

Using Chakras in Meditation

Those of you who have taken the Accelerated Meditation Program or the Mudrashram Master Course in Meditation are familiar with one of the Centering techniques called **Tratakam on the Seven Chakras**. In this meditation you contemplate each of the seven chakras of the Subconscious mind on your way to uniting your attention with your Self.

As you progress in meditation, you will learn new ways of using chakras to open the inner world of meditation. For example, you can use **Microconcentration** to explore

- (1) The centers of your attentional principle
- (2) The centers of your spirit
- (3) The forms (mirroring the Soul's progress on the Path) in any vehicle of consciousness
- (4) The microforms making up each form
- (5) The micromicroforms making up each microform
- (6) The content of a center of awareness (e.g., what is the content of one petal of a lotus of the chakras of the Subconscious mind?)
- (7) The number of nodal points between two locations on the Path
- (8) The number of forms between two successive nodal points

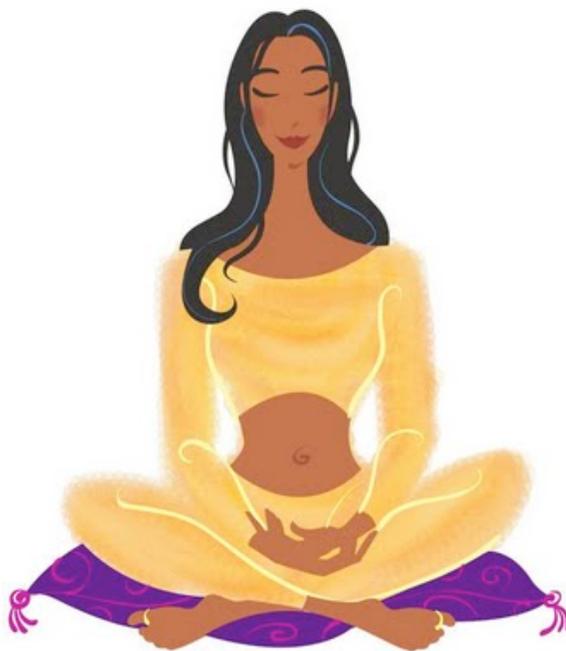
You can use **Vehicular Contemplation** to study a selected vehicle of consciousness in greater depth using its chakras. For example you can

- (1) Contemplate each center within a vehicle of consciousness to determine its activity
- (2) Examine which centers are awakened and which dwell unawakened in the unconscious mind

You can contemplate chakras in **Higher Order Contemplation**. This includes

- (1) An entire zone of the Personality considered as a single “body” or vehicle of consciousness, e.g., the entire Conscious mind, the entire Subconscious mind, or the entire Metaconscious mind—in this view the different individual vehicles appear as centers or chakras within this larger mental zone vehicle
- (2) An entire Subplane of the Great Continuum of Consciousness considered as a single “body” or vehicle of consciousness, noting the position of your vehicle of consciousness, nucleus of identity, or ensouling entity within this larger Subplane vehicle
- (3) An entire Plane of the Great Continuum of Consciousness considered as a single “body” or vehicle of consciousness, noting the content of the Subplanes nested within that Plane, and noting the position of your vehicle of consciousness, nucleus of identity, or ensouling entity within this larger vehicle encompassing that entire Plane
- (4) An entire Division of the Great Continuum of Consciousness—Subtle, Planetary, Transplanetary, Cosmic, Supracosmic, or Transcendental— considered as a single “body” or vehicle of consciousness, noting the content of the Planes and Subplanes nested within that Division, and noting the position of your vehicle of consciousness, nucleus of identity, or ensouling entity within this larger vehicle encompassing that entire Division
- (5) Multiple Divisions of the Great Continuum of Consciousness considered as a single “body” or vehicle of consciousness, noting the content of the Divisions, Planes, and Subplanes nested within that perspective, and noting the position of your vehicles of consciousness, nuclei of identity, or ensouling entities within this larger vehicle encompassing this multi-Division perspective

- (6) Contemplation of the centers in the essential vehicle of consciousness of an Initiate, and the reflected centers of this Initiate's essential vehicle of consciousness on the Planes below—for example, the Occult Adept, the Master Mind, the Psychic Guide, the Saint, the Hierophant or Magus, the Ascended Master, the Planetary Adept, the Planetary Adept Master, the Yogi Preceptor, the Light Master, the Cosmic Master, the Supracosmic Master (Guru), or the Transcendental Sphere Master (Sat Guru)
- (7) Contemplation of the Path to the current station of the ensouling entity and noting the stages of Mastery along that Path, noting the sphere of influence of each form of Mastery and the activities of each center.

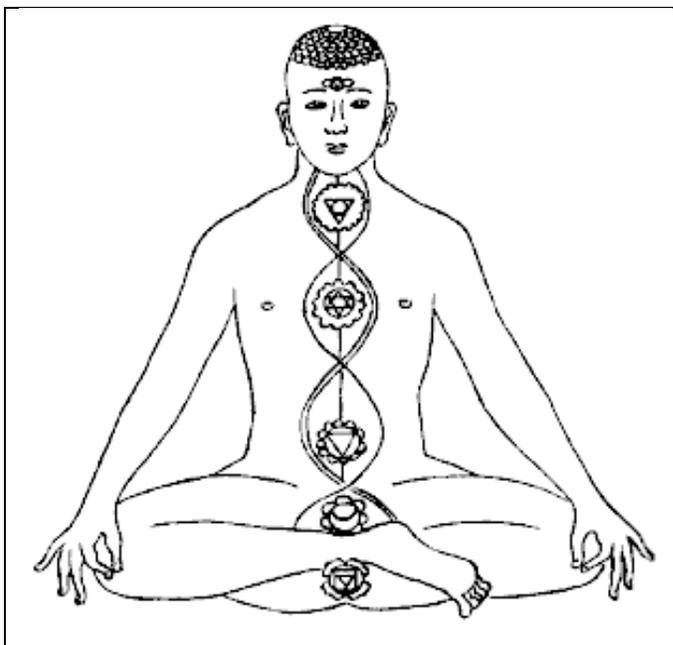


Using the Chakras as a Shortcut to Meditation

In our meditations today, we will explore techniques from Microconcentration, Vehicular Contemplation, and Higher Order Contemplation.

Contemplating the content of a center of awareness

In a basic meditation of this type you can discern what is the content of one petal of a lotus of the chakras of the Subconscious mind.

	Brain	960 petals
	Forehead	2 petals
	Throat	16 petals
	Heart	12 petals
	Solar Plexus	10 petals
	Navel	6 petals
	Base of Spine	4 petals

Pick a particular lotus you wish to meditate upon and select one of its petals to contemplate. Focus your attention upon the very center of the lotus.

Gently shift your attention so you are contemplating just the petal and noticing the energetic pathway connecting that petal with the center of the lotus.

Now use the little sniff breath (Han Sa) to open your awareness along the energetic pathway of that lotus, noticing the content that comes into your awareness. You may see, hear, or feel this content as images, qualities, memories, or ideas.

Those of you who want to know what I discovered when I did this contemplation for each petal of the Subconscious chakras can look at <http://www.mudrashram.com/chakramodel.html>.

Contemplating a Zone of the Personality

For this meditation, you will move through the centers of your Conscious mind to the inner doorway. You will go through the inner doorway, and move your attention ahead very gradually until you become aware of the entire Conscious mind as an ovoid or “bubble” of light. [If you reach the present time of memory, you have moved your attention too far.]

Hold your attention on the point where you are aware of this ovoid, and gently breathe into that point. As you do this, you will feel your awareness open and you may feel that the different focal points of the Conscious mind are arrayed as if they are centers within a energetic form or vehicle.

As you do this, you might feel for example that your ego is at the heart center of this vehicle, or your feeling center at the solar plexus center. Notice where you experience these focal points arrayed within this vehicle.



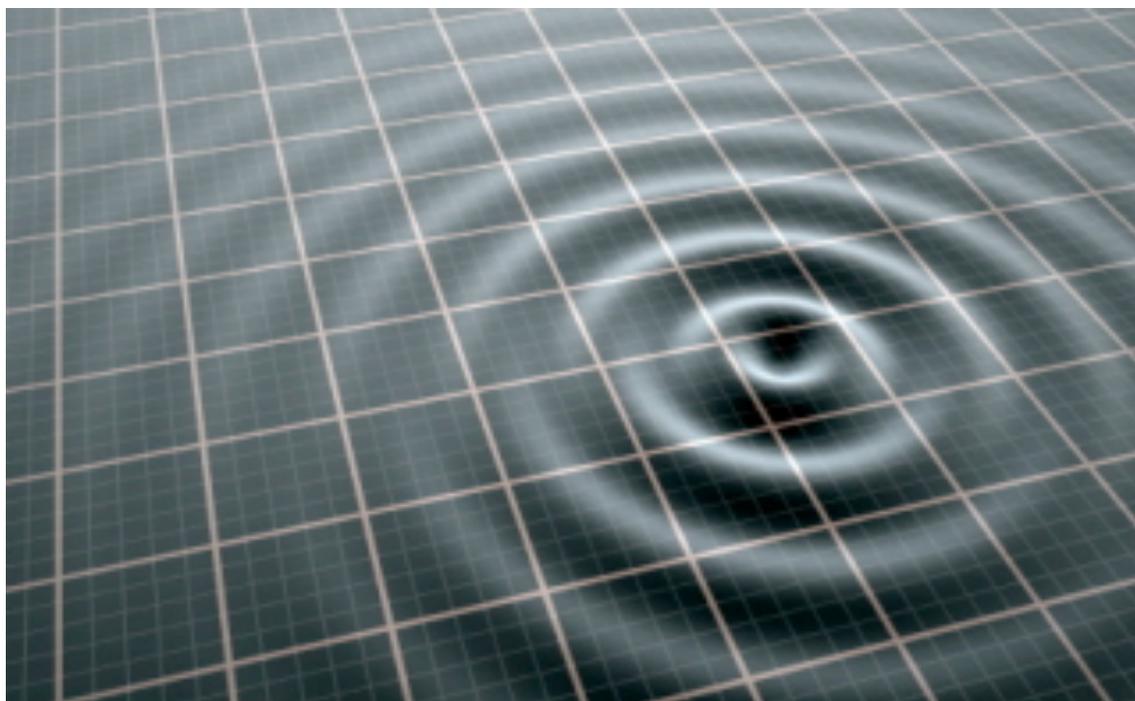
Contemplation of a Subplane

For this meditation we will start by meditating on your Soul, using the So Ham mantra.

Once you have reached this center, you will take the Subplane Centering Mantra for the Universal Mind Subplane of the Abstract Mind Plane, “I am the Infinite” or “I am the Perfect Mind.” Let your attention drop into this vortex of peace, stillness, and silence.

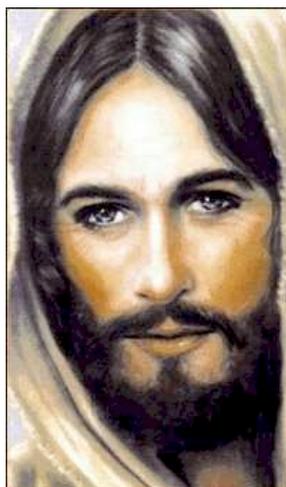
After you have remained in this state until you are at one with this state, you will begin gently using your sniff breath (Han Sa), and allow your awareness to open into this expansive state.

Notice any images, thoughts, or feelings that occur to you as your awareness opens into this space.



Meditation on a Form of Mastery

For this meditation, you will move your attention slightly above the place where you are focused in the vortex of the Universal Mind Subplane. As you do this, you will become aware of golden feet, and a golden, glorified human form. This is the form of your own inner Master Mind—a form of great beauty and love.



Contemplate the centers of this form from the feet up to the head. [Affirm: “I am the Master Mind.”]

Feet	Connection with the Divine Intelligence of Mind
Base of Spine	Your development on the Body–Mind Programming Subplane
Navel	Your development on the Temple of Science Subplane
Solar Plexus	Your development on the Temple of Art Subplane
Heart	Your development on the Temple of Philosophy Subplane
Throat	Your development on the Akashic Records Subplane
Forehead	Your development on the Demiurgic (Dynamic Creation) Subplane
Brain	Your development on the Universal Mind Subplane
Transcerebral	Your Soul’s connection with this form—this appears as a golden stream of Light from above

Any Subplane of the Abstract Mind Plane that you have developed fully will appear to have merged its track of Light into the golden stream of Light that descends from the Soul. This constitutes mastery of that area of human endeavor.

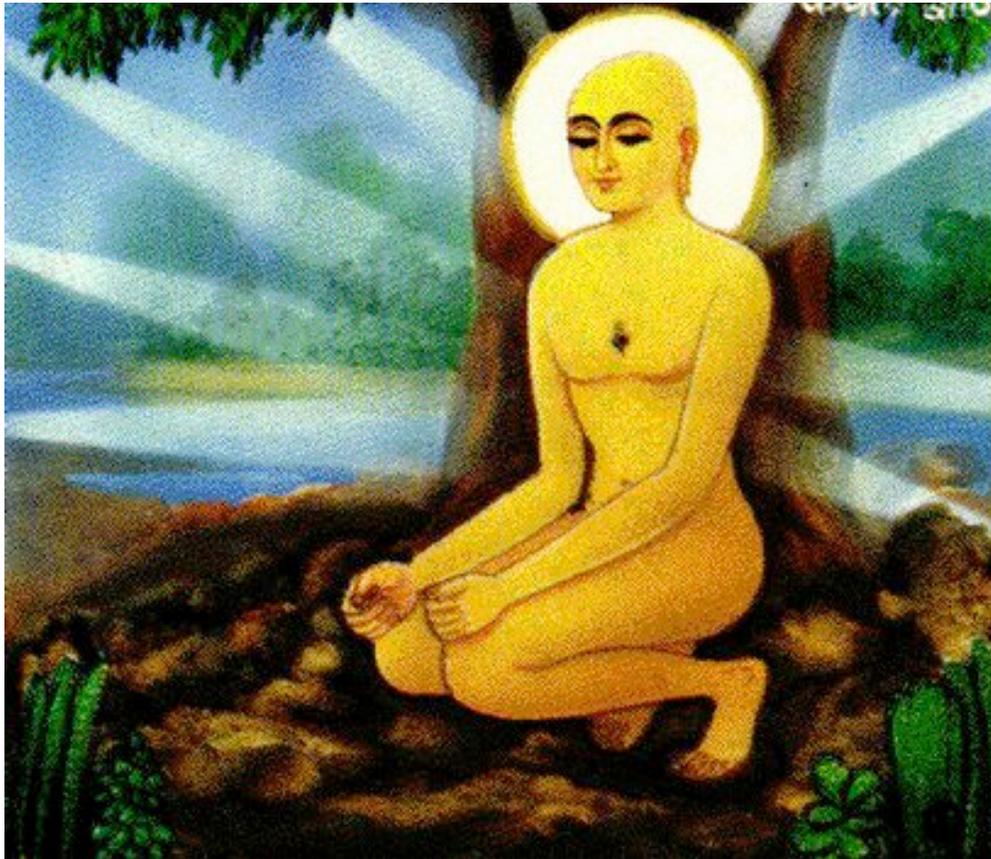
The complete state of the Master Mind is when you have united all seven tracks with the Soul's Light—this brings the Soul's genius into expression on all seven Subplanes. This confers mastery over

- The ability to program the body-mind
- Knowledge of a discipline of science
- One form of artistic expression
- Philosophical reasoning
- The ability to remember your past lives and to clear away obstructions from the Soul's clear vision and knowledge
- The ability to create from the level of Soul
- The ability to align your life and thought with the Laws of Mind

Some of these tracks may be completely dark. Some may be partially opened. Some may be nearly completely opened. Some may unite with the golden Light from the Soul. [If your Soul has not yet evolved to this level, the golden form will be there, but there will be know Light descending from above].

You will simply observe the state of their awakening. This is where you are today; as your Soul evolves spiritually, you will continue to develop each of these tracks until you have blossomed into a full Master Mind.





The radiation of the streams of Mastery from your Master Mind form

Getting to Know the Masters

Once you have mastered the ability to meditate on one inner form of Mastery, you can extend this ability by meditating on the higher forms of Mastery within you. Once you can clearly contemplate the content within your own forms of Mastery, you can eventually begin to contemplate the forms of those Great Initiates who guide and protect the spiritual evolution of humanity at each level of the Great Continuum of Consciousness.

In this profound state of Samadhi meditation, you will behold the all-embracing perspective from which the Masters view Creation, and you will sense their endless love and compassion, their penetrating wisdom, and their omnific power.

Thank you for attending our webinar today!

