

Effective Mantra Use: A Primer for the Perplexed

This webinar will discuss the uses of mantras for transformation and centering. It will provide a forum to field your questions about the mantras used in the Mudrashram® system of Integral meditation, and to understand the mantras that are used in other systems. Upon completion of this webinar, you should be able to do your mantra correctly. This is a webinar for students only—we encourage you to attend.

We will begin by reviewing the role of intention in activating your transformational mantra.

Intention as the Activating Principle for Transformational Mantra

The pure consciousness of the attentional principle is encased in four vehicles: astral body, causal body, mental body, and essential form (purusa) [pronounced *pur ru shah*].

The astral body mediates psychic sensing, such as the seeing of auras, and the faculty of imagination.

The causal body expresses the faculties of insight and wisdom.

The mental body contains the illumined mind, which grants spontaneous knowledge about whatever the consciousness is focused upon.

The essential form contains the inner faculties of consciousness.



Meditating upon the essential form reveals the following faculties:

Faculty	Center of Essential Form
Consciousness	Brain
Intention	Thalamic
Telepathy	Throat
Contemplation	Heart
Programming or suggestion	Solar Plexus
Empathy	Navel
Affirmation or creation	Base of spine

Meditation upon this essential form using microconcentration will effectively isolate each faculty. Intention is at the root of each active faculty of the essential form.

This root function of intention can be shown by the following examples.

1. Intention plus silent speech (thought) yields telepathy.
2. Intention directed to the focus of the attention, concentrating this in a discrete location on the continuum of the mind, gives rise to fixation (dharana). Holding the attentional focus one-pointed allows awareness to open, which produces contemplation of the contents of awareness (dhyana). *This ability to intentionally focus attention is called tratakam.*
3. Intention sent to the seed atom of a vehicle or a stratum of the unconscious mind with specific suggestions programs that aspect of the mind.

Each vehicle of consciousness can respond to this faculty of suggestion to give clear knowledge, to produce an intended action of the vehicle, or to activate the creative intelligence within the vehicle to solve problems. *This ability to anchor suggestion in the inner vehicles is called self-hypnosis.*

4. Intention aimed at the experience of another person, an animal or a plant permits empathy with that organism. *Empathy is the ability to sense what an organism is feeling and experiencing.*
5. Combining intention, telepathy (directed thought), and suggestion with the spoken word produces affirmation. *Affirmation or creation activates the creative power of manifestation of the Superconscious mind.*

Intention and Transformational Mantra

The laser-like beam of intention is used to animate a transformational mantra. As this beam of directed thought, carrying the packet of the syllables of the mantra, is streamed to the mantramic seed, it causes this seed to revolve—seven times to the left, seven times to the right.

Transformational mantras can be classified according to their type, activity and origin. These are shown in the table below.

Type	Activity	Origin
Vehicular seed atom	Awakens the powers within a specific vehicle of consciousness; may be used to awaken inner centers or chakras of a particular vehicle of consciousness	Origin of the vehicle on the particular Plane in which it is embedded

Type	Activity	Origin
Devata mantra	Awakens the blessings of a god or goddess; may be used to counter negative astrological influences or overcome karmic hindrances	Brahman, 1st Cosmic Initiation
Planetary Divine Name	Unfolds the spiritual evolutionary potentials of the Soul Spark, Planetary Soul or Monad	Pleiadean vortex, origin of the human Life Wave
Cosmic Divine Name	Unfolds the spiritual evolutionary potentials of the Astral Soul	Brahma Jyoti
Supracosmic Divine Name	Unfolds the spiritual evolutionary potentials of the Supracosmic Seed atom of each Supracosmic Path. If aligned with the Supracosmic Soul, it will unfold this ensouling entity to the origin of the mantra	The origin of the mantra on each Supracosmic Path in the Guru Padam
Transcendental Plane Mantras	Unfolds the ensouling entity of T5 through the lower five Planes of the Path: Astral, Causal, Mental, Etheric, and Soul Planes.	Each mantra is contained within the vortex of the origin of each Plane, culminating in the empowerment of the ensouling entity on the Soul Plane.



Type	Activity	Origin
Transcendental Divine Name	Unfolds the ensouling entities of T1 to T5 to their origin. This transformational mantra is typically aligned with one of these five paths. This mantra may be used to grant final liberation to the ensouling entities of each path.	Dharma Lord Center of the Bridge Path
Alayic Divine Name	Unfolds the cutting edge of spirituality through Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, and the aligned Transcendental Path. When these works have been completed, it unfolds the Soul of the Bridge Path on the Bridge Path. This mantra can also be used to grant final liberation to the Supracosmic Soul.	Origin of Bridge Path

The teachers of the Mudrashram® lineage teach aspirants to activate the Alayic Divine name, which ensures they do not create vehicular imbalances that may disrupt personality functioning or disrupt the normal energetic equilibrium of the Kundalini Shakti.



Focus of Attention's Role

To become aware of intention, the attention needs to be focused on the attentional principle. Depending on where the attention is focused, different effects can be elicited in meditation. These are shown in the table below.

Focus of Attention	Experience	Effects
Ensoulng entity	Being	Produces enlightenment or Gnosis
Nucleus of Identity	Participation in a Mystery, union with an archetype	Awakens revelatory and intuitive faculties of the Superconscious mind. It may also activate innate powers, or bring into expression virtues such as love, compassion, mercy, or faith.
Attentional principle	Conscious awareness of inner dimensions of the Great Continuum of Consciousness and the contents of vehicles of consciousness	Yields phenomenal experiences of the bands of the mind. It activates the abilities of the essential form (purusa).
Individual spirit	The perception, feelings and thoughts of the spiritual essence	Preparation of the spirit to rise in the Nadamic currents, experience of the phenomena of the Nadamic Path as the spirit travels through it
Kundalini Shakti	Awareness of movement of energy	Awakening the potentials of the mind, raising awareness into higher vehicles of consciousness

Focus of Attention	Experience	Effects
Inner Guide Form	Journey on an inner path as the attentional principle or the spirit, with reception of the guide's intuitive knowledge	Communion with the spiritual Master, imbibing the Master's wisdom and love, and becoming imbued with the Master's suffusion of virtue
Divine Presence	Encounter with the Infinite	Inspires awe and reverence, promoting surrender, obedience and receptivity to Divine Command.

Aspirants should aim to ultimately master the ability to focus their attention "at will" on each of these focal points to activate the full range of their spiritual faculties.

Microconcentration upon the attentional principle will permit aspirants to isolate intention.

This beam of intention needs to strike the selected mantramic seed, which will effectively stir it into motion. By producing spinning in this essence, bija mantra repetition draws down the Light-Fire of the Spirit. This focalizing of the fiery energy of the Spirit burns karma along the track delineated by the type of transformational mantra chosen.

Aspirants will benefit from inspecting the actual mantramic essence in the inner locus where it is embedded. This will enable them aim their inner laser beam of intention exactly, to strike the mantramic essence with thought. The correct mantra coupled with effective technique produces the best results.



Learning the Techniques for Mastery

We teach you the techniques for each of these foci of attention in our courses and workshops.

Techniques in the Mudrashram® Advanced Course in Meditation (Advanced Course) presume that you have a facility with the methods taught in our foundation courses, the Accelerated Meditation Program (AMP) or the Mudrashram® Master Course (Master Course). These foundation courses are prerequisite to the Satsang Program® Home Study Course and the Mudrashram® Correspondence Course.

Where you learn each of these techniques is summarized in the table below.

Attentional Focus	Technique	Where you learn it
Ensoulng entity	Adi Atma Dhyān	AMP or Master Course
Nucleus of Identity	Manasa Dhyān	Advanced Course
Attentional principle	Purusa Dhyān	AMP or Master Course
Individual spirit	Surat Dhyān	AMP or Master Course, Way of the Heart Workshop
Kundalini Shakti	Kundalini Mantra	Master Course (AMP students chose whether they want to learn this module or not)
Inner Guide Form	Guru Dhyān	Advanced Course or Satsang Program Home Study Course
Divine Presence	Bhagwan Dhyān	Mudrashram® Correspondence Course or Mystery of God Workshop



Practicing Microconcentration on the Attentional Principle

There are two ways to unite your attention with your attentional principle:

1. The methodical way (Purusa Dhyam) – In this technique, you move your attention through each focal point of your Conscious and Subconscious mind, until you focus your attention of the form of the attentional principle in the pituitary center.

You use this technique when you need to initially recognize and unite with the attentional principle. It is also used when you are studying your vehicles of consciousness.

2. The quick way (Purusa Tratakam) – This technique requires that your attentional principle is awake, and has sufficient mastery of its beam of intention that it can draw your attention up to its presence. We recommend that when you can do this method to use it to save time in your meditation.

Once you have united your attention with the attentional principle through either of these techniques, you finely focus your attention (microconcentration), and contemplate each center of the attentional principle, starting with the center at the top of the head, and progressively focus on each center of this tiny form until you have reached the base of the spine.



Activating Your Quintessence Mantra

Once you are clear what your intention is, you will then remember the location of the mantra within you.

There is a thread of consciousness that goes beyond where your attentional principle is seated in the pituitary center. You picture this thread connecting

- Your Self
- Your Soul
- Your Monad
- Your Astral Soul
- Your Supracosmic Soul
- Your aligned Transcendental Ensouling Entity
- Satchitananda
- The triangle on the lotus feet center with the seed within it

Notice you can send a beam of your attention to that seed. Now you are going to transmit the syllables of your mantra to that seed, so you strike the seed.

So let's pretend your mantra is Om Kar Ra. You connect your beam of intention with the seed. You then send Om * Kar * Ra * to the seed along this beam of your intention, so each syllable strikes the seed.

When each syllable of your mantra has been transmitted to the seed, the seed will spin energetically. This indicates you have activated the seed. You keep repeating the mantra until you get a downpour.

Thank you for attending our webinar today!

