

Milestones in Inner Spiritual Growth

When spirituality awakens in Westerners, it typically follows 14 steps that open centers of the Conscious, Subconscious, Metaconscious, and Superconscious mind. These 14 steps with their correspondences are shown below.

Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(1) Awareness of Attention	Waking state of Awareness	This grants you the ability to become aware of the inner witness within the brain (your attention) and confers the ability to practice mindfulness	Conscious mind
(2) Awareness of feelings	Feeling center (Emotional seed atom)	This lets you to become aware of your real feelings, memories and motivations—once awakened, this center permits you to participate consciously and authentically in psychotherapy	Conscious mind bridging into the Subconscious mind through the faculty of memory
(3) Awareness of Reason	Reason (Mental seed atom)	This gives you the ability to think analytically and critically about objects, people and ideas	Conscious mind bridging into the Metaconscious mind through the faculty of intellect

Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(4) Awareness of the ego	Ego (Egoic seed atom)	This gives you the ability to act on your own desires and passions, and to do what you want. It is also a stage of inner conflict as your conscience and Self work to control your excesses in this state of new freedom and power.	Conscious mind bridging into the Metaconscious mind through conscience, volition and the Self.
(5) Awakening of the cord of faith	Behind the ego	This gives you the ability to believe in something greater than your ego or your Self. It grants faith in a "Higher Power."	Conscious mind bridging into the Superconscious mind through the cord of faith.



Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(6) Awareness of the Moon Soul and the Moral Will	Felt in the solar plexus center—this is the nucleus of identity of the First Planetary Initiation	This gives you the ability to control your ego and your Self. This center guides your entire personality, your marital family, those that you supervise at work, and people in your community by your sense of spiritual values. This also gives you the ability to pray to God as you can remember the Divine. You awaken this center when you do religious study, prayer, fellowship and worship,	Superconscious mind—first activated by the cord of faith
(7) Awareness of the Solar Angel and Mighty I AM Presence	Felt in the heart center—this is the nucleus of identity of the Second Planetary Initiation	This empowers the ability to speak from your deeper nature with great power, authority, and magnetism. This is called the Divine Speech center.	Superconscious mind—this arises when the cord of the Divine Speech center is awakened.

Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(8) The dawning of a sense of purpose through the Manasic vortex	Felt in the forehead center—this is the nucleus of identity of the Third Planetary Initiation	This empowers your ability to listen to your Soul's guidance about what is your innate purpose and what you need to do with your life. This allows you to sit in the silence and listen to your inner voice of your Soul.	Superconscious mind—this awakens the sacred medulla center where the blissful vibration of the Soul (AUM, AMEN, AMIN) can be heard.
(9) The dawning of revelation and intuition through the Illumined Mind	Felt emanating from the crown of the head—this connects with the nucleus of identity of the Fourth Planetary Initiation	This awakens your ability to listen to your Soul's revelation and guidance—this opens new insight and discernment, and the ability to interpret the meaning of myths, symbols and scriptures.	Metaconscious mind connecting to the Superconscious mind—this awakens the cord between the intellect and the Illumined mind



Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(10) Enlightenment – the revelation of your Soul in its own nature	Felt as dwelling in a center above top of the head (transcerebral center)—this reveals the eternal nature of the Soul from behind the veil	This is the glimpse of the Soul that bestows the experience of enlightenment upon you. You directly experience that there is an atom of the Divine Spirit anchored in the Soul, which rules the personality from within. You feel that God dwells within you.	Superconscious mind—this center is linked with the Self at the core of your Metaconscious mind.
(11) Opening of the third eye— discovery of the attentional principle	This principle of consciousness dwells behind the pituitary center of the Subconscious mind	You gain the ability to travel consciously to the higher Planes and commune with your Soul. You gain the ability to use metavisual sight, and begin to activate your psychic abilities.	Subconscious mind bridging into the Superconscious mind
(12) Opening of the spiritual heart—the gift of devotion	Your spiritual heart can be accessed behind the pineal center of the Subconscious mind	You experience a deep longing to know God and to be with God. You may actively seek out a Spiritual Master. Going back to God becomes the most important thing in your life.	Subconscious mind bridging into the Superconscious mind

Milestone	Where it is encountered	What happens when it is awakened	Level(s) of the Mind
(13) Vision of the Goal	The thread running through the higher unconscious connects your Soul with its seed of spiritual calling	You become aware of the Soul's purpose and realize that the Soul must go through a progressive expansion of consciousness until this goal is actualized.	Superconscious mind
(14) Traveling the Path	This occurs when you are initiated and your spiritual Master awakens your attentional principle, your spirit and your Soul.	You learn how your attentional principle can travel consciously on the inner Planes; how your spirit can open the channels of the Nada; and how to use a transformational method to unfold your Soul.	Superconscious mind

When most Western aspirants follow their innate pattern of awakening, they awaken to the ensouling entity in either the Subtle or Planetary Realm. For this reason, when these seekers get initiated by spiritual teachers who ask them to become identified with a spiritual essence—nucleus of identity, spirit or ensouling entity—that dwells in the Cosmic, Supracosmic, or Transcendental bands of the Continuum, they become split off from their authentic spiritual core.

The Mudrashram® teachers emphasize that the first item on the spiritual agenda is to identify the correct spiritual cutting edge, so that aspirant does not “jump ahead” on the path and

create imbalanced spiritual development. This is why, before imparting spiritual instruction, teachers in this tradition do a reading to determine (a) what is the cutting edge of spirituality of the aspirants seeking instruction and (b) where they are on the path. This identification of authentic spirituality coupled with an orientation to their place on the inner journey assists aspirants to “begin at the beginning”—to travel “their path” and not a path tunneling through another region of the Great Continuum.

In the Mudrashram teachings, initiation of the aspirant focuses on the seven inner aspects of this innate pattern of awakening. These methods are shown below.

Milestone	Method	Aspect of the Mudrashram® Teaching Work
(8) The dawning of a sense of purpose through the Manasic vortex	Receptive meditation – listening to the guidance of the Soul	Jnana Yoga
(9) The dawning of revelation and intuition through the Illumined Mind	Reflective meditation – learning to think abstractly and to discern the Soul’s nature	
(10) Enlightenment – the revelation of your Soul in its own nature	Process of the Four Times	Dharma Yoga
	Sitting for Guru Kripa Yoga	Guru Kripa Yoga
(11) Opening of the third eye—discovery of the attentional principle	Purusa Dhyana Direct Projection	Raja Yoga

Milestone	Method	Aspect of the Mudrashram® Teaching Work
(12) Opening of the spiritual heart—the gift of devotion	Sitting for Nada Yoga Nada Yoga techniques	Nada Yoga
(13) Vision of the Goal	During the sitting for Raja Yoga - the aspirant is guided to behold the seed of purpose	Raja Yoga
(14) Traveling the Path	Awakening meditation Transformational mantra Sitting for Guru Kripa Yoga	Mantra Yoga Nada Yoga Raja Yoga Guru Kripa Yoga

Comparing this process of inner spiritual maturation with the Mudrashram® teachings given in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program reveals that several aspects of the Mudrashram® teaching work impact the seven inmost elements of aspirant spiritual development.

This predicts that only relatively few individuals will possess the requisite inner spiritual maturity to seek out and embrace this teaching, as some initial contact with the spiritual heart, the attentional principle, or the Soul, is prerequisite to beginning to grasp the core elements of Integral meditation.

What Drives Spiritual Maturation?

There is probably no one thing that drives spiritual maturation, but there are a number of perspectives as to what may precipitate it. These are summarized below.

Ray	Maturation Agent	Purported Mechanism
1st	Kundalini Shakti	As the kundalini awakens through the chakras, it concomitantly opens awareness through each of the milestones. The milestones are correlated to different chakras: as the kundalini opens a chakra, the associated milestones also are activated.
2nd	Wisdom - Living Through	By paying attention [or practicing mindfulness as the Buddhists say], you process through each level and eventually arrive at union with the Soul (milestone 10).
3rd	Action of the Spirit of God	The Holy Spirit unfolds these aspects of human nature as part of its ministry. How It does this work is a Mystery and is an expression of the Grace of God.
4th	Unfolding of Essential Nature	Just as an acorn knows how to become an oak tree, too, the human organism knows how to develop physically, mentally and spiritually. This is innate and instinctive and occurs without the participation of human volition.
5th	Genetic expression	Spirituality appears to be correlated with the development of certain areas of the brain and with associated cognitive structures. It might be that there is a range of genetic expressions that condition how much of an individual's potential "spiritual awareness" that is activated at birth. Learning may play a role in "turning on" new genetic segments that are associated with the acquisition of the novel perceptions that dawn at each new milestone.

Ray	Maturation Agent	Purported Mechanism
6th	Gift of God in response to prayer and faith	<p>The natural man or “man of sin” is established in the awareness of the ego and rebels against God, seeking its own will. Due to traumatic experiences or mental illness, certain individuals may not be able to function even at this basic level—they require therapy and guidance to move through the first four milestones and to re-empower their ego. This is normally the highest human beings can go on their own; further development is contingent upon developing faith in God and developing a relationship with Him. God’s Grace brings progressive awakenment of these milestones. God’s Grace flows through the Father, Son and Holy Spirit. [Some traditions say this Grace only comes through Jesus Christ; or through another spiritual Master of their faith.]</p>
7th	The Inner Alchemy of Transmutation and Transformation	<p>There are a variety of methods or experiences that may spark this inner alchemical process that brings about transmutation and transformation. These include meditation, hypnosis, psychotherapy, prayer, Light Immersion, and evocative, life-changing experiences. An individual may choose to participate in this process or they may choose to suppress it. If they suppress it, they halt their ongoing maturation and remain fixated at one milestone. If they choose to cooperate with it, they can begin to grow personally and spiritually. The degree to which they dedicate themselves to this transformational process in part determines how quickly they move through these milestones and arrive at mature spirituality; the Grace that flows through the Divine and the Initiates that supervise their spiritual development provides additional assistance and support in undergoing this process.</p>

Choosing to Grow and Evolve

We approach the question of spiritual maturation from the standpoint that there is an inner alchemical process with which you can participate if you know how. You have a role in it. It is not just a blind organismic or genetic process. It does not happen only due to God's Grace—you do have a choice to participate or not. You can choose to be opened by the Light and grow into your innate spiritual potential, or you can choose to remain stunted and dwarfed.

We also point out that many individuals do appear to have an innate drive for personal growth and actualization. If you are one of these, you are eager on to move to the next milestone and to discover what is there. Learning meditation can be a useful tool to help you to do this.

We encourage you to study these milestones and discern which have awakened in you. You may also wish to inspect the archetypes of those milestones that remain ahead of you on your pathway of personal and spiritual growth so you may discern the next step in your growth.



1. What milestones have you achieved in your own spiritual journey?
2. What do you feel were the factors that drove your own spiritual growth?

Thank you for attending our webinar today!

