

## **Communion with the Guide**

In today's students-only webinar, we will explore the role of the inner spiritual guide in spiritual development. There are a wide variety of sources, who give spiritual guidance. Much of this guidance contradicts what other sources of guidance reveal. These sources are contextually anchored on a specific Plane or Path; and they lead the attentional principle or the spirit through specific segments of the Great Continuum of Consciousness.

We will clarify in this webinar, questions you may have about this deeper stage of meditation, where you can contact the Master within.

### **Stages of Communion**

After the aspirant has learned the rudiments of meditation, the deeper phase of spiritual work is direct inner communion with an Initiate or Master. This work involves communion with this Initiate in three stages:

- (1) **Communion with the Master through the personality of the Master** – This involves receiving teaching and Light Immersion in the physical presence of the Initiate. You can have this contact in the direct physical presence of the Master, or through a distance contact, such as viewing a video, an audio recording of the Master's voice, or attending a webinar.
- (2) **Communion with the Master through his or her radiant form on the inner Planes** – Depending on the spiritual tradition, either the spirit and/or the attentional principle—you experience both in Mudrashram®—contacts the “light body” or “guide form” of the Initiate on the inner Planes. In this type of communion, you will hear the Master's voice, receive his or her telepathic (e.g., hearing the Master's thought) suffusion, and see the Master and glimpse visions of the inner Planes.
- (3) **Communion with the ensouling entity of the Master** – At this stage, you know the Master as he or she is, and find in that exalted the state of consciousness the Presence of the Divine.

## **Methods of Contacting the Guide**

There are several ways that people begin communion with the inner Master of their tradition. These include:

1. Invocation of the Master through a chant, song, or prayer (bhajan)
2. Entering the presence of the Master's guide form by focusing your attention upon it (dhyān)
3. Reception of intuitive guidance through voice or telepathic overshadowing (satsang)
4. Encountering the radiant form of the Master in one of the higher Planes (darshan)
5. Traveling with the Master on the inner Planes, following the Master's guide form as it moves ahead of you (Rahasyavādī-yātrā)
6. Receiving an assignment for ministry on the inner Planes from the Master (dhana)
7. Merging into the Master at the origin of the Path (Ādhyātmika ēkatā)

We teach a variety of techniques in the Mudrashram® system of meditation system to help our students prepare for this mystic communion.

In the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, we introduce chanting to show you how to commune with a spiritual Master or spiritual tradition via *invocation*. We also teach you the Mudrashram® Prayer. In the Mudrashram® Advanced Course in Meditation, we teach you the Mudrashram® Mantra, and specific mantras to call upon each of the three externalized Masters of our lineage.

The practice of contemplating the attentional principle (Purusa Dhyana), taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, helps prepare you to *contemplate the form of a spiritual guide*. In the Mudrashram® Advanced Course in Meditation and the Satsang Program Home Study Course, we teach you the practice of Guru Dhyana, which shows you how to contact Swami Charan Das within.

Beginning Jnana Yoga, taught in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program, and the more advanced elements of Jnana Yoga in the Mudrashram® Advanced Course in Meditation, show you how to *receive intuitive guidance* from your Superconscious mind. Once you can clearly hear this guidance within, when you can successfully commune with the guide form of the Initiate, you can begin to isolate the specific guidance that the Master is communicating to you.

You *encounter the guide form* on the Path of the spirit when the spirit opens the light and sound channels of the Nada (udgit) in Nada Yoga. Your attentional principle comes into the presence of the guide form at the Soul door (Atma dwara) during the sitting for the direct projection technique of Raja Yoga in Mudrashram® Master Course in Meditation and the Accelerated Meditation Program.

Keeping your attention fixed on the attentional principle in Raja Yoga, or upon the spirit in Nada Yoga, as these essences move deeper into the inner Planes trains you to *travel with the Master's guide form* as it moves before you.

When you read our books, such as *A Mudrashram® Reader*, or the volumes of the Initiate's Library, the teachers of the lineage give you instructions for inner study and contemplation. When you can follow their directions in this manner, it prepares you to receive their guidance to *carry out specific ministry*.

Opening a segment of the Nadamic Path fully leads to union with the form of the Nadamic Master, who has gained union with the Divine on the Path of the spirit.

Using your transformational mantra will move your ensouling entity into the presence of the forms of your overshadowing Initiate in the Planetary, Transplanetary, Cosmic, Supracosmic, and Transcendental bands of the Great Continuum of Consciousness.

These two practices ultimately lead to the state of mystic union and *spiritual oneness with your Master*.

### **Why is Communion with the Guide Form Important?**

As you can see, Mudrashram® prepares you through its meditation training to commune with the Master within. But why is that important?

First, if you seek to make progress beyond simply meditating on your own Soul, and entering blissful and peaceful altered states of consciousness, you will need to prepare yourself for discipleship. Just like you cannot take a college calculus class without doing the prerequisite math classes, you cannot work in a deeper way with a spiritual Master until you have gained facility with meditation.

Second, when you have advanced in your meditation practice, you will connect with the Master on the inner Planes. Once you have been able to make a stable connection with the Master, he or she will show you what is on the inner Planes, reveal to you the landmarks on the Path, and teach you about the inner laws of mind and consciousness. Your Master will empower you to activate your Soul's gifts and abilities, and awaken your illumined mind.

Third, as you progress on the Path through taking Initiation, the Master will begin training you in spiritual ministry and attunement, so you can begin to help others.

Ultimately, as you rise into the higher phases of your spiritual development, you will learn to guide others, and lead them on the Path. When you ascend to the state of Mastery, you will be able to initiate and take others through each stage of their spiritual development, as your supervising Initiate has done for you.

We will share with you some of the Satsang of Swami Prabhu Maharaj about communion with the guide form, excerpted from *The Winds of Adi Sat Guru Desh*.

### **Merging with the Master's Guide Form**

“Merging with the form of the Master is a regular experience in discipleship. As you build this relationship with the Master by your invocation, the Master will come to you more and more. Three types of experience are common:”

- (1) At the feet of the Master – here, you will see the Master's feet appear before your attention during meditation. As you focus upon them, the feet will move, and as you move your attention to unite with the Master's feet in their new location, they will lead you deeper on the path. Typically, this type of meditation will lead you to ensouling entity. This may or not be experienced with a “voice over,” i.e., where you hear the Master's voice speaking to you, letting you know here you are [for example, “this is the flame of compassion on the Buddhic Plane, this the Light of Nirvana, this is the Monad, this is the entrance to the Planetary Hierarchy on the Adi Plane...”]
- (2) Walking with the Master – here, you will be present with the Master, while your attention is united with your attentional principle or with your spirit. You will plainly sense his guide form with you, and you will clearly either hear him speaking to you (auditory telepathy), or you will hear his thoughts at your third eye center (intuitive telepathy). His form will move forward on the path, and you will travel to where he is with your attentional principle or spirit.

(3) Merging with the Master – here you will feel that your attention has become one with his form, and you are meditating on that form. As you move to the third eye center of this form, you will sense the Master's consciousness; as you move to the brain center, you will sense his being. These experiences are often granted to those who are permitted to channel the Master's guidance through speaking (satsang), his Grace and spiritual power [as we do in Light Sitzings or initiations], or through written communication. When this relationship is fully established and becomes stable, one is called a Gurumukh—one who has become the instrument of the Master.

“...Hopefully, as you cultivate this inner relationship, you will experience all three types on a more and more regular basis, until it becomes routine—the Master is always in your meditations, and your meditations always involve learning from him and receiving direction (Agya) from him as to the service that the Divine wishes you to carry out.”



## **The spirit's Encounter with the Guide**

Excerpted from *The Winds of Adi Sat Guru Desh*

The guide for of a Nadamic Master takes different forms in the 12 domains. There are shown below:

Domain	Where the spirit encounters the guide form	Name of Nadamic Master
1	At the brain center of the Subtle Astral form	Kumara
2	In the Lower Astral Plane in the forest circle of the Wiccan circle. Two orders of Guides appear. Occult Adepts appear as dark, hooded figures, and can only guide the spirit to the Occult Hierarchy in the Lower Astral Plane. The Illuminati, the true Nadamic Master, appears as a golden, Christ-like being.	Illuminati
3	At the fourth nodal point of the Heavenly Realms Subplane of the Psychic Realm. Both an Ascended Master and a Superphysical Adept can manifest the guide form, but the Ascended Master can only lead the spirit to the 5th Subplane of the Second Planetary Initiation where the Ascended Masters dwell, whereas a Superphysical Adept can lead the spirit to its origin.	Superphysical Adept
4	At the heart chakra of the Buddhic vehicle on the Buddhic Plane. An Adept Master can only lead the spirit to the Planetary Hierarchy; a Bhakti Yoga/Nada Yoga Preceptor can only guide the spirit to the presence of Ishwara in the First Cosmic Initiation—only a Light Master can take the spirit to its origin.	Light Master

Domain	Where the spirit encounters the guide form	Name of Nadamic Master
5	At the top of the Third Cosmic Initiation on the Guide Subplane. A Cosmic Master can only lead the spirit to the Cosmic Hierarchy; a Supracosmic Nadamic Master can only guide the spirit to the top of that Supracosmic Path. An Adi Sat Guru established in the origin of the Bridge Path can merge the spirit into its origin again.	Adi Sat Guru Bhagwan of the Bridge Path
6	On the fourth Plane in the Illumined mind. A Subud Master can bring the spirit into the Hierarchy of other Subud Masters. A Sadhu can lead the spirit into its origin.	Sadhu
7	In the eight-petalled lotus on the Astral Plane (asta do kanwal). A Shabd Master can escort the spirit to the mirror of the entire Path seen at the Brahmandic Mind above Trikuti. A Sant Sat Guru can lead the spirit to its origin in the Anami Loka.	Sant Sat Guru
8	At the top of the Second Plane. A Christed Master can lead the spirit to the fourth Plane; a Perfect Master can guide the spirit to the God-merged state (Brahmi Bhut).	Perfect Master (Qutub)
9	On the fifth Plane above the ground state of the spirit. A Melchizadek or an angelic guide can only lead the spirit to the particular hierarchy within the Superuniverse within which they operate. A Paradise Master can return the spirit to its origin in Paradise.	Paradise Master

Domain	Where the spirit encounters the guide form	Name of Nadamic Master
10	In the blue star on the Astral Plane. A Mahdis can lead the spirit to the Soul Plane, and confer Soul Realization. Only an ECK Master (Mahanta) can take the spirit to its origin in the Anami.	ECK Master (Mahanta)
11	At the top of the second Plane.	T6 Sat Guru
12	A form of the guide dwells in the root chakra of the essential form of Satchitananda—this enables the attention to remember the nature of the Eternal Soul, which is called remembering the Holy Name. The Lord of the Universe form guides the spirit in the first segment of the Path, which culminates in the Blessed One Stage, where one Realizes the true nature of Satchitananda. Above this stage, the T7 Sat Guru appears as the radiant guide to the spirit on the Light channel.	T7 Sat Guru

Usually, those Initiates who demonstrate Nadamic Mastery—the ability to return the spirit to its origin—do so for one domain. The Multiplane Masters of the Mudrashram® lineage, however, have Nadamic Mastery at more than one domain. Each of the Masters of the lineage can work with the spirits in all 12 domains, and they can return the spirit to its source in at least nine of the domains.

Adi Sat Guru T, the root teacher of the lineage, who is established on T7, has Nadamic Mastery in all 12 domains—this is Mastery of twelve domains.

Adi Sat Guru A, who is established in the origin of the spirit on T6, demonstrates Nadamic Mastery for domains 1 to 11—this is Mastery of eleven domains.

Adi Sat Gurus L and PD, who are established in the origin of the spirit on the Bridge Path, can liberate the spirit in domains 1 to 10—this is Mastery of ten domains.

The remainder of the Multiplane Masters of the lineage can lead the spirit to its origin in domains 1 to 4, and 6 to 10—this is Mastery of nine domains.

The ability to gain Nadamic Mastery in multiple domains in this fashion is a characteristic of spiritual development on the “open paths”—the Bridge Path, T6, and T7—as these paths allow the Initiates who reach the highest levels in these domains to work through other paths on the Continuum from beyond the origins of the ensouling entity and spirit that operate on those other paths. This allows them to engage in spiritual ministry that can ultimately liberate those spiritual essences.

Those Initiates who demonstrate Nadamic Mastery—be it for one or multiple domains—have the following competencies:

1. To set the spirit upon the path by moving it to open the channels of the Nada
2. To manifest a guide form to the spirit
3. To imbue the spirit with love and virtue
4. To convey teachings about the path, and to give guidance for living
5. To reveal the stages or markers of the path, and to instruct in effective Nadamic practices
6. To awaken devotion for God, and a longing to return home to its origin
7. To embody the form of the Divine that exists at the source of the spirit—the Divine Beloved—in human form

Aspirants should strive to identify their spiritual essence that dwells in association with their cutting edge of spirituality, and learn how to awaken their spiritual heart.

Disciples should build on this introduction to the spiritual heart, and progressively move this essence along this track of the Nadamic Path until the spirit is reunited with its origin.

Some individuals have it written in their spiritual destiny to become Nadamic Masters at selected levels of the Great Continuum of Consciousness. If this is written in your Soul's Adi Karma, you will be led to develop all seven forms of competency in teaching and guiding the spirit, and you will manifest the guide form to any spiritual essence that calls upon you.

### **The Mudrashram® Prayer Revisited**

Those of you who are taking or who have completed the Mudrashram® Master Course in Meditation, or the Accelerated Meditation Program encounter "The Mudrashram® Prayer." This invocation goes:

"I call upon Swami Prem Dayal, Swami Charan Das, and Swami Prabhu Maharaj of the Mudrashram® lineage to be with me in my meditations today."

"Be with me as I go within and protect me."

"Guide me to use my mantra effectively, to contact my spirit, and make my ascension, and to unite my consciousness with my Soul."

"Let my meditation today bring me closer to the Divine, and help me to realize my Soul Purpose. OM"

Now you understand that this invocation brings you under the supervision of the Mudrashram® teachers, who can help you as you meditate. This is the *invocation* step of learning to work with a Master.



What Masters do you invoke when you enter the state of meditation (if any)? Do you sense their presence? Do you feel they help you?

Have you ever encountered a guide form on the inner Planes? What did it show you? Did it convey guidance to you?

Have you ever seen, felt, or heard any of the teachers of the Mudrashram® in your meditation? Did they show you, guide you, or tell you anything in your meditation?

Have you every received an attunement through your contact with a guide? Were you ever trained to channel this energy to others?

Have you ever channeled the guidance of the guide form you contacted through speech or writing?

Have you ever had an experience with a spiritual being—an angel, a god or goddess, or other archetypal form—in meditation (a numinous encounter) that showed you or taught you something?

Have you ever experienced a guide form on the Path of your spirit when you were practicing Nada Yoga? What did you experience? What, if anything, did this guide communicate with you?

Have you ever experienced a guide form that appeared to your attentional principle when you are practicing Raja Yoga? What did you experience? What, if anything, did this guide communicate with you?

Did the guide you contacted ever give you a glimpse of their state of spiritual Mastery (darshan)?

Thank you for attending our webinar today!

