or organizing centers are contained within this vehicle of consciousness? What is their function?

In what ways does the activity of this vehicle of consciousness affect my Behavior? Perception? Emotions? Motivation? Cognition (e.g., thinking and belief)? Values?

On the ladder leading to higher states of consciousness, on what rung is this vehicle of consciousness located? Where is it on the global map of my Soul's awareness?

Is there any content that arises in this vehicle of consciousness that I can use as a distinctive marker to know I am in this state of awareness? What is this content?

Discerning Real Experience from Imagination in Meditation

The bedrocks of empirical science are the ability to replicate an experiment, and to be able to validate one's findings with others. When you meditate, however, there are often no others with whom you can validate your experiences, and you don't have the same experience each time you meditate—your meditations are ever new.

Despite these drawbacks, there are some commonalities that persist in meditation, which will allow you to discern (1) where you are, and (2) what is your actual experience and what is a product of your imagination.

We have discussed identifying the focal point where your attention is focused, in our previous webinars. In this webinar, we will show you how to differentiate between actual experiences and imagination. Here are some tips:

Actual Experience	Imagination
You encounter the phenomena in the vehicle of consciousness	You suggest or visualize the phenomena
The content is present when you place your attention there	You suggest what is supposed to be there
You can sense an actual form or vehicle of consciousness	You visualize a form
You directly experience a conscious essence (attentional principle, spirit, Soul)	You visualize what these might be like
You palpably feel the downpour	You visualize light descending

Your task in meditation is to monitor and observe what is present, not to suggest what you will see or feel.

Those new to meditation do need to use some limited suggestion in their initial meditations to temporarily “fill in the gaps” of what you actually have experienced and areas of your consciousness that are unknown to you.

For example, you may not have actual experiences of where the time of birth is on your time track, but you can “mock up” that point to give your attention a focal point. After you have more experience in meditation, however, you can actually experience your birth and even get glimpses of your embryonic development.

The biggest challenge for new meditators, or experienced meditators who are trying to grasp the “languaging” of our Integral Meditation system, is to identify what are the three immortal essences—the attentional principle, your spirit, and the Soul. Once you have grasped what these essences are, it will be much easier for you to contemplate them.

To help you awaken these essences, we use the Awakening meditation in the Accelerated Meditation Program (AMP). We recommend that those taking the AMP practice this initial meditation until they can actually “touch” these essences.

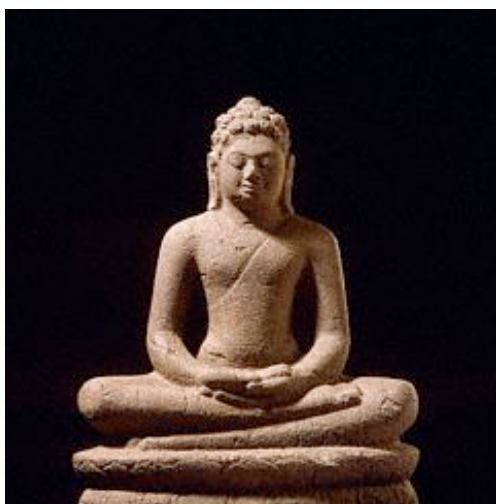
Attending the Light sittings in person, or via our webinars, will also help you contact these essences in your meditations, because the Light activates them.

In our webinar today, we will do Fifth Ray meditations to help you to gain clearer knowledge of (1) your waking state of awareness, (2) your ego, (3) your attentional principle, and (4) your Self. We will meditate on each of these focal points using the inquiry method of the Fifth Ray.



For this meditation, you will ask yourself the questions on page three for each of these selected focal points. Once you are familiar with this practice, you can apply this inquiry to other vehicles of consciousness.

If you like this method of methodical study of your vehicles of consciousness, we recommend you consider obtaining the Mudrashram® Correspondence Course. You are eligible to take this course once you have completed either the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program. For more information about the course, you can go to <http://www.mudrashram.com/MCC.html>.



O Charan Das and Hilarion, help me to discern the truth about my nature and consciousness. Help me to build a foundation of clear and accurate meditations, so I may progressively extend my conscious experience through all of my vehicles of consciousness up to my Soul. Let me unfold my Soul in full awareness through each nodal point until I realize my purpose, and actualize the Mastery that is within me. Help me to clearly see and discern what is within me, and let me know the Path of my Soul that leads to your Abode in the Hierarchy of Light, and onward to Liberation. So may it be.

Thank you for attending our webinar today!

