

Concretizing the Soul's Insights

For some meditators, when they contact the Soul through dialog and receptive meditation, the Soul sits silently like a sphinx—knowing, in its impenetrable mystery, the secrets of the Ages, but not revealing them. This occurs because the Soul has not activated the intuitional stream, which manifests through the thalamic center; and the octave of speech that communicates the Soul's insights (satsang), which operates through the throat center.

Once the Soul begins to communicate, meditators often find that the Soul's profound insights are highly abstract and vague, like cotton candy. To spin down this cognitive fuzziness into something that is concrete and useable, there are several steps that you can take.

Step One – Use a Journal. Write down whatever your Soul tells you verbatim. Write down anything you saw in meditation; anything you heard in meditation.

Step Two – Drive the process of gathering information. Once you have some initial output from the Soul, drill down to greater clarity by asking it pointed questions that elaborate and clarify these abstract concepts.

For example, if the Soul says, “be more loving,” you might ask the Soul, “In what ways do you suggest I be more loving?” “Are you suggesting I change my behavior? If so in what ways?” “In what specific instances am I being not loving, and what might it look like for me to be more loving?”

Write down these more specific responses, if they are forthcoming.

Step Three – Expand upon these initial insights. Take the initial abstract concepts and use reflective meditation.

Use the *little sun technique* on vague concepts, to flesh them out. Extend any unclear extensions with mind mapping.

If the Soul points out to you a character weakness, e.g., “you are too lazy,” do *the mandala method* to explore this.

If the Soul uses the future tense regarding one of its fuzzy suggestions, such as “you will become wealthy,” use *the stepping-stones method* to discover the next steps to obtain wealth.

Step Four – Wax philosophical. Use philosophical and process-style inquiry to further elaborate these ideas, so that you examine (a) their meaning; (b) how these are expressed by different people, who might be an example of how it has been operationalized; (c) how you might implement the idea in your own life; (d) what might be the consequences of implementing this idea on your self, your family, your work, your community, and the world; (e) noting the pros and cons of carrying it out, (f) noticing your willingness and reticence towards carrying it out, and exploring the rationale for each position, and (g) notice if you feel ready to make a decision to act on it.

Step Five – Make a plan. Once you have decided to operationalize the Soul’s idea, you will break it into specific behavioral sequences. Set each behavioral sequence into a time frame; set a deadline for the accomplishment of each behavioral sequence. Develop some contingency or fallback plans in case things do not work out as you have planned for each behavioral sequence, and specify one or two alternate ways you might accomplish this objective.

Step Six – Check back in. Review the plan with your Soul, to see if (a) you have correctly captured the essence of its request, (b) whether you have its permission and support to carry out the plan at this time, [or if not at this time, when it is to commence] (c) whether there is anything else that you are not considering that you need to add to your plan, (d) what will be the marker that the plan has been accomplished successfully, (e) what will be the consequences for not succeeding in the plan, (f) asking for its blessings and empowerment to move the plan forward, and (g) asking it to give you the “go” signal.

Step Seven – Make It So. Once you have clarified and operationalized what your Soul wants, you have made a plan to operationalize it, you have checked in and gotten the go-ahead from the Soul, then act on it. Your action actualizes, or makes real, the abstract, ideal concept the Soul has given you.

If you will use this process of capturing and concretizing the information that your Soul gives you, you will be able to translate the abstract idea you have received from your Soul into (a) something you understand, and (b) something you can act on that has clear objectives. Your milling of the rough diamonds of your Soul’s insights into the finished jewels of knowledge and purpose-driven action will bring your Soul’s purpose into manifestation in your life.

Getting the Sphinx to Speak



When the Soul and spirit are silent, it means that their channels of communication with the attention and the attentional principle are blocked. There are seven major channels of communication with the Soul and spirit:

- (1) There is the intuitive channel connecting with the Self and the intellect, called the Antakarana. Jnana Mudra activates this channel. This brings intuitive knowledge into the mind.
- (2) There is the channel between the ego and the Soul, called the cord of faith. This grants comfort and encouragement in times of trouble or doubt.
- (3) There is the channel of remembrance. This is the pathway through which the attention remembers the Soul. Here the attention may hear the intuitive guidance of the Soul, or if you focus on the spirit, you may hear the spirit's *satsang*.

- (4) There is the channel through which the attentional principle travels into the presence of the Soul. This is the track of Raja Yoga. In this pathway, the attentional principle dialogs with the Soul through receptive meditation.
- (5) There is the channel that connects the Soul with the Psychic Realm vehicle. This communicates the Soul's insights as "channeling." It can only be accessed in a state of deep meditation or trance.
- (6) There is the channel that connects the Holy Spirit and the Moon Soul nucleus of identity. This communicates the wisdom and guidance of the Holy Spirit through the Moon Soul. This gift is called "prophecy." The Soul normally does not activate this channel until it has completed the First Mesoteric Initiation, though some individuals prematurely activate this pathway by contemplating and identifying with the Moon Soul, as is seen in Charismatic and Evangelical Christian groups.
- (7) There is the channel that connects with the Mighty I AM presence. This bestows the ability to utter decrees, to formulate affirmations, and to use the creative power of the Superconscious mind to manifest through the spoken word.

Most individuals who have problems obtaining guidance when they attempt to communicate with the Soul usually have one or more of these channels open. It is important for aspirants and disciples to realize that because they do not receive guidance from one channel does not mean their Soul is not giving them guidance—the challenge is to find out which avenue(s) it is using.



Do you gain intuitive guidance from the Soul? Do you understand symbolic or metaphysical ideas?

When you believe in the Soul and ask for help, does the Soul comfort, encourage you, and give you guidance?

When you absorb your attention in the Soul, do you ever hear intuitive guidance?

When you do receptive meditation, does the Soul answer you?

Do you ever get guidance or revelation from the Soul when you tune into your Psychic vehicle?

Do you ever get communications from the Holy Spirit when you pray or invoke the Holy Spirit, the Christ, or the Father God?

Have you ever experienced the Mighty I AM Presence channeling guidance or uttering inspired affirmations?

Initiating Dialog with the Silent One



It is important to identify that there are levels of your mind that do answer you when you ask questions inwardly. For example, you might ask a question to your ego, “What do you feel about this?” Your ego will answer you.

So the first part of this exploration is to find out, when you ask a question to different levels of your mind, which levels answer you, and which don't.

You can do this by asking a process style inquiry question, “What is your experience right now?”

You can simply note which levels give you an answer, and which do not. In our meditation today, we will query several levels of the mind with this standard process question. You can either (a) mentally note which levels answer you, or (b) write down the levels that respond, if this helps you remember your meditation experience.



What are you experiencing?

- Senses
- Body
- Feelings
- Reason
- Ego
- Preconscious
- Memory
- Desire Body
- Persona
- Conscience
- Concrete Mind
- Intellect

- Personal Intuition
- Self
- Subtle Form
- Biophysical Universe Form
- Abstract Mind Plane Form
- Psychic Realm Form
- Wisdom Plane Form
- Moon Soul nucleus of identity
- Solar Angel nucleus of identity
- Manasic Vortex nucleus of identity
- Augoiedes nucleus of identity
- Attentional principle
- Your spirit
- Your Soul

If you determine that you are not getting guidance from the Soul and spirit, but you are getting guidance from other levels of your nature—you may be reassured that you have not turned to stone within, but that you only need to open an avenue by which these immortal aspects of your nature will share their experience with you.

To do this, you need to evoke these aspects of your nature with sufficient intensity and poignancy to make them break their silence.

Evocation to Touch a Heart of Stone



- (1) Pray to or invoke your spirit or Soul—whichever one is not communicating with you—and let it know how important it is for you to receive its guidance. This needs to be heartfelt and real. If this is important enough for you to bring sincere tears, you might be able to melt its heart of stone.
- (2) Ask the spirit or Soul, “By which means would you be willing to communicate with me?” It may be that these immortal essences have been communicating with you, but you have not recognized their messages as coming from them.
- (3) Pray to God or your spiritual Master, and ask that the Wisdom aspect of your Soul and spirit be opened to you, and that you receive revelation and guidance from these immortal principles.
- (4) Persist in your quest. Having powerful intention and desire for this will eventually open the inner portal.

Thank you for attending our webinar today!

