

Reflections on Being Born Again – How People Get All Twisted Up Inside and How They Get Untangled

We continue our discussion of cults, and how they influence human beings to experience a new state of identity and reality. This webinar will begin by examining methods by which these new states of identity are produced, and the difficult procedures by which these states of identification can be de-activated in members of cultic groups and terrorist groups.

Reflection on Factors that Produce States of Identification

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

“If human beings did no spiritual practices, their attention would remain in the waking state of awareness, and they would maintain the state of identification that we refer to as the ego. In the ego state, you are aware of your movement and posture, the sensory environment around you, the sensations arising within your body, your feelings in the present time and your sense of relatedness to other people, your thoughts in the present time and your faculty of reason, your sense of identification with this body and your life history that you can consciously remember.”

“Use of prayer, hypnosis, psychotherapy, psychoactive drugs, electronic entrainment devices or biofeedback, or meditation results in moving your attention outside this waking state of awareness into an altered states of awareness. Through selected sustained practices, attention can be trained to re-identify with alternate states of identification. These alternate identity states and the methods that condition them are shown below.”

Essence	Octave	Factors that move identification from the ground state to this octave
Ego of the Conscious mind	1	Ground state

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Attentional principle	2	Holding attention continuously in union with the attentional principle
Individual spirit of domains one to four	3	Remembrance of this spirit; use of mantras to focus attention upon this spirit; the spirit's devotion and yearning for liberation that creates a powerful magnetic center that attracts the attention; receiving the Light from a Nadamic Master in this domain that awakens the spirit; practice of Nada Yoga
Self	4	Centering methods, immersion in psychotherapy methods that keep the attention focused and identified as the Self
Moon Soul nucleus of identity	5	Prayer without ceasing (holding the attention in continuous contemplation of this center), Kriya-like practices or Light Immersion that moves this nucleus of identity outside of the axis of being, resulting in a fulcrum shift [1]
Solar Angel nucleus of identity	6	Using decrees; listening to discourses of Ascended Masters; contemplation of the Mighty I AM presence; awakening of the kundalini; mantras, Kriya-like practices, or Light Immersion that moves this nucleus of identity outside the axis of being, resulting in a fulcrum shift
The Soul	7	Keeping kundalini raised; using process meditation to end phenomena, which keeps the attention merged in the Soul; Jnana Yoga practices that produce Gnosis; using mantras to keep attention unified with the Soul; liberation of any of the nuclei of identity of the Planetary Realm
Cosmic consciousness nucleus of identity	8	Keeping kundalini raised; using meditations from Preceptor lineages 1, 2, 3, 4, 6, and 7, that focus attention on this nucleus of identity; moving this nucleus of identity outside of the axis of being via transformational techniques, Kriya Yoga, or Light Immersion, resulting in a fulcrum shift

Essence	Octave	Factors that move identification from the ground state to this octave
Cosmic Soul Awareness nucleus of identity	9	Repetition of the “Secret Name” in the Second Cosmic Initiation; communion with the guide form of the Light Master; and opening the channels of the fourth path of the Nada into the bands of the Second Cosmic Initiation—these three practices, if sustained, can lead to a fulcrum shift
Astral Soul	10	Keeping kundalini raised; using meditations that keep attention fixed in this nucleus of identity; use of transformational methods or Light Immersion, which moves this ensouling entity out of alignment with the axis of being—this eventually produces a fulcrum shift
Supracosmic seed atom	11	Keeping kundalini raised; using meditations from a selected Supracosmic lineage that unfold this nucleus of identity, or through Light Immersion, which moves this nucleus of identity out of alignment with the axis of being—this eventually produces a fulcrum shift
Individual spirit on domains five to ten	12	Remembrance of this spirit; use of mantras to focus attention upon this spirit; the spirit’s devotion and yearning for liberation that creates a powerful magnetic center that attracts the attention; receiving the Light from a Nadamic Master in this domain that awakens the spirit; practice of Nada Yoga
Ensouling entity of Supracosmic Sphere, T1 to T5	13	Ascension of the Supracosmic seed atom to the presence of the Supracosmic Soul in the Supracosmic Sphere, or ascension of the spirit to the presence of the ensouling entity on T1 to T5



Essence	Octave	Factors that move identification from the ground state to this octave
Satchitananda and the spirit of domain twelve	14	Remembrance of Satchitananda; practice of meditations that focus attention on this spirit of the twelfth domain; revealing mysteries that show the essence of Satchitananda beyond the mind (receiving Knowledge); Light Immersion; liberation of the Soul Spark, Soul, Monad, Astral Soul, Supracosmic Soul, or ensouling entities of T1 to T6 will momentarily reveal this essence; transformation of Satchitananda outside of the axis of being, which will result in a fulcrum shift
Soul of the Bridge Path or ensouling entity of T6	15	Liberation of Satchitananda with concomitant liberation of the Soul Spark, Soul, Monad, Astral Soul, Supracosmic Soul, and the ensouling entities of T1 to T5 will focalize attention in these realms—this platform is utilized by the Multiplane Masters of the Mudrashram® lineage to minister to those who dwell in octaves 2 to 14

“...[You] will benefit from understanding what is the axis of being, as Integral spiritual development is founded upon maintaining this delicate balance. When development of the individual spirit in any domain, nucleus of identity, or ensouling entity occurs outside the cutting edge of spirituality and deviates from the axis of being, it produces imbalance. When this imbalance becomes severe enough, it produces what we term, a fulcrum shift...”

“In fulcrum shift, attention is involuntarily shifted into union with the spirit, nucleus of identity or ensouling entity that has shifted outside the axis of being.”

“The “fulcrum–shifted” individual will feel that this altered state of awareness is his or her “new ego” or “new identity,” and will relate to others from this state. He or she may feel that this is the “true state” of identification, and will therefore attempt to bring others into this state—this may be correlated with the drive that many of these individuals appear to have to convert others to their “faith” or “true path.”

“When those anchored in this “true faith” or “true path” believe that their viewpoint is the only true path and the world is coming to an end, the urgency of their attempts to convert others is enhanced manifold.”

“Members of the evangelistic sects of Christianity and Islam, who have been indoctrinated into this belief set, are among the most fervent in their attempts to get others to see their “only true path,” to believe and follow the “only true Savior,” and to worship the “only true God.”

“We suggest that it will be valuable for those studying religion, and seekers and aspirants, to understand the different types of potential states of identification, what produces them, and to reflect upon what changes this new identification produces in those that have undergone it.”

“When individuals follow Integral meditation guidelines in spiritual development, we do not see these shifts of identification—students do their spiritual work, and then come back to their grounded state of awareness again. The connection with the personality is not broken, so normal functioning is retained.”

Identification in Cultism and Terrorism

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

When we study how cultism and terrorism are spawned, we come back to the phenomena of identification. Those who become converted into a cult or terrorist group become identified with it. Identification is commonly produced through:

Action – people identify with what they regularly do; for example, “I am a plumber” or “I am a farmer” are identities based on behavior.

Relationship – people identify with the groups with whom they associate, like a family member, employee, student, soldier, or member of a religious group.

Values – people identify with certain beliefs and values; they identify with those who hold similar beliefs and values. For example, “I am a Republican” or “I am a born-again Christian”

Locale – people identify with the place in which they carry out their lives. For example, “I am a New Yorker” or “I am a Swede”.

Facts – people identify with what they plainly observe about themselves. For example, “I am a man” or “I am this body” is based on observation of physical characteristics.

Idealization – people identify on the basis of their shared idealization of other’s behavior. Group that form around rock stars, celebrities, or sports stars are of this type. Cults that form around charismatic spiritual leaders and Masters also are of this type.

Suggestion – people identify with what is continually suggested to them. If parents continually teach their children, “You can be whatever you decide you can be”, this can influence them to have optimism, positive self-esteem, and a belief that they can succeed. On the other hand, if parents continually tell their children, “You will never amount to anything,” some children may believe these negative messages—and not try, give up easily, and feel badly about themselves.

Suggestion can come from external sources such as “advertising,” hypnosis, direct statements from others, observation of models, taking information from books, lectures, tapes, CDs, videos, and other multimedia sources, inculcation of fear, shame and guilt by coercion, intimidation and subtle or overt manipulation. But it can also be generated internally, which has important implications for self-control and meditation. These internal forms of suggestion include:

- Affirmation, command, or self-hypnosis – Identification affirmations such as Thou Art That (Tat Twam Asi) can lead to identification with a spiritual essence.
- Dialog (with a subpersonality, an archetype, a nucleus of identity, the spirit, or the Soul) can lead to identification with that ‘essence.’ Prayer as an inner dialog with the Divine can lead to identification with an essence emanating with that source.

- Revelation or Intuitive reception from an inner essence revealing itself can lead to identification.
- Inner experience of an identificatory essence through holding the attention upon the attentional principle, a nucleus of identity, the spirit, or an ensouling entity can lead to union, then identification.
- A myth, mystery, or parable that can lead to the discovery of an inner essence and identification with it
- Faith in an inner essence coupled with remembrance leads to union and identification with that essence
- Absorption into that essence through reception of energy through attunement (Shaktipat), absorption in the rising stream of the kundalini (Kundalini Laya), or following the breath or one of the sensory streams of vision, hearing, or taste into union with the essence.

Cultic and terrorist groups combine powerful external suggestion with some type of internal suggestion to lock their converts into an altered state of consciousness. Continual suggestion in this state can effectively shape them to act out the group's agendas, to serve the group's leader, and carry out the mission of the group.

If we are to break converts out of this trenchant mindset empowered by these groups, we must primarily find a way to break the tenacious vice of identification that these groups enforce on their followers by continual suggestion.

It is one thing to hear a message; it is another thing to believe it, to follow it, to commit to it, and to identify with it.

How Identity States Can Be Undermined

To unfreeze a convert from a state of cultic or terrorist group identification, similar methods can be used to bring about disidentification, and return to a more normalized state of functioning. These include:

- Move the attention out of that identity state
- Refute the essential assumptions that lock that identity state in place
- Introduce doubt in core beliefs of the group
- Expose the convert to the real pain and misery others experienced, as a result of their deeds (videos of families injured by terrorists bombings) and personalize it; they address him by name.
- Provide alternative perspectives and explanations of events that let the convert realize their way is not the only interpretation
- Uncover the psychological motivations for entering the group; make it acceptable to return to normalized functioning by revealing the real reason the person entered the group
- Introduce continual suggestion to produce information overload and “snapping” back into a normalized state of functioning

Role of Suggestion in Shaping Belief

There are several levels of suggestion. These include (1) physical, (2) etheric, (3) astral (emotional), (4) mental, (5) noetic [e.g., noetic suggestion is when the attentional principle uses intention to self-program), and (6) volitional. Higher forms of suggestion include (7) spiritual suggestion by the spirit, and (8) essential suggestion by the ensouling entity.

Beliefs govern behavior and values; if beliefs can be dictated externally, that person's life comes under others' control. Religious conversion, which can powerfully change behavior and values, is a model for changing belief. If an individual can be converted, they can also be led to renounce and abandon beliefs, if they are proved to be fake.

There are several key similarities between conversion into religious faith and conversion to a terrorist cause. Both use powerful suggestion while entering an altered state of consciousness; both lead the individual to identify with an alternate identity state.

Modalities and factors that reverse conversion include:

Modalities

1. Reawakening the rational mind via inquiry
2. Sparking doubt
3. Active conversion by another group
4. Deprogramming
5. Hypnosis that targets core religious beliefs; the terrorist then could be dehypnotized and renormalized by reversing the conversion

Factors

1. Doubt
2. Disillusionment
3. Failure of the group to deliver on promises
4. Salient experience that reveals the error of belief
5. Awakening from the trance and taking charge
6. Finding a deeper, more comprehensive truth
7. Essential and spiritual transcending of the ground of belief (This means the spirit and the ensouling entity go to a deeper stage of spiritual development beyond the horizons of their faith.)

Hypnosis can be used to introduce suggestion that changes belief and values. To unravel entrenched terrorist-ideology, the suggestion must target the core beliefs that lock the individual into this mindset.

1. Physical suggestion occurs through the senses.
2. Etheric suggestion operates through the ambience of place and through color.
3. Emotional suggestions comprise the cues of mood and attitude, and are communicated by the way others react to you, and give or withhold love or praise.
4. Mental suggestion is cued by information received through teaching or study, through lecture, reading, or multimedia.
5. Volitional suggestion is called choice—it is when the Self programs the personality.
6. Noetic suggestion comes from the attentional principle. It moves attention, introduces suggestion into vehicles of consciousness through visualization, affirmation, and processing questions. It governs autohypnosis.
7. Spiritual suggestion comes from the spiritual heart. It leads the personality to follow the heart and take up spiritual practice and lifestyle.
8. Essential suggestion comes from the ensouling entity and programs the vehicles of consciousness of the Superconscious mind.

There is a gradient for the depth of hypnosis. These can be conceptualized as a

1. Light trance, which induce relaxation and an internal focus of attention. At the deepest, unconscious level, there is commonly loss of awareness, falling asleep, and forgetting of experience.
2. The next level, the imaginal level, promotes deeper relaxation and allows interaction with mental content.

3. Deeper still is the structural level, which brings deepest relaxation and promotes insight into the nature of the Self and its vehicles.

When we compare levels of trance with their efficiency, we find that the structural level is best. These are shown in the table below.



Loss of Awareness	Description	Efficiency of Changing Belief
Light trance	Muscles relax, attention focused on the voice, peripherally aware of environment and body	Fair
Imaginal level	Deep relaxation, interaction with contents of awareness	Good
Structural level	Contact with the structures of the mind, empowerment of spirit, attentional principle	Best
Unconscious level	Attention moves into Unconscious mind, awareness of liminal material. Difficult to keep alert while accessing these bands. A skilled psychotherapist can also promote insight and catharsis by accessing these bands.	Poor

Our task must be to refocus the attention of the terrorist convert back on the personality from the altered state of consciousness, then give suggestions that will allow him or her to re-own and re-identify with the personality.

The altered state of consciousness must be reframed as an attempt by nefarious others who seek to use him/her as a pawn in their political and military agendas, and as a way to hypnotize and control him/her. Core beliefs must then be refuted, so the terrorism convert will renounce these radicalized beliefs and refocus on normalized personal functioning and recommit to personal goals.

If we change the altered identity state back to normal identification with personality, it may be possible to permanently break the trenchant hold of this radicalized mindset of the individual.

End Notes

- 1 - **Fulcrum shift** occurs when a spiritual essence (nucleus of identity, spirit, or ensouling entity) moves far enough on its track outside the axis of being as to actively shift the state of identification. This state of imbalance is heralded in some traditions as spiritual awakening or rebirth—in fact, it is a splitting off from the cutting edge of spirituality.





Have you ever been influenced to enter, and remain identified with an altered state of consciousness?

Can you identify which altered state of consciousness it was (e.g., Moon Soul, Cosmic Consciousness)?

If so, what were the factors that influenced you to remain in this state?

Can you identify what types of suggestion were operating—external and internal—that kept you identified with this state?

Have you ever done actions or said things while you were in that state of consciousness that you now believe was inappropriate?

Were you ever influenced to do things—as you look back on this experience—that you feel were very much unlike your normal way of acting and relating to the world—but they seemed somehow justified in the light of this altered state of awareness?

If you no longer remain in this state of identification, what influenced you to stop identifying with it? Do you miss that state of awareness?

Do you believe that given the right methods of influence or coercion, that a person could be induced to become a terrorist? Do you believe it is possible for a person to break out of that state?

How do you feel about the option of actively intervening to break the hypnotic state of identification of someone in a cult or terrorist group?

Thank you for attending our webinar today!

