

## Markers of Progression on the Path

Meditators who come to Mudrashram® pass through several stages of development. We wish to describe these stages of development and give you some of the requirements for attaining them.

Here are descriptions of eleven stages on the path:

**Aspirant** – The individual is seeking a resonant Path and may go to several teachings, trying to find one that feels right. The aspirant aims to understand the nature of the Soul and the spirit. He or she may become initiated into several paths. This stage is marked by inner confusion and frustration.

**Advanced Aspirant** – The individual has contacted the Soul, spirit, and attentional principle in meditation. He or she has begun to differentiate the different levels of the mind and can focus on selected focal points when directed. These individuals are very dependent on their teacher for guidance and direction, as they cannot reliably see or discern where they are on the Path.

**Probationary Disciple** – This individual is able to go to the Soul at will and can readily focus the attention on the spirit and the attentional principle. He or she has been introduced to meditation on the inner Guide form of the spiritual teacher [in the Mudrashram® tradition, this occurs in the Satsang Program Home Study Course or the Mudrashram® Advanced Course in Meditation, where the student is introduced to the Guru Dhyana Meditation]. He or she may receive sporadic intuitive guidance from the Soul and the guide. The challenge at this level is to establish commitment to regular spiritual practice and study of the levels of the mind opened during transformation.

**Disciple on the Path** – These individuals set a goal of progressive and regular transformation, between one and five nodal points a day. They may augment this practice by careful self-study, journaling, and in our tradition, through careful reading of the Mudrashram® books and the Mudrashram® Correspondence Course. They are serious students and have made a commitment to the path. These individuals are often involved in service and leadership positions in Mudrashram®.

**Advanced Disciple** – These individuals have graduated from their first spiritual track into higher octave ensoulment. This typically occurs when they have finished the Subtle-Planetary-Transplanetary leg of the work; they have moved ahead into the Cosmic Sphere, and are now ensouled as the Astral Soul. These ones must endeavor to stay focused, as it is very easy to be distracted by the phenomena of these realms and to begin to be complacent about their spirituality. Some may begin to develop spiritual pride at this stage, and must work to retain their humility and commitment to service.

**Disciple with Powers** – These individuals awaken one of their nodes of teaching and Mastery in the higher octaves. These ones can stop at this station on the Path, and forego further spiritual progress. These ones sometimes believe that they have reached their goal, therefore do not move on.

**Teacher Candidate** – These rare individuals advance to having their cutting edge established in the Transcendental Sphere (Paramadeshi Avadhuta). Their goal is to complete all of the final work required to free the Soul of the Bridge Path to ascend. They must work to finely hone their inner vision and hearing, and carefully discern the stages of the Path. They must carefully review all that they have learned in the basic and intermediate courses, plus read and master the material in the Mudrashram® Correspondence Course. They must develop the highest devotion and dedication to the teachers of the lineage.

**Accepted Disciple** (Form of the Disciple Stage) – Those who complete their purification and have successfully ascended to the Form of the Disciple Stage of the Path, upon dedication of themselves to the lineage through sacred vows, are empowered in the Seven Mudras and can teach the Mudrashram® Master Course in Meditation. These ones must maintain their dedication, and act as leaders for the other students; if they fail to live up to their high calling, they can be disempowered and removed from their status as teachers.

**Advanced Accepted Disciple** (Mahatma Stage) – Those who maintain their dedication and upward progress on the Bridge Path can reach the Mahatma Stage. At this level, they can be trained and empowered to teach the Mudrashram® Advanced Course in Meditation and manifest the guide form to others. The dawning of the interpenetrating awareness, which allows them to identify where others are on the Path, marks this stage.

**Lineage Holder** – Upon reaching the entrance to Adi Sat Guru Desh, those individuals given a calling with the lineage may (a) act as a teacher of teachers, (b) channel the guidance of the Masters verbally (satsang) or in written form, (c) have direct communion with the Masters of the lineage, and (d) represent the lineage to the world. This stage requires complete dedication and surrender to the lineage; the Lineage Holder acts under Agya from the lineage.

**Multiplane Mastery** – Upon attainment of the Hansadesh stage on the Great Mirror of Creation on Adi Sat Guru Desh, the individual may begin to develop the Rays of Mastery that enable him or her to become an Adi Sat Guru, a Multiplane Master.

## Charting Your Skills as a Meditator

### Excerpted from “Meditation Skills Checklist”

By George A. Boyd © 2001

Training in any discipline has discrete skills. One way of capturing these skills is a mastery checklist. A skill checklist for meditation would detail three phases of mastery of this noetic art:

Level One	Stress Reduction Advisor
Level Two	Meditation Counselor/Coach
Level Three	Meditation Teacher/Initiator

Progressive learning and incorporation of the skills required to achieve mastery at each level yields a “trainee” state. These trainee stages are described as:

Level One	Relaxation Aide
Level Two	Meditation Practitioner
Level Three	Advanced Meditation Practitioner

These proposed skill checklists are shown below:

Level One
<b>Relaxation Aide</b> (student in training)
<b>Stress Reduction Advisor</b> (completion of training)
<input type="checkbox"/> Demonstrate ability to perform progressive muscle relaxation
<input type="checkbox"/> Describe major sources of stress and their physiological effects on the body
<input type="checkbox"/> Demonstrate technique or watching the breath

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| <input type="checkbox"/> Demonstrate technique of watching the breath with affirmation   |
| <input type="checkbox"/> Demonstrate mindfulness technique   |
| <input type="checkbox"/> Demonstrate physical postural methods for relieving stress drawn from Hatha Yoga, Tai Chi Chuan, Chi Kung, or dance therapy |
| <input type="checkbox"/> Demonstrate ability to enter into a state of self-hypnosis and give suggestion  |
| <input type="checkbox"/> Demonstrate the ability to visualize and contemplate an image with the eyes closed  |
| <input type="checkbox"/> Demonstrate ability to relax into the experience of the Self  |
| <input type="checkbox"/> Demonstrate thought bubble technique  |
| <input type="checkbox"/> Demonstrate ability to guide a partner in these basic stress reduction techniques   |
| <input type="checkbox"/> Demonstrate ability to guide a group in these basic stress reduction techniques   |

These skills would prepare you to become a teacher of stress reduction or martial arts classes. Level two requires additional skill mastery:

Level Two
<b>Meditation Practitioner</b> (student in training)
<b>Meditation Counselor/Coach</b> (completion of training)
<input type="checkbox"/> Describe a cosmological model that elaborates alternate bands of awareness
<input type="checkbox"/> Describe the chakra model of expanded awareness
<input type="checkbox"/> Describe meditation
<input type="checkbox"/> Describe the difference between hypnotic trance and meditation
<input type="checkbox"/> Describe the key principles of consciousness and spirituality

Level Two (continued)

- Demonstrate a variety of methods to encounter the Self
- Demonstrate the ability to awaken the principle of energy and awareness (kundalini)
- Demonstrate the ability to contact the spiritual heart and commune with the channels of Inner Light and Sound
- Demonstrate the ability to use a transformational method such as Bija Mantra or Kriya Yoga technique
- Demonstrate a method to gather information from the subconscious mind
- Demonstrate methods to introduce suggestion into the subconscious and Superconscious minds
- Demonstrate methods to awaken vehicles of the Superconscious mind
- Demonstrate the ability to concentrate the attention on designated centers at will
- Demonstrate the ability to practice direct projection of the attentional principle
- Demonstrate the ability to unite the attentional principle with the Transpersonal Self at will
- Demonstrate a variety of techniques to access intuitive knowledge, insight and guidance
- Demonstrate the ability to direct Light and Energy through visualization
- Demonstrate the ability to check in with feelings, conscience, and to dispassionately examine one's personal behavior
- Demonstrate the ability to coach a partner in these methods
- Demonstrate the ability to teach a group these methods

Level two skills would be prerequisite to reach the Introduction to Meditation class. You would need to first take the Mudrashram® Advanced Course in Meditation before you would be eligible to become trained for this class. Most people do not have the requisite skills mastery before attaining the Third Planetary Initiation, but extremely well qualified and skillful candidates may be considered before this stage is reached.

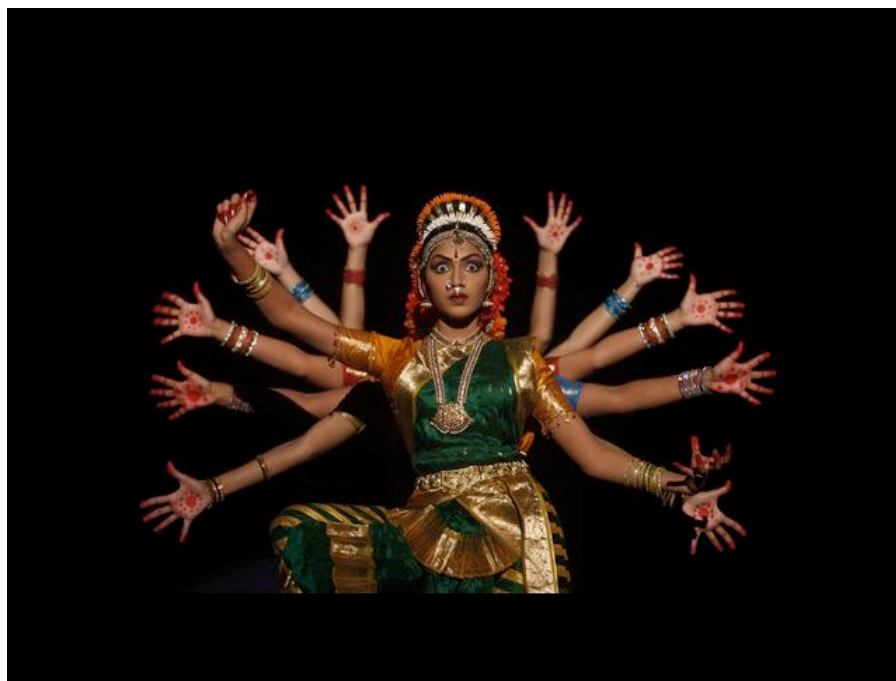
Level Three
<b>Advanced Meditation Practitioner</b> (student in training)
<b>Meditation Teacher/Initiator</b> (completion of training)
<input type="checkbox"/> Describe higher octaves of consciousness
<input type="checkbox"/> Demonstrate the ability to direct attention to any octave of consciousness at will from waking awareness to the Eternal Consciousness (Satchitananda)
<input type="checkbox"/> Demonstrate the ability to utilize advanced transformational techniques
<input type="checkbox"/> Demonstrate the ability to contact higher octaves of the spirit and open inner channels of Light and Sound at those levels
<input type="checkbox"/> Demonstrate the ability to unfold the spiritual evolutionary potentials of the Soul through the Subtle, Planetary, Transplanetary, Cosmic, Supracosmic and Transcendental bands of the GCC
<input type="checkbox"/> Demonstrate the ability to use advanced methods to activate intuition and discernment at higher octaves of consciousness
<input type="checkbox"/> Demonstrate the ability to commune at will with a spiritual guide of one's lineage
<input type="checkbox"/> Demonstrate the ability to make spiritual attunement with others and direct the Light
<input type="checkbox"/> Demonstrate the ability to transmit the initiatory energies of a lineage to others

Level Three (continued)

- ❑ Demonstrate the ability to channel guidance from one's Soul and teachers of one's lineage
- ❑ Demonstrate the ability to guide a partner in these advanced methods
- ❑ Demonstrate the ability to guide a group in these advanced methods

Mastering these skills with the requisite attainment of the Paramadeshi Avadhuta stage on the path would prepare you to qualify as a teacher candidate. In addition to these skills, you must refine your ability to see and hear within to the highest degree.

Aspirants may wish to inventory themselves using this skill checklist to see which of these meditational abilities they have acquired, and make a specific plan through methodical and serious study (and consultation with the Lineage Holder if necessary) to master them.







## How Do You Attain Mastery of Meditation Skills?

To be sure you have gained mastery, you must be able to demonstrate your ability. You develop discernment to verify you have gained mastery—you do not just guess at it or imagine it—you make sure that it has been accomplished. You build your meditation skills on a firm foundation.

We will do some inquiry for you to examine how you will know you have mastered the skill sufficiently to use it yourself and teach others.

- (1) How do you know you have mastered a skill?
- (2) When do you have enough confidence in your abilities to believe you can teach a skill to others?
- (3) How do you determine you are deficient in an area?
- (4) How do you remediate or improve a skill you believe needs improvement?
- (5) How do you make sure you master a skill?
- (6) What would it look like if you had attained mastery of the skill? How would you practice it differently than you do today?
- (7) What would it be like to teach this skill to others? Does this prospect seem enjoyable to you?
- (8) What would it be like to have all of the skills required to teach? Which skills are missing? Which ones need work?

Thank you for attending our webinar today!

