

The Centers below Waking Consciousness: the Mystery of Dreaming, Unconscious, and Death

When you begin meditation, you start at the medulla center, which we call the center of waking consciousness, or the ground state of the attention. Below this center, there are additional centers of awareness that operate in the liminal states of dreaming and unconsciousness. We summarize the activities of these centers in the table below.

Name of Center	Location	Function
Waking state of awareness	Medulla	Operation of the brain and nervous system during the waking state of awareness
Hypnotic dream center	Throat	Relaxation and processing of daily experiences, consolidation of long-term memory; your senses are turned off
Active Dreaming center	Heart	Rapid eye movement phase of dreaming, journey of the attention into the inner vehicles of consciousness or the unconscious mind; your senses and muscles are turned off

Name of Center	Location	Function
Sound sleep center	Solar Plexus	Unconscious state of mind; deep recharging with life force, and transmutation of karma; senses, muscles, and cerebral cortex functioning shut down
Coma center	Navel	Profound unconscious state of mind; senses, muscles, cerebral cortex, and midbrain shut down, only the brain stem and vital functioning operates, keeping the body alive
Death center	Base of Spine	Complete withdrawal of life force from the body and personality; breaking of the silver cord of the astral body; all functions cease; consciousness is fully transferred into the astral body
Animal realm awareness center	Middle thigh	Awareness of the animal kingdom's state of consciousness
Plant realm awareness center	Middle calf	Awareness of the plant kingdom's state of consciousness
Wheel of Time	Bottom of feet	Awareness of the Cosmic Clock that mirrors your state of spiritual evolution

States of Consciousness

When your attention is united with the three immortal centers—the attentional principle, the spirit, or the Soul—you are operating in the ***Superconscious state of consciousness***. You also experience this state of consciousness when your attention is focused in the Superconscious bands of the mind.

When your attention is focused in the bands of your personality, from your waking awareness to the voidness of consciousness (being) in the Metaconscious mind, you are in the ***Conscious State of consciousness***.

When your attention is focused in the states of Hypnotic sleep and Dreaming sleep, you are in the ***Semi-Conscious state of consciousness***.

When your attention is focused in the states of Sound sleep, Coma, or Death, you are in the ***Unconscious state of consciousness***.

Getting Clear on Terms

Attention is the channel selector of the mind. It fixates or concentrates on different objects of meditation.

Awareness is the opening of the mind to encompass the contents of the consciousness up to the level where the attention is focused. This allows you to contemplate, or witness the contents of awareness.

A **focal point** is a discrete location used to concentrate the attention inside the inner vehicles of consciousness.

An **object of meditation** is something that is selected on which to concentrate the attention. It can be an external object in the environment, on a focal point at a level of the mind, or a conscious essence, such as the attentional principle, the spirit, the ensouling entity, or an integration center or nucleus of identity.

Contemplation means that you are noticing the content of your awareness as it is opening. There are several types. **Mindfulness** is a special type of contemplation that noticing the content of awareness that arises in the present time. **Reflective meditation**, also called reflection, is when you notice the ideas that occur to you as you ask your mind to give you information about a certain topic. **Receptive meditation**, also called inner listening, is when you invoke the Soul, or the Holy Spirit, and ask to receive guidance. **Process meditation** is when you ask the mind a repetitive question and receive answers from deeper layers of the mind or from earlier time periods, and you notice what answers come to you. **Meditational contemplation (dhyana)** occurs when you hold your attention on a selected focal point and observe the content at that focal point.

Absorption, also called samadhi, laya, or trance, occurs when your energy flows into the focal point where your attention is focused, and you feel that you are one with the object of your meditation.

Will operates through your Soul and its vehicles of consciousness in the Superconscious mind; through your Self in the Metaconscious mind; and your ego in the Conscious mind. It governs actions, speech, and thinking. **Intention** operates through the attentional principle—it governs suggestion and affirmation; it is the active conative principle in the Subconscious mind. **Wish** operates through the spiritual heart—it is the root of yearning, prayer, passion, and devotion.

Where Does Attention Go in Liminal States?

When attention is not in a state of meditation (passive focus) or goal-oriented activity (active focus), it is in a liminal state. We characterize several of these liminal states and the associated state of consciousness in the table below.

State of Consciousness	Name of Liminal State	Where attention is focused
Superconscious	Yoganidra	In the bands of the unconscious mind behind the Super-conscious mind
	Kundalini Laya	Following the stream of the rising kundalini, attention is passively absorbed in its current
	Channeling and possession	On the entity or archetypal form that is being channeled. If the entity speaks, it is called channeling. If it dictates action, it is called possession.
Conscious	Hypnosis	On an inner focal point in the Subconscious or Metaconscious mind. Suggestion is given either by another person (hetero-hypnosis), or by one's own attentional principle (auto-hypnosis).

State of Consciousness	Name of Liminal State	Where attention is focused
Conscious	Remembrance	Attention is focused on the time track in the Subconscious mind, recalling incidents from memory, the personal unconscious, or from the antenatal zones (embryonic, inter-life, or past incarnation experiences)
	Reverie	Attention is focused on the Preconscious. You engage in fantasies and daydreaming.
Semi-Conscious	Hypnotic Sleep	Your attention is drawn down into the throat center. You process through the unconscious mind, and will be drawn into the zone of the time track.
	Dream Sleep	Your attention is drawn down into the heart center. Your attention enters the astral body, and you may travel with it.
Unconscious	Sound Sleep	Your attention is drawn down into the solar plexus center. Your attention may enter the deeper layers of the unconscious mind or your causal body.

State of Consciousness	Name of Liminal State	Where attention is focused
Unconscious	Coma	Your attention is drawn down into the navel center. Your attention may enter the deeper layers of the unconscious mind or your causal body. The Pranamayakosa continues to operate, maintaining your core physiological processes.
	Near Death Experience	Your attention and the attentional principle are drawn up into the astral body and you travel out of the body. Your silver cord is temporarily disconnected. You have a variety of visionary experiences in this state.
	Death	Your attention and the attentional principle are drawn up into the astral body and you travel out of the body. Your silver cord is permanently disconnected; life force returns to the Anandamayakosa. Your body and personality are permanently turned off; the Soul detaches from them, withdrawing its seed atoms.

Remaining Ever-Awake in Life and Death

By keeping the attention on one of the three immortal principles—the ensouling entity, the spirit, or the attentional principle—you are able to maintain unbroken consciousness through semi-conscious and unconscious states. This state is called ***Turiya***.

Yogis practice a technique of fusing the attention with the attentional principle that permits you to keep inwardly awake even though you are sleeping.

They also teach ***Maha Samadhi***, the practice of fixing the attention on the Soul at the time of death; in this state, one witnesses the death process from a detached viewpoint.

Sat Gurus of the Transcendental Paths teach the remembrance of God (***zhikir or simran***) so that attention is fused in the spirit—at the time of death, the spirit is drawn up into the Plane it has opened through Nada practice, and continues its spiritual development from there after death.

Do We Survive Death?

Depending on the perspective you take, the death of the body can appear to be the end of consciousness, yielding a state of perpetual unconsciousness; or consciousness can persist in some form after death. What you believe is the nature of consciousness and with what you identify influences this perspective. Let's examine some of these perspectives.



Name of this Perspective	State of Identification	How consciousness is viewed in this perspective	Does consciousness survive death? If so, what survives?
Empirical	One is the body	The activity of the brain	No
Mindful awareness	One is the observing mind (attention) that monitors the present time	The Mind (this includes all of the bands of the mind that can be observed) and the observing attention	Yes, the attention survives death and is reincarnated based on the karma created during life
Faith-based (conventional)	One is the ego, connected with a higher nucleus of identity through faith	The ego, operating through the brain (lower self) and the nucleus of identity (higher self)	Yes, the attention survives and will dwell in union with this nucleus of identity after death in heaven or hell
Faith-based (mystical)	One is the ego, connected with the spirit through faith and remembrance	Consciousness operates through the brain (body), mind (ego), and spirit	Yes, the spirit survives death and will dwell in an inner dimensional realm after death

Name of this Perspective	State of Identification	How consciousness is viewed in this perspective	Does consciousness survive death? If so, what survives?
New Age	One is the attentional principle and the Soul	Consciousness operates in the brain (body), the Self (personality), the attentional principle, and the Soul (Higher Self or Atma)	Yes, the attentional principle is drawn up into the presence of the Soul and dwells with the Soul in its current state of development
Yoga Preceptor	One is the attention and cosmic consciousness	Consciousness operates in the brain (body), the Self (personality), the attention, and cosmic consciousness nucleus of identity	Yes, attention is drawn up into the presence of cosmic consciousness and survives death at the level of development of this essence
Cosmic Master	One is the attention, the attentional principle, and the Astral Soul	Consciousness operates in the brain (body), the Self (personality), which comprises the mortal self; the attention, the attentional principle, and the Astral Soul, which comprises the immortal Self.	Yes, the attentional principle and the attention dwell in the presence of the Astral Soul at its level of development

Name of this Perspective	State of Identification	How consciousness is viewed in this perspective	Does consciousness survive death? If so, what survives?
Supracosmic	One is the attention and the nucleus of identity of a Supracosmic Path; in some traditions, they also speak of the Supra-cosmic Soul as the state of Realization after one has developed the nucleus of identity	Consciousness operates in the brain (body), the Self (personality), the attention, and nucleus of identity of the Supra-cosmic Path is seen as the true essence of consciousness	Yes, attention is focused on this Supracosmic seed atom and dwells in the heavenly realm with it
Transcendental	One is the attention and the spirit. There is also an overshadowing ensouling entity.	Consciousness operates through the brain (body), the Self (personality), but the attention, and the spirit are the two real essences	Yes, attention is focused on the spirit and/or the ensouling entity and dwells with it in a heavenly realm

In Mudrashram®, we view consciousness as expressing in an individual through four poles. These poles are Being (your Soul or ensouling entity), spirit (your spiritual heart), your Superconscious mind (the active integrating centers on this pole of consciousness are called ***nuclei of identity***), and the life consciousness pole (the attentional principle). These four essences are immortal conscious principles that maintain unbroken consciousness (Turiya) after death.



Meditation on the Liminal States

- 1) Consider your experience when you are sleeping lightly, dreaming, or in sound sleep. How do you experience these states differently? Are you aware of where your attention is focused?
- 2) Have you ever experienced the Superconscious liminal states of Yoganidra, Kundalini Laya, and Channeling or Possession? Where was your attention focused in these states?
- 3) Have you ever experienced the Conscious liminal states of Hypnosis, Remembrance, and Daydreaming? Where was your attention focused in these states?
- 4) With what do you identify? What do you believe consciousness is? How do these viewpoints influence your beliefs about death?

Thank you for attending our webinar today!

