

## **How Do You Describe Mudrashram® to Others?**

Several of you have asked us to see if we could put together a concise description of what is Mudrashram®, and how it is different than other spiritual teachings. In this webinar, we will summarize some of those key points. Hopefully, this explanation will be simple enough for you to understand, and to convey it to others. Let us begin.

Mudrashram® is an **Integral meditation system**. It incorporates several different meditations, each of which is used to accomplish different objectives to help you work on personal issues, and also to awaken and unfold your spiritual potentials.

Mudrashram® begins its studies by teaching people about **the Great Continuum of Consciousness**. This identifies the different levels of the mind—Conscious, Subconscious, Metaconscious, and Superconscious—and gives general descriptions of what is at that level of the mind.

This orients people to the journey they are going to take by moving their attention through these levels of the mind. **Attention** is like the channel selector of the mind. When you focus your attention at a particular level of the mind—focusing is also called concentration, or fixation of your attention—you become aware of that level and the content that is there. If you continue to focus at that level, you may sense that you are becoming one with that object of meditation.

An **object of meditation** is anything that you select to focus your attention upon.

You can focus your attention on something **outside of your body**, like a beautiful flower, or a candle flame.

You can focus your attention upon something **inside of your mind**, like the lotus flowers of the chakras, or a focal point at one of the levels of your mind.

You can focus your attention upon one of the immortal **essences of consciousness**—your attentional principle, your spirit, or your Soul.

You can focus your attention on an **integration** center of the personality, like the ego or the Self; or on one of the integration centers in the Superconscious mind, which we call **nuclei of identity**.

In Mudrashram®, we teach you how to focus your attention upon the immortal essences within you.

You learn to focus upon and activate your attentional principle in a practice called **Raja Yoga**.

You learn to focus upon and activate your spirit in a practice called **Nada Yoga**. You learn to free your spirit in this practice and enable it to go back to God through inner channels of light and sound. We call these channels, the Nada.

You learn to awaken the energy and awareness of your mind through the Subconscious, Metaconscious, and Superconscious levels, so you can realize the Soul within you, in a practice called **Kundalini Yoga**.

Once you have realized the true nature of the Soul, you learn to unfold it, so it moves closer to its spiritual source, in a practice called **Mantra Yoga**.

In Mantra Yoga, we introduce a unique mantra called the Quintessence Divine Name, which draws down the Divine Light to remove the darkness of the aspect of your mind that is unconscious and transform it into Light. When this happens, the Soul—and each of its forms on every level of the mind—move to a new nodal point.

A **nodal point** is a stable point along the Soul's Path. Imagine a flute with holes. When the Soul moves forward on its Path, it moves from one stable point to another, and its forms move along with it in synchrony.

These forms of the Soul are its means of operating on each level of the Superconscious mind. Because these forms allow the expression the Soul's unconditional love, intuitive wisdom, and the abilities it develops on each level of the mind, we refer to these forms as its **vehicles of consciousness**.

Just like a car allows you to operate on the road, a helicopter allows you to travel in the sky, and a boat allows you to move through the water, each vehicle of consciousness allows the Soul to do different functions at its level of the mind.

So for example, at a level of the mind called the Abstract Mind Plane, the vehicle of consciousness that operates there allows the Soul to gain mastery over the body, like you do in sports. It enables the Soul to use scientific reasoning, artistic creativity, and philosophical reflection to gain insights. It enables the Soul to work out life issues that limit your personal functioning, and you begin to set and achieve goals that fulfill your life and make you happy.

When it opens up the next level of the mind called the Psychic Realm, it begins to awaken its psychic abilities and subtle perception, so you can see other spiritual beings, angels, and spiritual guides.

By using your transformational mantra, you awaken each level of the mind and the vehicle of consciousness that dwells there. Through this means, you achieve **full personal actualization**. This means that you bring into expression each of the abilities that are now dormant within you; every one of your potential abilities within your mind is awakened, and you become able to function at your full potential.

This transformational mantra that you are given also allows your Soul to unfold its full spiritual potential, which allows it to achieve **unlimited spiritual growth**. This means that it can travel through every major Division of the Superconscious mind—what we refer to as the Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental levels of the Superconscious mind—with no blocks or barriers.

## Balanced Spiritual Growth

In other systems of meditation, they often teach people to identify with spiritual essences or integration centers other than the Soul. Sometimes they teach people to contemplate this spiritual essence or integration center, and gain insights and wisdom from it. Other times, they teach people to identify with it, and live their lives guided by the morality and wisdom of this center. In some groups, they teach people to commune with the Divine Spirit in this center; they worship God and commune with the Divine through prayer and dialog here. In some groups, they teach people to unfold this spiritual essence or integration center—which creates a sense of spiritual identity outside the Soul.

Now the Soul is connected with the body and the personality. When you do your spiritual development at the level of the Soul, you are operating at what we call the cutting edge of spirituality.

The **cutting edge of spirituality** is where the Divine Will, and energy that animates the Soul—which we call the **Alaya**—operates. When you do your spiritual development at this level where the Alaya interfaces with the Soul, you don't break off your connection with the personality and your body. You remain a whole, integral individual. You are able to fully function in the spiritual realms, and also as a person in the world.

You don't split off from the personality; you don't reject the ego, which is the state of identity you have when you are identified with your body and your life. You accomplish personal *and* spiritual goals. You develop yourself personally *and* spiritually.

When you work outside this cutting edge of spirituality, you become identified with a spiritual essence or nucleus of identity other than the Soul. From this perspective, it may appear to you that your personality and your ego are trying to trap you or deceive you. It may appear that these centers are not real; they are illusions or dreams.

As a result, you may neglect to develop yourself personally, or you may fight against the natural tendencies of your body—or adopt cruel austerities to make your body obey your will.

This development outside the cutting edge of spirituality creates **imbalanced development**. Some of the signs this is taking place are:

- Your body or the world seems unreal.
- You feel your ego or Self is a demonic force designed to trap you in the world.
- You sense that you are in a world of Light and Bliss, but you have problems bringing your attention back your normal grounded state of awareness. You can't come back from this trance-like state in which you dwell; you can't terminate this altered state of consciousness.
- You may believe that you have mighty powers and you are a god-like being, but can't actually demonstrate them.
- You may feel that you must bring everyone else to this state of blissful consciousness, so that they can be happy, too. You may feel that if everyone shares this same state of consciousness, there will be world peace.
- You may experience that the energy of your mind, the Kundalini, becomes fixed in this state, and you can no longer function in your personality.

You avoid these problems when you do your spiritual development at the cutting edge of spirituality. You don't create imbalance. You follow the natural track that your Soul was meant to follow.



## **Staying on Purpose**

When you work at your cutting edge of spirituality, you also fulfill your **Soul's innate purpose**. Your Soul was sent here to accomplish a specific task or mission. When you work at these other levels, you are doing something else other than what your Soul is supposed to do.

You will gain powers and abilities, great knowledge and wisdom, when you work at these other levels. You will develop virtues and great love and compassion. You will achieve spiritual Mastery at these other levels, and will be able to teach and guide others along the Path you have traversed. *But you won't do the task you were sent to do!*

Your Soul also expresses its gifts and abilities through your personality, which we call your **Soul's expressed purpose**. If you identify with another essence of consciousness or integration center, you may carry out some other agenda. Supposing in your Soul's plan of development, you were supposed to learn to be a healer and develop your psychic gifts.

But instead, you decide to become a Muslim. Now you pray five times a day. You do charity. You read the scripture (Koran). You see as the ultimate goal of your life to make a pilgrimage to a city in Saudi Arabia and walk around a black cube!

However, you do nothing to develop your healing and psychic gifts. As a consequence, your Soul doesn't develop. You do something else!

In Mudrashram®, we teach you methods to tap into your intuition, called **Jnana Yoga**, that help you *discover your Soul Purpose, find inner guidance* for your life, and better *understand spiritual concepts*. We also teach you how to tap into the innate energy of your Soul, using methods from **Agni Yoga**, which shows you how to activate the enlivening and transformative energies of your Soul.

Through these methods, you learn how to know and carry out your Soul's Purpose. You become empowered to do what you were meant to do.

## **Making the Personality into an Instrument of the Soul**

Rather than trying to shape your personality into another mold, dictated by moral rules and expectations from another culture, we teach you how to get into touch with your inner sense of truth through a practice called **Dharma Yoga**. This allows you to stay in touch with your Soul, and to be guided to activity that fulfills its purpose.

We also show you how to tap your Subconscious mind, so you can work with and overcome those issues that hold you back in your life; and how you can readily raise your attention into the Superconscious mind when you need to connect with your Soul, and to ask the Divine to help you. These are the **invocational methods**.

We also teach you methods to help you relax, relieve stress, and to get into touch with your Self. These are called **centering methods**. These empower you to function more serenely; and by learning to meditate upon this center, you empower your Self to take charge of its destiny, and you strengthen its will and other faculties.

By strengthening and developing your personality, you make your personality into the instrument of the Soul it was designed to be.

- You become capable of making commitments and maintaining your integrity.
- You become skillful in dealing with other people.
- You adopt consonant values and are able to live them.
- You are capable of setting goals and effectively achieving them.
- You expand your intellectual horizons and enhance your ability to study, to reflect, to solve problems, and to identify the best alternatives among options.
- You are able to use your intuition to know yourself, and to have empathy for other people's experience.

- You are able to make choices and carry them through to completion.
- You are able to tap into the intuitive stream coming from your Soul and express its inspiration and its gifts.

So in Mudrashram®, you don't simply work on your Soul's development, you also develop your personality. So you can be your best, and function at your best—as you were meant to be.

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## **What You Have Gained from Studying from Mudrashram®**

If you are gaining value from something, you naturally want to share it with others. So our closing exercise today is for you to evaluate the benefits you have gotten so far from studying the Mudrashram® teachings, and to assess if you have made palpable progress. You will also acknowledge the new abilities you have gained, and identify the areas in which you still need to develop.



- In what ways do you have greater knowledge of the Great Continuum of consciousness than before studying with us?
- What do you still need to learn about the Continuum? How able are you to discern nodal points, vehicles of consciousness, Subplanes, and Planes?
- Do you feel that you have made progress in your ability to move, focus, and select focal points with your attention?

- What do you find is still difficult with this skill? Are there areas of your mind you cannot yet access? Do you feel that you are being held back by thoughts and emotions that impede you going deeper into meditation?
- Have you been able to contact your *attentional principle*, so you are certain you have located it? Have you been able to travel as your attentional principle through space and the inner Planes? Are you able to readily use the faculty of intention? Can you “see” within using metavision?
- Do you still have some difficulties in practicing this method, or identifying this essence? Are you still facing challenges with using intention, or in seeing within?
- Have you been able to contact your *spirit*, so you are certain you have located it? Have you been able to travel as your spirit through the light and sound channels of the Nada? Are you able to readily contact the feelings that well up from your spiritual heart, and get into touch with your spirit’s love and devotion? Can you “see” within using heart sight?
- Do you still have some difficulties in practicing this method, or identifying this essence? Are you still facing challenges with consciously traveling in the Nada, or in seeing and hearing as the spirit?
- In what ways are you more in touch with your *intuition* and inner guidance after practicing Jnana Yoga methods? Would you say you are clearer about your expressed Soul Purpose and your innate Soul Purpose after studying these teachings and practicing its methods?
- In what ways do you need to improve your contact with your intuitive wisdom? In what ways are your expressed Soul Purpose and innate Soul Purpose still unclear to you?

- In what ways has studying this teaching helped you identify what is your *Soul*? Are you clearer about what this essence is? Have you had experiences of union with the Soul (Samadhi)? Has your Soul shown you its truths in a continual stream of intuitive insights (illumination)? Have you discovered the Divine Presence within your Soul (Enlightenment)? Have you realized your Soul in its own nature, and you now feel that you are awakened within (Gnosis)?
- Does it still present a challenge for you to contact and identify your Soul? Are you still waiting to experience Illumination, Enlightenment, and Gnosis?
- Are you clearer about the ideas of the doing spiritual work at your cutting edge of spirituality, and achieving balanced spiritual development through Integral meditation? Do you have a better understanding of the energy that gives life to the Soul (variously called the Alaya, Divine Spirit, or Divine Will)?
- Are you still not clear about what is the cutting edge of spirituality, balanced spiritual development, and the Alaya?
- Do you feel you have made palpable and verifiable spiritual progress through using your transformational mantra? Do you feel that your Soul is now in a deeper place, and you have new abilities, understanding, and an expanded sense of caring and compassion? Have you experienced a downpour when doing your transformational mantra?
- Are you still uncertain if you have made progress, expanded your consciousness and ability, or if you have genuinely experienced a downpour?

As you evaluate your experiences studying these teachings and practicing these methods, do you feel you are genuinely making progress? If you are getting genuine value, you may feel inspired to share these teachings with others.

Thank you for attending our webinar today!

