

## Using Maps of Consciousness to Journey Within

This webinar will discuss how you can use maps of consciousness to journey to the key essences of consciousness, with which you are able to do inner work on yourself.

There are several ways you can experience a spiritual essence:

1. **Discover it by accident** – Here you discover this essence passively, e.g., in a dream or under the influence of a psychoactive drug—when this occurs, you are commonly unable to repeat your journey to consciously re-experience this essence
2. **Mystery tale** – You are shown the essence through the recounting of a mystery story that reveals it.
3. **Moving from Understanding** – You first build a grid of understanding or map of consciousness that enables you to locate the essence, and then you travel on the thread of consciousness to the essence.
4. **Sudden Awakening** – This occurs when you realize the true meaning of a Zen koan, or the Master's words bring you into spontaneous union with an essence.
5. **Union through Attunement** – You are guided into union with the essence through a beam of attunement from an advanced, empowered disciple, or an Initiate.
6. **Breakthrough** – You gain union with the essence by breaking through the unconscious, as a result of doing process meditation, Vipassana, or Yoganidra.
7. **Internal Revelation** – In this scenario, your Soul reveals its own nature through awakening the kundalini so you realize its presence within. Alternately, the Soul may act as your inner teacher, and guide you into union with its presence through inspired discourse (satsang), or by assuming an inner guide form.

- 8. Concerted study** – You grasp the essence and identify it within yourself only after much reading, study of scriptures, and listening to people speak from this essence (satsang).

We have mapped the focal points for the entire Great Continuum of Consciousness in the Mudrashram® Correspondence Course. Mudrashram® students become eligible to take this course once they have completed one of our basic courses, the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program.

To find a focal point above the waking state of awareness—the ground state of your attention—you need to follow the thread of consciousness upward. The thread of consciousness connects with this medulla center, where your attention dwells, with these higher states of awareness.

When your attention is in the ground state of awareness, you view your brain from behind it. People who don't move their attention above the waking state of awareness perceive that the brain is the repository of mind and consciousness, which leads them to conclude that all conscious mental activity results from the firing of neurons.

### **Withdrawing Attention from the Ground State**

The first task in meditation is withdrawing your attention from the waking state of awareness. For some meditators, this is not an issue, for they have readily mastered this skill, and can go to any focal point they visualize. For other meditators, this presents a daunting task.

We recommend that all meditators, beginning and advanced, become familiar with a variety of methods to withdraw attention from the ground state. Here are seven methods for doing this:

- 1. Upward gaze (Divya Dristi)** – With closed eyes, you lift your eyes to gaze upward at the point between the eyebrows.

2. **Hansa Breath** – Here, you use a short “sniff breath” in coordination with the mantra, “Han Sa.” [We commonly use this method, as most aspirants seem to be able to use this to move out of the waking state of awareness.]
3. **Mantra Japa** – You silently repeat or verbally chant a mantra to lift your attention into higher vehicles of consciousness.
4. **Energetic Absorption (Laya)** – You focus your attention in a sensory current—vision (Jyoti Laya), hearing (Shabda Laya), combined currents of taste and smell (Amrita Laya), or breath (Prana Laya) to allow your attention to pass beyond the waking state of awareness. Your attention rides this stream of energy and you become absorbed deeply within.
5. **Concentration (Dharana) and Contemplation (Dhyana)** – You fix your attention on an inner focal point and contemplate the contents of awareness arising from that focal point. [This method presumes you have had some prior experience going to that point, so you can positively identify it.]
6. **Guided meditation** – You are guided into meditation by listening to a meditation tape, through Light Attunement, or hypnosis. [We recommend that you use these methods to become familiar with the focal points targeted, and then train yourself to be able to go to these focal points without the guided meditation.]
7. **Pathwork** – You use a metaphoric or symbolic array to represent the centers of consciousness, and you meditate on each element of the array. In this scenario, you might assign a step of a ladder to each focal point; you might construe each focal point as being a chakra in a larger “body;” or you might visualize a different god or goddess inhabited each focal point.

## **Making Meditation Purposive**

When you go inside, you do each meditation to accomplish a specific purpose. You don't just drift and float—you go to a discrete location with the aim to do something at that place.

Common targets for meditation are:

**The Attentional Principle** – You unite your attention with this essence in the direct projection technique of Raja Yoga. You also contact this essence to activate your transformational mantra.

**The Self** – You focus on this essence, which is the nucleus of your personality, to do personal process and to take charge of your destiny. You access this center through Centering Techniques.

**The spirit** – You contemplate the spirit to free it from the thralls of matter and mind, through opening the channels of the Nada. You do this practice in Nada Yoga.

**The Soul (Atma) and its essential vehicle of consciousness (Atma Swarup)** – When you contemplate the Soul, you gain Gnosis or Soul Realization. You can use this center to verify your spiritual progress, to facilitate integration, and to access the intuitive knowledge and abilities of the Soul.

**Individual Vehicles of Consciousness** – You study each vehicle of consciousness to build your intuitive knowledge and the bridge to the Illumined Mind (Antakarana). You can also use affirmation or autohypnosis to anchor suggestion in selected vehicles of consciousness to change specific behavior or reform your character.

**Unconscious mind** – You might access certain levels of your unconscious mind when you are undergoing psychotherapy or hypnotherapy to help you work out persistent personal issues.

**Spiritual Guide (Guru Dhyān)** – In the advanced practice of meditation, you would contemplate a spiritual guide, who will guide you on the inner Planes, show you the contents of inner vehicles of consciousness, and teach you about the laws of mind and consciousness,

Once you move your attention onto your spiritual “target,” you will do your spiritual work at that location. Your objective is to progressively deepen your spiritual experience. You will aim to:

- Shift your Soul to a new nodal point—closer to its Source
- Move your spirit further in the channels of the Nada
- Focus your attentional principle, so you can contemplate the content of each nodal point, and the content of each vehicle of consciousness
- Uncover deeper knowledge and intuitive insights about the Great Continuum of Consciousness and each vehicle of consciousness

You should aim to be able to locate and contemplate each focal point on the thread of consciousness. In this way, you will construct your bridge to the Higher Mind, the Antakarana, in a seamless and complete way.

In the Mudrashram® Correspondence Course, we use a coordinate system, so you can locate where the Soul is (nodal point), where the spirit is (Nadamic tone), which vehicle of consciousness the Soul is activating, and a reference for contemplation using the attentional principle. We recommend that basic course completers, who are serious about making an in-depth study of the Great Continuum of Consciousness, begin the study of this comprehensive guide to meditation mastery.

Understanding nodal points is one key to building your inner map of consciousness. We excerpt from an article on our web site.

[http://www.mudrashram.com/vehicles\\_of\\_consciousness.html](http://www.mudrashram.com/vehicles_of_consciousness.html)

## **Vehicles of Consciousness (Swarupa)**

By George A. Boyd © 2007

Many beginning meditators have difficulty in grasping what is a vehicle of consciousness. This fundamental principle is key in learning to meditate and navigating through the inner strata of the Great Continuum of Consciousness (GCC). A vehicle of consciousness can be characterized by seven functions:

- (1) Form
- (2) Energy
- (3) Quality
- (4) Focal point
- (5) Ability, intelligence or power
- (6) Field of perception
- (7) State of identification

*Form* is the “body” of the vehicle of consciousness. In some cases, form looks like an ellipsoid or spherical field of energy. In other cases, it will appear as a translucent human form. Sometimes it will resemble a replica of the physical body. Sometimes it will take a celestial appearance, like an angel or other archetypal form.

When you move your attention out of the waking state of awareness you will encounter a series of forms. Some of these forms you will recognize as the embodiment of your ego, your Self, and your Soul, but other aspects of your nature have no center of integration.

*Energy* fills these inner forms. In some cases, the energy will seem to you like the pulsations of an electromagnetic field. In other forms, you will sense the steady current of life force (prana). In other forms, you will feel the fiery, blissful resonance of the Spirit (Shakti).

*Quality* is the emotional experience emanating from the form. Some forms will emanate different qualities such as love, courage, or compassion. Quality gives forms their numinous, otherworldly “aura.” The aura consists of these emotional emanations from a form, which can be seen clairvoyantly as a field of colored energy surrounding the form.

*The focal point* is the point within a vehicle upon which you focus your attention. Common focal points are the seed atom of the form, or the centers or “chakras” of the form.

*Ability, intelligence and power* – When we speak of ability, intelligence or power, we refer to the volitional component within the form.

*Ability* may express as a dominant faculty within a vehicle, such as sensation or imagination.

*Intelligence* is a term that captures cognitive functioning of the form, embodying elements such as reasoning, judgment, or discernment.

*Power* is the ability to activate an ability or intelligence, using the volition or through intention.

*The field of perception* refers to the aspects of the form that have become “conscious.” Each form appears to have an area that is clear or full of light. This is the conscious zone of the form. The remainder of the form is darkened, obscured by the karmic substance that comprises the unconscious mind. This perceptual gestalt imposes a frame upon this vehicle, delegating part to “self” and part to “not-self.”

*The state of identification* within many vehicles is the “I AM statement” that is your experiencing of being and functioning through that vehicle. This affirmation of “what I am” and “what I can do” in this altered state of awareness is central to your sense of ownership and control of the vehicle.

Certain vehicles are carriers of nuclei of identity (NOI) or ensouling entities (EE). These vehicles embody an integrating function for this level of the mind. Common integrating centers are shown below.

Band Of Mind	Integration Center	Type of Integrating Center	Level of GCC Where This Operates
Conscious Mind	Ego	NOI	Personality
Metaconscious Mind	Self	NOI	Personality
Subtle, Superconscious Mind	Soul Spark	EE	Subtle Realm
Planetary, Superconscious Mind	Psychic Seed Atom	NOI	Psychic Realm
Planetary, Superconscious Mind	"Moon Soul"	NOI	1st Planetary Initiation
Planetary, Superconscious Mind	"Solar Angel"	NOI	2nd Planetary Initiation
Planetary, Superconscious Mind	"Manasic Vortex"	NOI	3rd Planetary Initiation
Planetary, Superconscious Mind	"Augoiedes"	NOI	4th Planetary Initiation
Planetary, Superconscious Mind	Planetary Soul (Atma)	EE	5th Planetary Initiation

Band Of Mind	Integration Center	Type of Integrating Center	Level of GCC Where This Operates
Transplanetary, Superconscious Mind	Monad (Paramatma)	EE	Transplanetary Initiations
Cosmic, Superconscious Mind	Cosmic Consciousness	NOI	1st Cosmic Initiation
Cosmic, Superconscious Mind	Cosmic Soul Awareness	NOI	2nd Cosmic Initiation
Cosmic, Superconscious Mind	God Consciousness	NOI	5th Cosmic Initiation
Cosmic, Superconscious Mind	Astral Soul	EE	Entire Cosmic Sphere
Supracosmic, Superconscious Mind	Supracosmic Seed Atom	NOI	Along the track of a Supracosmic Path
Supracosmic, Superconscious Mind	Supracosmic Soul	EE	On a Supracosmic Path
Transcendental, Supracosmic	Transcendental Ensouling Entity	EE	Bridge Path, T1-T7

Attention placed upon the seed atom of a vehicle stimulates awareness of the content of a vehicle. With sustained fixation, it will bring up associations or memories related to that vehicle. Continuing to hold the attention upon that nexus, it will lead to a state of absorption and union. Finally, it will produce identification with the form.

Holding your attention upon integrating centers leads to a sense of identification that encompasses all vehicles controlled by that essence. This global identification mediated by an integrating center ties together the functioning of each associated vehicle, coordinates activities of these vehicles towards the accomplishment of a unified purpose, and creates a seamless fusion of their abilities.

## **Studying Your Vehicles of Consciousness**

You can begin your own study of your vehicles of consciousness. Start by contemplating key integration centers such as your ego, Self, and Soul. You can gradually explore the other vehicles associated with this integration center and extend your knowledge of the multiple facets of your consciousness.

We also provide formats for studying the vehicles of consciousness in the Mudrashram® teachings. For example, in The Mudrashram® Correspondence Course, we study each vehicle of consciousness to gain greater knowledge of its functions and to grant greater mastery of its operation.

We explore selected vehicles of consciousness in the Satsang Program Home Study Course. We introduce the meditation student to key integration centers—the ego, the Self, and the Soul—in the Mudrashram® Master Course in Meditation; The Mudrashram® Advanced Course in Meditation includes the nuclei of identity in Planetary, Cosmic, and Supracosmic levels, plus the ensouling entities of these higher bands of the Great Continuum of Consciousness—the Monad, Astral Soul, Supracosmic Soul, and Satchitananda.



Thank you for attending our webinar today!

