

Introduction to Meditation and Transformation

This webinar is designed for people who might be new to Mudrashram®, and want to know why we teach the multi-faceted system that we do, and how we train people to make the spiritual progress of many lives in this one life.

First, you need to know that there is not one type of meditation. There are many. Here is an article I wrote, to give you an idea of the variety of potential techniques:

Types of Meditation

By George A. Boyd © 2005

There are many types of meditation. Seekers are often not aware that there are so many ways to meditate.

They might have learned only one type of meditation, and were told by the teacher that initiated them that this is the “only true way to meditate.” They might have learned a single mantra, to watch their breath, or to contemplate an inner image. But they are not aware that each type of meditation directs awareness differently.

For example, here are 35 different ways that people meditate.

1. Concentration (focusing attention on an inner focal point)
2. Fine Concentration (finely focusing attention to become minutely aware of the content of a vehicle)
3. Contemplation (awareness of content after focusing the attention on a point)
4. Mindfulness (awareness of content in the present time, mental monitoring of content as it arises)
5. Absorption (in breath, sensory or energetic streams (passive) – no control over depth of immersion)
6. Following breath (active) so that one deepens into awareness to a specified level, then emerges

7. Absorption in sensory or energetic stream using concentration (active) so that the depth of immersion in this stream is controlled
8. Mental suggestion (suggestion with the attention; repeating a mantra with the attention)
9. Mental listening (asking a question, listening for the answer)
10. Mental striking or knocking (directing the attention to strike a certain center or inner door); or rotation (directing the attention to turn an inner wheel)
11. Mental scanning (content) noticing all of the content of the awakened portion of a vehicle
12. Mental scanning (structure) noticing the structure of the vehicle itself as form, shape, dimensions
13. Mental scanning (background) noticing the content of the unawakened portion of the mind in which the vehicle is embedded
14. Mental scanning (origin) noticing where the vehicle originates out of Spirit
15. Attentional principle creation, visual (visualization)
16. Attentional principle creation, auditory (giving a voice to an entity)
17. Attentional principle creation, thaumaturgic (sending light or thought to an inner vehicle or to a mantra)
18. Vocal utterance (structured, aloud) – used in chanting or singing
19. Vocal utterance (structured, whispered) – used in prayer and mantra repetition
20. Vocal utterance (unstructured, aloud) – used in intoning, making a sound from an inner vehicle
21. Vocal utterance (unstructured, whispered) – used in making the breath audible

22. Vocal attentional click – used to “push off” in direct projection
23. Movement (structured) – used in sacred dance or martial arts
24. Movement (unstructured) – free movement used in contact improvisation and movement meditation
25. Movement (structured, subtle) – movement of astral body using suggestion: parts of astral body, movement of the whole astral body to a spatial or dimensional location; movement of the whole astral body in time
26. Movement (unstructured, subtle) – movement of the astral body as generated by random sounds, falling, sudden shock, or use of anesthetic stimulant or psychedelic drugs
27. Volitional command – directing movement or operation of the body or inner vehicle
28. Volitional suspension – turning off the operation of the body or inner vehicle
29. Repose in Being or Voidness (Nirvanic dwelling) holding the attention in inner voidness
30. Dialog – inner dialog with a subpersonality, major integrating center (ego, Self) or spiritual essence (attentional principle, spirit, or Soul)
31. Communion – inner dialog with a spiritual Guide, with the Holy Spirit, an angel, or the Divine
32. Inspiration or channeling (active) – receiving telepathic information from a guide, the Holy Spirit, an angel, the Divine, capturing it by writing or speaking
33. Inspiration or channeling (passive) – receiving telepathic communication from a guide, the Holy Spirit, an angel, or the Divine, and simply remembering it
34. Being present as the fullness of Being (darshan) – revealing your inmost, eternal nature

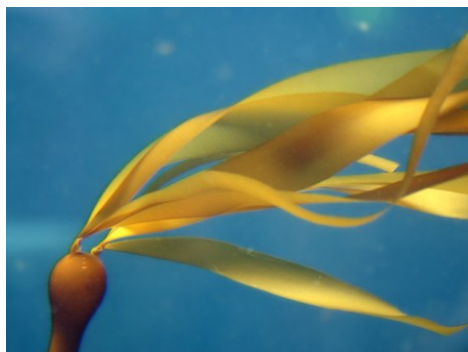
35. Grace–Bestowing – radiating Light or Shakti from the presence of Being (Shaktipat)

We suggest that seekers will benefit from becoming familiar with each of these other types of meditation and their uses. No more than you would use only a hammer to do a variety of household repair tasks, neither should you have only one or two meditation “tools” at your disposal to carry out inner work. It would be superior to have a wide variety of tools to permit you to do exactly what you need to do for personal and spiritual development. [This is what we teach in the Mudrashram® Integral meditation classes.]



To Transform or Not Transform

Swami Prem Dayal says, “There are two types of creatures in the sea, floaters and swimmers. Which type are you?”



Floater



Swimmer

Floaters stay in one place. They drift with the tide. These are analogous to people who don't do any transformation: they just let the mills of karma refine them. As a result, they move forward between three and twelve nodal points in a lifetime.

Swimmers make progress according to their whim. They determine that they will make progress, and they do active transformation. There are no limits to the transformation they can achieve: they can rise to Mastery in this very lifetime.

There are three major types of spirituality, which we describe in our article, "The Three Types of Spirituality and their Meditations." Those who opt for a Creative Focus or a Devotional Focus generally are floaters; those that adopt a Transformational Focus are swimmers.

So let's go over the article, so you can better understand these different approaches to spirituality.

The Three Types of Spirituality and their Meditations

By George A. Boyd © 2011

We describe the three types of spirituality as Creative Focus (Brahma mode), Devotional focus (Vishnu mode), and Transformational focus (Shiva mode).

In Creative Focus, individuals are focused on carrying the inspiration and ideas they receive into action; they rarely meditate except to tune into their voice of inspiration.

This mode features Jnana Yoga in its practical reflective and receptive forms; Agni Yoga in those who have innate healing ministries; and connecting with their inner sense of truth, which we call Dharma Yoga. Other than occasionally using Centering techniques to relax, focus, and de-stress, Brahma mode individuals rarely enter altered states of consciousness through meditation.

In Devotional focus, individuals are established in cultivating a relationship with an idealized other, either a person who is deemed to be worthy of respect and adulation, a spiritual Master, or the Divine.

This mode features Jnana Yoga in its receptive forms; Kundalini Yoga sometimes is used to keep awareness fixed in an altered state of consciousness in which this relationship can be maintained; chanting and prayer to invoke the spiritual Beloved; Raja Yoga to fix the attention on the altered state of consciousness in which they encounter their Beloved; they express their Dharma as Karma Yoga, to be of service to their Beloved.

The altered state of consciousness they enter might be the spiritual heart, a nucleus of identity, or an ensouling entity—remaining in this state becomes central to their identity and becomes the main focus of their lives. Unlike those of the Brahma mode, Vishnu mode individuals are not comfortable until they are in an altered state of awareness in which they can relate to their Beloved, who they worship and idealize.

In Transformational Focus, individuals enter altered states of awareness only to transform their spiritual potentials (spiritual transformation) or to work on themselves (personal transformation). They are otherwise active in carrying out service to their Soul and to humanity.

Transformational focus meditations include Jnana Yoga in its discernment forms; transformational mantra and Kriya Yoga; Nada Yoga to open the channels of the Nada; Guru Kripa Yoga and Light Immersion to unfold their spiritual potentials through the power of an Illumined Initiate; and Raja Yoga to contemplate the inner changes that occur as a result of transformation. Shiva mode individuals seek to travel to the abode of the Beloved in full consciousness and aim for Mastery and Liberation upon that Other Shore.

Mudrashram® is a Transformation-focused teaching. It teaches transformational mantra, Nada Yoga, and Raja Yoga as core techniques to pursue this aim.

However, it additionally augments these core techniques with additional training in Kundalini meditation, Centering techniques, all three types of Jnana Yoga, Guru Kripa Yoga and Attunement Meditation, Agni Yoga, a variety of invocational techniques, and Dharma Yoga.

Aspirants will benefit from determining the focus of their spirituality that they have pursued to date. Those who approach their inner quest with a Transformational focus may wish to investigate Mudrashram®, as it provides them with the tools they will need to accomplish the aim of their Shiva mode of spirituality.

But Where, O Gundu, Should I Begin the Work of Transformation?

If and when spiritual teachings do teach transformation, there are several places where they begin that process of transformation—and not all produce the same results. So let's look at some of these types of transformation and what they do.



| Teaching | Methods | Results of Transformation | Examples |
|----------------|--|--|---|
| New Age | Merkaba | This moves one vehicle of consciousness along its track in the Psychic Realm. It results in enhanced psychic abilities, and visionary experiences. In some individuals, it can lead to distorted and delusional beliefs. | Groups that teach the Merkaba meditation or the Ascension technique |
| Mystery School | Lhama Yoga and other Kriya-like methods | These techniques move the nucleus of identity of the First Planetary Initiation (Christ Child, Moon Soul) along its track and lead it to a state of union with the Master Guide (Hierophant) of a Mystery School. This results in revelatory and visionary experiences of religious and symbolic images. | Astara, similar practices may be used in other Mystery Schools |
| I AM Movement | Decrees, "Attunements" from an Ascended Master | This moves the nucleus of identity of the Second Planetary Initiation (Mighty I AM Presence) along its track, which culminates in "ascension" to the state of an Ascended Master in the Fifth Subplane of the Second Planetary Initiation. This results in immersion in rich, symbolic imagery. This particular practice is associated with awakening of the energy of awareness—the Kundalini Shakti—and may lead to difficulties maintaining regular personality functioning. It may also lead to manic and grandiose beliefs. | Church Universal and Triumphant, I AM Movement Teachers |

| Teaching | Methods | Results of Transformation | Examples |
|----------------|--|--|--|
| Yogi Preceptor | Yogi Preceptors use various techniques to unfold the nucleus of identity of the First Cosmic Initiation—cosmic consciousness—including Kundalini Yoga, Astanga Yoga, Mantra Yoga, and Kriya Yoga, or reception of the Light (Shaktipat). | These move the cosmic consciousness along its track until it is anchored in the throne of the Yogi Preceptor, the stage of Mastery in the First Cosmic Initiation. This is a highly devotional and ecstatic experience, leading to the sense that the personality and the world are illusion, and one is floating in a sea of bliss and energy. In people without protective factors, it can lead to difficulties with personality functioning, and the fixation of Kundalini Shakti in this nucleus of identity, so people can't come back to their normal awareness again. | Teachers from Kundalini Yoga, Astanga/Raja Yoga, Mantra Yoga, and Kriya Yoga lineages; teachers of Jnana Yoga and Bhakti Yoga lineages may also incorporate these practices. |
| Light Masters | Light Masters give a mantra to unfold the nucleus of identity of the Second Cosmic Initiation—the cosmic soul awareness—and teach methods for the spirit to follow the inner Guide. | These move the cosmic soul awareness along its track until it is anchored in the throne of the Light Master, the stage of Mastery in the Second Cosmic Initiation. This is a highly devotional and ecstatic experience, leading to the sense that the personality and the world are illusion, and one is floating in a sea of bliss and energy. In people without protective factors, it can lead to difficulties with personality functioning. | MSIA |



| Teaching | Methods | Results of Transformation | Examples |
|----------------|--|--|-------------------|
| Cosmic Masters | <p>Cosmic Masters give Light Immersion that directly unfolds the Astral Soul, the ensouling entity of the Cosmic Sphere; Agni Yoga Yogi Preceptors also unfold this essence up to the stage of the Yogi Preceptor. There is also a mantra, the Cosmic Divine Name—and an advanced Kriya Yoga practice, Kaivalyam Kriya—that unfold this essence.</p> | <p>These move the Astral Soul along its track until it is either Liberated at the top of the Cosmic Sphere, or anchored in the throne of the Cosmic Master, the stage of Mastery in the Cosmic Hierarchy of Light. This is a highly devotional and ecstatic experience, leading to the sense that the personality and the world are illusion, and one is floating in a sea of bliss and energy. In people without protective factors, it can lead to difficulties with personality functioning, and fixation of the Kundalini in this state.</p> | Risen Christ Yoga |



| Teaching | Methods | Results of Transformation | Examples |
|-------------------|--|--|--|
| Supracosmic Paths | Supracosmic Gurus give mantras and other techniques to awaken the nucleus of identity of their Path, the Supracosmic Seed Atom. These are 64 active Paths in this Realm. | This initiation gives one the sense that they are a spiritual essence within the universe of the Guru, who is one with the Divine in that path, and they are progressing towards that inner horizon. This experience ultimately culminates in union with the Guru in the brain chakra, and merging of the Supracosmic Seed Atom in its origin. This is a highly devotional and ecstatic experience, leading to the sense that the personality and the world are illusion, and one is floating in a sea of bliss and energy. In people without protective factors, it can lead to difficulties with personality functioning, and fixation of the Kundalini in this state. | Transcendental Meditation, Siddha Yoga, ISKCON, Nicheren Buddhism, Tibetan Buddhism, Sufi and Sikh sects |



| Teaching | Methods | Results of Transformation | Examples |
|-----------------------|--|---|---|
| Transcendental Sphere | Sat Gurus of the Transcendental Sphere awaken the spirit upon their Path, and its ensouling entity. They teach the spirit to travel back on the inner tracks of the Nada, and meet the inner guide within. They use a mantra to focus the mind on the spirit. They may also use Light Immersion to help the spirit move along its track. | One awakens as the spirit, and feels great longing and yearning to reunite with the God. The Sat Guru progressively guides the spirit back to this state of union. This is a highly devotional and ecstatic experience, leading to the sense that the personality and the world are illusion, and one is floating in a sea of bliss and energy. In people without protective factors, it can lead to difficulties with personality functioning. | Subud (T1), Sant Mat (T2), Meher Baba (T3), Eckankar™ (T5), and Élan Vital (T7) |



| Teaching | Methods | Results of Transformation | Examples |
|-------------|---|---|-------------|
| Mudrashram® | The Multiplane Masters of the Mudrashram® lineage unfold the Soul at its cutting edge of spirituality using Light Immersion and revealing the Quintessence Divine Name. The key practices are Mantra Yoga, Nada Yoga, and Raja Yoga, augmented by 25 additional techniques. | This “co-resonant” development simultaneously unfolds the Soul, and the octaves of being at Cosmic, Supracosmic, and Transcendental levels in synchrony. It does not break the connection with the personality, nor does one remain in altered states of consciousness. One can make steady progress and liberate their aligned ensouling entity and spiritual essence in Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental levels of the Great Continuum. This is the key to unlimited spiritual development. | Mudrashram® |

So if you have decided that you wish to transform your Soul, we encourage you to do so at your cutting edge of spirituality, as we teach in Mudrashram®. The other methods of transformation don't affect this essence, and actually create imbalanced states of spirituality.

If you live in Southern California, or are willing to come here for an intensive, we invite you to take our in-person meditation class, the Mudrashram® Master Course in Meditation. If you live elsewhere in the world, you can get this same course by mail as the Accelerated Meditation Program (AMP). And coming soon, you will be able to take the AMP on-line, with additional videos to help explain these practices.

Thank you for attending our webinar today!

