

Exploring New, Evocative Meditation Techniques

Today's webinar is designed to introduce you to three new meditation techniques for recharging the body, and seven additional methods to work with personal issues. We will study the structure of etheric, emotional, mental, and volitional approaches for healing and problem solving, and we will discuss the seven methods for uniting attention with the Self to enhance self-knowledge and personal empowerment.

We use a self-study method that observes the material arising from the influence of each of the Seven Rays, which enables you to identify the content and function at each level of the mind that you study. This methodical vehicle-by-vehicle examination leads to progressive insights about the nature of the mind.

We will use this method to explore these layers of self-help and problem solving. You will explore which of these modalities resonate with your own preferred style, and you will discover which of these approaches you predominately use.

A Survey of Problem Solving and Healing Modalities

By George A. Boyd © 2014

When we consider problem solving and healing modalities that have been developed on each of the seven Rays, we find that there are different strategies and modalities that arise from each level of the mind, which utilize etheric, emotional, mental, and volitional capabilities. The innate Ray makeup of each helper influences the methods that he or she chooses.

Professional training shapes the perception of the helper. Those that are trained in etheric methods gravitate to the healing arts. Those who receive instruction in modalities that tap the emotional level become psychotherapists. Those who gain expertise in mental modalities become teachers, artists, scientists, and researchers. Those who learn to facilitate volitional modalities become counselors and coaches.

Etheric Helping Modalities

Ray	Keynote	Examples of this Approach
1	Clearing or removing etheric blockages	Acupuncture, acupressure
2	Feeding or nurturing life energy	Herbal medicine, nutritional approaches, homeopathy, flower remedies
3	Energize the body with life energy	Recharging exercises, Pranayama
4	Direct life energy through martial arts or yoga	Tai Chi, Chi Kung, Aikido, Kung Fu, Hatha Yoga
5	Manipulate the body to release flow of life force	Massage, chiropractic, Polarity Therapy, Rolfing
6	Radiative healing	Sending healing energy to others through laying on of hands or distance healing, Reiki
7	Immersion in healing environments	Radionics, color healing, crystal healing, sound or music healing, brain entrainment using photic or aural stimulation



- To which of these etheric modalities do you feel attracted?
- Which do you feel you would practice to help others?
- Which do you feel comfortable using for your own healing?

Emotional Helping Modalities

Ray	Keynote	Examples of this Approach
1	Confrontation	Breaking down defenses, accountability, holding one to their agreements
2	Empathy	Understanding, empathic listening, reflection of meaning, unconditional positive regard
3	Programs for healing	12 step recovery programs, self-help recovery programs, structured group approaches
4	Body-mind interventions	Mindfulness, process-based encounters, breathing (rebirthing)
5	Analysis	Uncovering causes of symptoms, uprooting irrational beliefs that underpin emotions
6	Invocation	Confession, repentance, apology and making amends, forgiveness, invocation of a Higher Power or the Holy Spirit
7	Dramatic interventions	Psychodrama, personifying issues, interaction with symbols or images



- To which of these emotional modalities do you feel attracted?
- Which do you feel you would practice to help others?
- Which do you feel comfortable using for your own healing?

Mental Problem Solving Modalities

Ray	Keynote	Examples of this Approach
1	Critical analysis	Critique, finding flaws or weaknesses in arguments or design; determining whether behavior adheres to standards, rules, policies, or laws
2	Education	Learning, synthesizing knowledge, imparting what has been learned to others
3	Structured reporting	Thesis, dissertation, report, essay writing, non-fiction writing, journalism
4	Creative approaches	Creative writing, brainstorming, fiction writing, poetry, story telling, finding metaphors
5	Scientific method	Hypothesis generation and testing, statistical data analysis, experimental validation
6	Motivational Influence	Building self-esteem, encouraging enhanced performance, productivity, or efficiency
7	Synthesis	Finding new and better ways of doing things, invention, developing new products, systems, or technology



- To which of these mental strategies do you feel attracted?
- Which do you most commonly use to solve problems?

Volitional Strategies

Ray	Keynote	Examples of this Approach
1	Challenge	Asking someone to make a decision, to choose, or to commit themselves to a course of action
2	Outcome	Intuiting the potential impact of a course of action on oneself or others
3	Evaluation	Examining alternatives and possibilities, selecting the best option
4	Flow state	Reposing in being, resting and relaxing, postponing decision making
5	Information gathering	Research, questioning, and study with an aim to gather the information to make a decision
6	Ethical review	Moral questioning, introspection, determining whether the proposed course of action is ethically correct
7	Implementation	Setting goals, planning, setting up systems, carrying out tasks to completion, translating decision into successful action



- To which of these volitional strategies do you feel attracted?
- Which do you use to solve your own problems?

Modalities for Centering and Self-Empowerment

Ray	Keynote	Outcomes of this Approach
1	Tratakam	Concentration on the Self: enhanced ability to concentrate and focus attention
2	Watching the Breath	Absorption of attention in the current of the breath: relaxation, reposing in peace
3	Reflection and Disidentification	Discovery of the Self: enhancing discernment
4	Physical Vipassana	Mindfulness for sensations arising in the body: stress reduction, processing issues
5	Relaxing into the Self	Opening into the Self: promotes relaxation, stress reduction
6	Pratyahara	Absorption of attention in the current of vision and hearing: enhancing the ability to see and hear the content of consciousness
7	Moving from Center	Self empowerment: giving permission for the Self to act freely and spontaneously



- Which of these centering methods do you find easiest to do?
- Which do you practice most often in your daily life?
- Which do you find difficult to use to reach union with the Self?
- Which benefits of centering methods are most helpful to you now?

Summary Evaluation of Healing and Helping Modalities

List the Rays of the skills for each category that are your strengths, for skills you want to develop, skills you don't or wouldn't want to use, and skills that you like others to use to help you.

For	My strengths in this area	I want to develop these skills	I never use these skills • I'm not interested	I like others to use this approach to help me
Etheric				
Emotional				
Mental				
Volitional				
Centering				



- As you look over this summary, what did you discover about your abilities?
- What areas do you plan to develop yourself? When will you start this program? If you are currently studying, by when do you aim to complete your studies? By when do you feel you will have the proficiency to use this professionally?
- What is your dominant profile for helping? Are you a healer? A therapist? A teacher? A counselor or coach?
- With whom do/will you use these skills?

New Meditation Techniques: Etheric Recharging

Now that you have a better sense of the problem solving and healing modalities, we are going to first teach you three methods that come from the 3rd Ray of the Etheric Healing band, Structured Recharging Exercises. These three exercises are called (1) Four Pole Whole Body Recharging, (2) Vertebral Striking, and (3) Individual Organ Recharge.

Four Pole Whole Body Recharging

For this exercise you gently tense each part of your body: front, back, right, and left. This exercise is adopted from a body recharging system that Paramahansa Yogananda taught to his disciples.

Let's begin with

Your feet: Tense top, bottom, right, and left, and release

Ankles and calves: Tense front, back, right, and left, and release

Thighs: Tense front, back, right, and left, and release

Pelvis: Tense front, back, right, and left, and release

Abdomen: Tense front, back, right, and left, and release

Chest: Tense front, back, right, and left, and release

Both hands: Tense front, back, right, and left, and release

Forearms: Tense front, back, right, and left, and release

Upper arms: Tense front, back, right, and left, and release

Shoulders: Tense front, back, right, and left, and release

Neck: Tense front, back, right, and left, and release

Face: Tense upper left quarter, upper right quarter, lower left quarter, and lower right quarter

Use this meditation to wake up in the morning and to charge your body with life force. You can also use it to recharge after a hard day at work or a long day of hiking.

Vertebral Strike

For this meditation, you will lay down in a quiet place where you will not be disturbed. Focus your attention on the lowest section of your bones of your spine, in the coccyx area. You will mentally chant OM and strike each vertebra, moving up one vertebra at a time through the sacrum, the lumbar, the thoracic, and cervical sections of your spine, up to the medulla.

As you gently strike, you will pay attention to muscle relaxation of that segment of the spine, and the discharge of any emotions that occurs when you do your strike.

If you have back problems, go very gently at first, and make sure your back is well supported. For some people, this method has helped them temporarily relieve back pain.

Individual Organ Recharge

For this meditation, you will visualize sending healing light to each organ. You will begin with the organs in the lower body and move to the upper body. Do not put any pressure or tension on any of the organs as you do this. Start with your

Bladder

Both kidneys

Large intestine

Small intestine

Liver

Gall Bladder

Spleen

Stomach

Heart

Lungs

Next you will recharge each of your glands

Gonads or Ovaries

Adrenals

Pancreas

Thymus

Thyroid

Pituitary

Pineal

Use these recharging methods, as you need them. Notice how they help you energize, release tension, and deeply feel your organs and glands with life force.

New Meditation Techniques: Emotional Processing

Now that you learned three methods for etheric recharging, we will go over seven methods that come from the 4th Ray of the Emotional Healing band, Body Mind Interventions. These seven evocative exercises, which may have therapeutic relevance, and that are used in coaching to facilitate perspective change and taking new action, are called (1) Dialog with Your Future, Wiser Self; (2) Life Review; (3) The Relationship Subtraction Technique; (4) The Problem Subtraction Technique; (5) Imaginary Re-identification; (6) Dialog with Your Higher Power; and (7) The Incremental Change Process.



Dialog with Your Future Self

For this meditation, you are going to dialog with a wiser, future Self. One version of this meditation asks you to dialog with yourself when you are a wise grandparent, having lived through the issues and challenges of life, and to give you counsel. Another version of it has you dialog with your wiser Self in a future incarnation, when you are much more highly evolved.

Because of the potential of the subconscious mind to “fill in” imaginary information when you do a huge perceptual stretch like having a Self from a future incarnation speak to you, we recommend that you simply aim to ask the wise elder in you for guidance, and to see if this broader viewpoint can shed some light on your situation. [If you are now a senior citizen, you can imagine that your 120-year-old self is viewing your situation from this even more experienced viewpoint.]

Write down your questions on one side of a sheet of paper, and write down the verbatim response on the other.

Life Review

In this meditation, you will visit your self on your deathbed. You will look at what you have accomplished to date in your life [where you are now], and see what is truly important to you at the time of your death—what you would want to have accomplished in this unique human life.

Simply write down the insights that come to you as you view your life from this perspective.

The Relationship Subtraction Technique

In this contemplative exercise, you want to select someone with whom you have a complex, strained, or difficult relationship. For this exercise, you will imagine that you have learned they have died. You will notice what this person meant to you, what you learned from them, and notice your feelings positive and negative that come up.

When people are “gone” from your life, it triggers the grief reaction. It reveals the powerful attachments you have to certain people, and makes you sort through the many feelings that you hold for them—conscious and unconscious.

As in the other exercises, you may want to write down your feelings as you process this material. [If this becomes overwhelming, you need to stop this process, and recognize you aren’t ready to deal with this yet.]

The Problem Subtraction Technique

This method has also been called the miracle technique. In this method, you imagine that a miracle has just occurred, and your most pressing problem has been magically resolved.

Observe yourself in this new situation. What are you able to do that you can’t do now? How does your life feel now that the problem has gone away?

Look back and notice how you got to where you are. Give your present self some guidance, as to what it needs to do to get to this place. Let your present self know there is hope, and that it is predestined that it will reach this state where you are free of this problem—after all, you are the evidence that this is possible.

Imaginary Re-identification

This exercise has you tap into what has been called the collective consciousness or the Divine Mind. In this level, everyone who has ever lived has added their wisdom, their genius, and their skills to the collective.

For example, what if you could tap into Warren Buffet’s genius about investing? What if you could look with his perspective?

The purpose of this exercise is to inspire you to realize that if one person can do something, another can do it as well. There are some realistic limits to this, as it might no longer be possible for you, in your 60s, to run an under 4-minute mile. But could you become a runner? Yes, you could.

Think about someone who has gained expertise, success, and mastery in an area that you want to improve yourself. Now imagine that you can be them, giving you advice, showing you how they achieved what they did. Feel they are encouraging you to achieve this dream.

Notice your negative self-talk, the fear and doubt, and perhaps, your unwillingness to make the effort to achieve this dream that comes up as you take this perspective.

Take into yourself that this is truly achievable, and it may indeed be achievable for you. Think about what might be required for you to achieve this. Create a plan to make this happen.

Dialog with Your Higher Power

Like the meditation where you had a dialog with a wiser, future Self, this meditation has you dialog with a spiritual essence in the Superconscious mind. This can be your Soul, an angel, a spiritual guide, an Ascended Master, the Holy Spirit, or God.

[Generally, we recommend that you utilize your own Soul, or the Holy Spirit, in this dialog, as the tendencies of the subconscious mind to “fill in” information in response to your questions can generate some very creative answers.]

You imagine that you are able to send a cord to this Higher Power, on which there is a microphone on the end of it. You will ask your questions to them, and write down their answers.

We teach another method for this in the Introduction to Meditation Program, and train you in Receptive Meditation in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

The Incremental Change Process

We describe this process in a recent article. This uses a series of short process meditation questions to facilitate movement.

Excerpted from “A Compendium of Process Meditation Methods
to Produce Movement in Stuck Clients”

By George A. Boyd ©2014

...I believe that when you are in a stuck place, it is crucial to produce movement. Even a little step can free you...

This sense of efficacy, this experience of change, begins forward movement. It starts with changed behavior; thoughts and feelings follow the lead of new, decisive action...

Each process meditation begins as a request. When the behavior occurs, you acknowledge it by saying “good,” or “thank you.” You then ask for it again. So for example, if your process is “improve one thing,” you will request, “improve one more thing.” [Keep repeating this process 10 to 20 times, or until you move forward out of the stuck place. Here are several processes:]

- “Improve one thing”
- “Change one thing that will make this better”
- “Notice what you can do right now. Show me you can do that.”
- “Notice one thing you can say right now. Show me you can say that.”
- “Notice what you can change right now. Show me you can change that.”
- “Notice all the steps needed to complete this project [goal, objective]. Notice what step you can take right now. Show me you can take this step.”
- “Notice all of the parts that make up this obstacle [problem, issue]. Notice what part of it you can resolve now. Show me you can resolve that part.”

Thank you for attending our webinar today!

