

## Using Your Meditation Toolbox

When meditators first go within to encounter the focal points of meditation, they briefly sense the content of each level. They may feel it. They may hear it. They may see it.

The next step is to be able to label that state of awareness, so you know where you are. We have used in other webinars the analogy of a ladder: as you go up each step, you are noting...this is my movement center... this is my sensory center...

Once you can identify where you are, you can begin to enter suggestion into that center. We have discussed some typical suggestions you can use to explore that center, such as

- Show me your activity (what you do)
- Show me your inner centers
- Show me what activates you

Once you begin to get some response from the inner vehicle of consciousness where this focal point dwells, you can begin to use each vehicle to give you information and do certain things for you.

Each vehicle of consciousness has a benefit or gift for you. This benefit might be information. It might be reduction of your stress. It might be giving you a new perspective on the world. When you do specific meditations that tap each vehicle of consciousness, you can get that gift that it has to offer you.

Each vehicle-specific meditation becomes part of your spiritual toolbox, a tool you can use to open the full potential of your mind. The genie-like mind asks, "What do you wish?" You command it what to do.



There are two modes of processing in your inner vehicles. The **passive mode** is when you watch the content of what is in the inner vehicle. This is the inner witnessing or mindfulness meditation that you have been using so far.

The **active mode** is when you ask the vehicle of consciousness to do something for you. This is where you enter a specific suggestion to have the vehicle use its abilities.

Focal Point	Passive Meditation	Active suggestion	Result
Movement awareness	Walking or sitting meditation	“Move as I visualize and suggest”	Extremely fine control over individual movement
Awareness of external senses	Sensory focus Vipassana	“Focus on the sensory object I suggest”	Ability to acutely control the five senses, from very minute and subtle to very wide and broad

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Focal Point	Passive Meditation	Active suggestion	Result
Deep body sensations	Physical body Vipassana	“Show me the activity of cell...organ...organ system...”	Ability to look inside the body and to monitor the activity of any selected tissue
Feeling awareness	Emotional Vipassana	“Show me my [e.g., anxious...] feelings and the memories associated with them”	Ability to selectively focus on single emotions and trace their origins
Mental Awareness	Mental Vipassana	“Command this body to do...” “Find a metaphor or an analogy for” “Analyze this data and give me your conclusion”	Ability to give discrete body commands, and to activate analogical and deductive reasoning
Ego Awareness	I AM Statement Vipassana	“Tell me what you want to do” “Show me what you have [possess]” “Show me who are now” “Show me what you aspire to become” “Show me your fears and your hopes”	Get information from the ego about its experience; what it is doing, being, and having; and what it attracts and repels

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Preconscious Awareness	Monitoring content entering the Conscious mind from the Subconscious	“Show me the memories or ideas that are entering my mind now” “Show me their source”	Ability to trace the origins of ideas or impressions that enter your Conscious mind
Present Time in Memory	Contemplating memory recording in the present time	“Retrieve the memory of [selected incident]”	Ability to retrieve selected information from the zone of recallable memories
Focal points on the time track	Monitoring your first conscious memory, birth, conception, and the blissful atom of eternity	“Show me a specific image or memory” from the zone of the personal unconscious	Ability to retrieve memories or impressions from the zone of the personal unconscious, embryonic, and antenatal zones of the personal unconscious
Chakras of the Subconscious mind	Contemplating each chakra, Tratakam on the Seven Chakras	“Show me the content of this chakra”	Ability to activate the swastika center to give specific intuitive information from the knowledge storehouse of the chakras
Pituitary center	Purusa Dhyana	Holding a point with intention	Ability to do direct projection

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Focal Point	Passive Meditation	Active suggestion	Result
Pineal center	Surat Dhyān	Your spirit actively opens the channels of the Nada (Udgit)	You purify the channels of the Nada
Brain chakra	Atma Dhyān	“Show me the octaves of my Soul’s nature”	You glimpse the true nature of your Soul (Kensho)
Astral Body	Contemplation of the centers in the astral spine, the eye in the forehead, and the orb in the astral brain	Directly command the astral body to remotely sense	Activation of your astral octave of sensing
Causal Body	Contemplation of the flame in the causal body of the Subconscious mind	Directly command the causal body to transmute specific issues into wisdom	The ability to direct karmic processing
Toruses of purpose and eight petalled lotus	Contemplation of the issues of destiny and your relative development at higher octaves	Contemplate the guide and ask for guidance (Guru Dhyān meditation)	The ability to access the guide (for those in whom the guide has taken up residence)
Etheric body	Contemplation of the centers of the etheric body to notice their activity	Monitoring the suggestion of the Self accessing this vehicle and noticing how the Self influences the Subconscious mind	The ability to be aware of the Self’s volition in action

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Focal Point	Passive Meditation	Active suggestion	Result
Desire body	Contemplation of the activity of the desire body; noticing your current commitments	Self-challenge, asking yourself to commit to excellence and improvement	Enhanced performance, commitment to obtain better results
Persona	Contemplation of your different masques or personification	“Visualize yourself being and acting like...”	Ability to program the persona to give a particular performance, as in a drama or play
Conscience	Contemplation of your values and standards, noticing if you have lived up to those values (introspection)	“Show me where you learned that value” “Does that value still apply in your life now?” “What are the implications of you acting on this value?”	Ability to clarify the conscience and actively drive the process of personal reformation
Concrete mind	Contemplation of your current plans, schedule, or important points to remember	“For the goal [specify], show me the steps of your plan” “What is your contingency plan for [event]”	Ability to proactively turn your goals into actionable plans

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Intellect	Contemplation of the arrays of problem solving strategies of the intellect	Suggest a specific problem to be solved to engage the intellect's problem solving abilities	Ability to activate your problem solving abilities
Personal intuition	Contemplation of the levels that the personal intuition monitors	"Show me the content of [selected level]"	Ability to isolate and focus upon one dimension of the personal intuition
Volition	Ability to monitor your current choices as you are making them	"I choose to..." "I take responsibility for..." "I resolve to..."	Ability to activate the power of choice to overcome passive indecision
Self	Ability to contemplate the Self using a centering technique	"I am the Self"	Ability to identify with the Self and to experience being in charge of the entire personality
Being	Contemplating the voidness of consciousness	Taking action while the attention is absorbed in the voidness of being (wu wei)	Ability to experience the Flow State

Focal Point	Passive Meditation	Active suggestion	Result
Vehicle of Consciousness in the Superconscious mind	Contemplating the content and the activity of a vehicle of consciousness of the Superconscious mind	“Show me what you do” “Use this ability [once you know what the vehicle can do] to achieve this result...”	Ability to isolate and activate selected powers (siddhi) in your higher vehicles of consciousness
Nucleus of identity	Contemplating the content and activity of a nucleus of identity	“Show me what you do” “Use this ability [once you know what the nucleus of identity can do] to achieve this result”	Ability to isolate and activate selected powers (siddhi) associated with a nucleus of identity
Essential chakras of the Soul	Contemplating the content and activity of the essential chakras of the Soul	“Show me what you do” “Use this ability [once you know what these centers can do] to achieve this result”	Ability to isolate and activate selected powers anchored in the essential body of the Soul
Soul	Contemplation of the Soul in its essential nature (Satori, Adi Atma Dhyana, Enlightenment)	“I am the Soul” “Aham Atma” “I am God [the God within me]”	Ability to fully embody the Soul and experience its enlightened essence
Higher Octave of Being up to Satchitananda	Contemplation of that higher octave of being in its essential nature	“I am [name of higher octave of being]”	Ability to identify with and embody your higher octaves of being

Focal Point	Passive Meditation	Active suggestion	Result
Higher domain spiritual essence	Contemplation of spiritual essence in a higher domain (Param Surat Dhyān)	The spirit opens the Nada at that higher level (Udgit)	You purify the channels of the Nada in that higher octave

Once you have learned the rudiments of (a) identifying the focal points, (b) being able to move to each one at will, and (c) being able to contemplate the content passively, you can move to the next step, which is to command your genie.



“Your wish is my command...”

Thank you for attending our webinar today!

