

## **Nailing Down the Key Mudrashram® Practices**

To move on to more advanced practices of meditation, aspirants must master the basics of meditation practice. For this, the student must move beyond what are initially, unclear theoretical formulations, and gain an experiential grasp of the spiritual essences that are the agents of inner change and transformation, and discern the intuitive and conative forces that permit understanding and control of the substrates of the mind.

This webinar will focus on identifying what are the attentional principle, the spirit, and the Soul. It will teach you a process whereby you can shift from uncertain contemplation of this essence to clear identification.

Advanced students can extend this practice to encompass the Monad, the Astral Soul, the Supracosmic Soul [or Soul of the Bridge Path for those who have liberated the Supracosmic Soul], their aligned Transcendental ensouling entity, Satchitananda, and the Alaya.

We will also nail down the elements that make up the components of the Chords of Jnana Yoga, and you will focus on identifying the form, the voice, and the felt sense of each element. You will also identify the form, voice, and felt-sense of the ego, Self, and Soul—so you can discern when these aspects of your nature are communicating to you.

You will discover the zone of your freedom and ability by tracing the track of your intention, wish, and will through each level of your mind. You will also learn how to shift your attentional perspective through the Rays.

Your objective for this webinar is to dispel the fuzziness and confusion about these aspects of Integral meditation, and to gain exact knowledge of the core spiritual essences and what comprises the intuitive and will aspects of the Soul.

Let us begin:

## The Basic Identification Process

We will do this meditation together in the webinar today. *Any of you attending this webinar*, who wishes to repeat it on your own, may request an editable version of it, so you can write your responses.

There is a similar version for the advanced students, who can use this process to clarify what are the higher octaves of being. Ask me if you want it.

Processing question	Attentional Principle	The spiritual heart (spirit)	The Soul
What is it?			
Where is it located?			
How am I certain I am focused on this essence?			
What happens when I allow my awareness to fully open into this essence?			
What happens when I identify with this essence?	“I am the attentional principle”	“I am the spirit”	“I am the Soul”



Image courtesy of Rashmi Kurup

## Exploring the Chords of Jnana Yoga

The next practice is clarifying the way that each of the Seven Chords of Jnana Yoga communicates to you, plus we will have you discern how the ego, Self, and Soul express to you. Your task will be to ensure that you know what level is communicating to you. Ideally, you can verify through more than one sensory modality: image, voice, or feeling—but you can begin by getting a handle on it through at least one of these conduits.

Level	Image	Voice	Felt-Sense	How can I be certain I am tapping this level?
Conscience				
Intellect				
Philosophical World View				
Psychic Intuition				
Soul's Insight and Wisdom				
Soul's Discernment				
Remembrance				
Ego				
Self				
Soul				

## **Making Things Happen – Exploring the Will Process**

We will also meditate on the conative aspects of your nature. Conation includes the faculties of suggestion, volition, intention, and the spirit’s “wish.” We must also examine the aspect of the will that is embedded in the unconscious mind, which is split off from the integrated aspects of your mind, and operates autonomously.

Aspect of Conation	What does it control?	When does it operate?	What makes it turn on?
Egoic Will			
Habit			
Personal Will			
Primitive Will			
Magical Will			
Biophysical Will			
Abstract Mind Will			
Psychic Will			
Moral Will			
Solar Angelic Will			
Transpersonal Will			
Divine Will			
My attentional principle’s intention			
My spirit’s wish			
The autonomous will of my unconscious mind			

## **Using Affirmations to Bring Out Your Best**

We also wish to share with you today the practice of using positive identity affirmations, both to help you realize an inner essence, but also to bring into your awareness truths about its true nature and its innate ability. We share with you some affirmations for the Self, the attentional principle, the spirit, and the Soul.

When you are using the "I AM statement" to refer to yourself, use positive and essence affirming affirmations like these:

I am the Self – I am the creator of my destiny. I am intelligent, capable, and resourceful. I am able to overcome whatever obstacle is placed before me. I am firmly committed to actualize each of my personal and spiritual goals, while I am alive. Regardless of what has happened in the past, I am a champion and a victor, and I will reach every worthy goal that I set. I make no excuses—I am dedicated to getting results.

I am the attentional principle – I am consciousness itself, I have crystal clear inner sight and hearing, and I shed light on anything in my presence

I am the spirit – I am pure love and devotion, and I am on my homeward journey to my Divine Beloved

I am the Soul – I am existence, consciousness, and immortal bliss. I have always been. I shall always be. I am the incarnation, and pure, unique expression of the Divine, who declares, "I am God" in every moment within me.

## **Getting Value from Our Teachings**

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There are seven elements that allow you to gain value from the Mudrashram® teachings. These include:

1. Theory – Learn what a practice is and why we do it.
2. Technique – Learn how to practice the technique correctly.
3. Practice – Use the technique in your daily life to work on personal issues, and to activate and unfold your spiritual potentials
4. Create meaning – Reflect upon your experiences in meditation. Capture these insights in a journal. Creatively express these insights as writing, poetry, song, or visual art.
5. Integration and transformation – Notice the changes that occur to you personally and spiritually as a result of doing these practices.
6. Share – Tell your friends about the value you receive from the teachings, so others may benefit from them.
7. Advance – Take our available advanced training classes. Read our books. Study the Mudrashram® Correspondence Course and the Satsang Program Home Study Course.

We encourage you to get the maximum value from our teachings through incorporating these seven elements into your personal and spiritual life.

### **Challenges**

In beginning your practice, you will face three major challenges. These are language, navigation, and discernment.

**Language** – the challenge of language is to understand what essences our words describe.

**Navigation** – the challenge of navigation is to locate and put your attention on each spiritual essence—your attentional principle, your spirit, and your Soul, a nucleus of identity, or a vehicle of consciousness—and do your spiritual work there.

**Discernment** – the challenge of discernment is to identify what is the content and the edge of a vehicle of consciousness, what comprises your sphere of consciousness, and what are the markers of a focal point, a nodal point, Subplanes, Planes, and Divisions along the Great Continuum of Consciousness.

After you have overcome these initial obstacles, your next objective will be to gain the four masteries over your inner faculties. These four masteries include:

**Inner sensing** – this is the ability to see, hear, and feel in your inner vehicles of consciousness

**Intuition** – this is the ability to access correct, valuable inner guidance from your Soul

**Heart travel** – this is the ability to travel in full consciousness as the spirit through the inner channels of the Nada

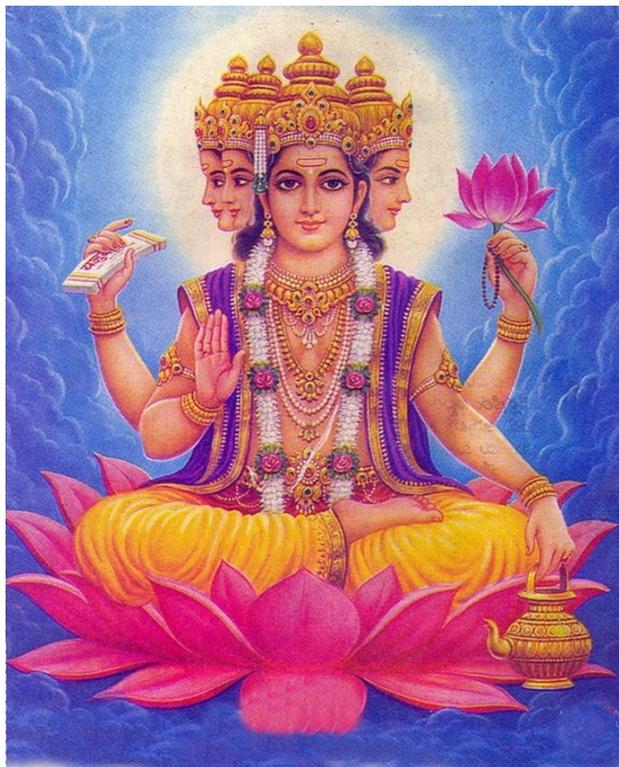
**Attunement** – this is the ability to travel within as the attentional principle, contact a spiritual Master, receive the Light, and send the Light to others

Once you have begun to gain mastery over these four faculties, you will begin to actualize six of the seven types of potential. The first type of potential—genetic—is achieved through control over your diet, minimizing ingestion of toxins and environmental poisons, breathing, sunlight, and exercise. Meditation supports and augments the other six potentials, which include:

2. Physical (athletic) – achieving optimal performance for your body in your selected sport, exercise routine, martial arts, hatha yoga, or dancing

3. Academic – optimal learning, reaching the most advanced education with your innate intelligence
4. Emotional – optimal expression of native empathy (emotional intelligence), caring, and compassion
5. Mental (creative) – optimal actualization of the talents within the layers of your mind; expression of your inner abilities and gifts in career, hobby, or as volunteer service
6. Mental (psychic and intuitive) – optimal activation of the inner senses to see, hear, and feel with crystal clarity and accuracy; ability to access intuitive knowledge for self-guidance and wise counsel for others
7. Spiritual – optimal unfoldment of the ensouling entity, spirit, and vehicles of consciousness to the greatest extent possible, with full actualization of the Soul's love, wisdom, and power

As you actualize your potentials, you will experience the most fulfilling life. This is the one of the great gifts of meditation.



## The Shifting Perspective Exercise

One of the more advanced practices that have relevance for meditators is the shifting perspective exercise. This exercise allows you to gather multiple viewpoints on any object you choose for meditation, and enables you to tease out selective information based on what you need to know.

To do this exercise, initially, focus on the Self. Ask a question or make a request to experience the content at this level.

Ray	Content	Question/Request
1st	Conation: the presence of will, intention, or wish	What aspect of the will operates here? Show me the aspect of the will that operates here.
2nd	Quality and energetic form	What is the form and energy that comes from this center? Show me your form and the energy that emanates from this center.
3rd	Symbol, archetype, or image	What symbol, archetype, or image represents this center? Show me the image that embodies this center.
4th	Energy or flow state	What energy pervades this center? Let me experience the state of being one with this state.
5th	Seed atom, form, and centers in that form	What is the form and centers of this form? Show me the form this center dwells in and the chakras of that form.

Ray	Content	Question/Request
6th	Emotional track, current of the Nada	What emotions arise from this center? What aspect of the Nada tracks through this center? Show me the track of the Nada that runs through this center.
7th	Spatial location, level of the mind	What is this location? What level of the mind is this? Show me where this is on the track of the attentional principle in the physical universe or in the Astral Light.

This shifting in the focus of awareness enables you to select the information you need to obtain. For example:

- If you are studying your abilities, you would select the 1st Ray track.
- If you want to look at quality and character, you would select the 2nd Ray track.
- If you seek to find an image or metaphor for a level of your mind, you would select the 3rd Ray track.
- If you wish to experience the energy at a level of your mind, you would select the 4th Ray track.
- If you endeavor to study each vehicle of consciousness, you would select the 5th Ray track.
- If you are exploring your emotions, or tapping into the experience of the spirit, you would select the 6th Ray track.
- If you move into the spatial experience of a level of your mind, you would select the 7th Ray track.

Practice these methods to nail down your mastery of meditation.

Thank you for attending our webinar today!

