

I'm Doing My Mantra... How Come It's Taking So Long?

Several of our students have noticed that their forward progress seems slowed. They are doing their mantra, but they aren't moving ahead as quickly they expect. We will explore some of the reasons why this might be occurring, and suggest some ways to augment progress when this is occurring.

So what are some of the things that might be causing it?

1. **Congratulations, you have reached the Purgatory barrier in the First Mesoteric Initiation.** You will need to work through the karma that is layered in this zone of the Superconscious mind, where this karma is dissolved piece-by-piece.
2. **You are doing your mantra incorrectly.** You are chanting your mantra. You are doing it on the breath. You are repeating it with your attention. You are doing it with your intention (hooray!), but you aren't targeting the seed. If you don't do it right, you could do 43,200 repetitions in one day [that's 400 rounds of 108], and you won't move forward a hairs-breadth.
3. **You have more densely layered karma in one zone of the Continuum.** This requires you to do more repetitions of your mantra. We are doing to explain this in greater depth in our webinar today, and show you how this works. [The good news is that not every layer of the Continuum will have this extremely densely packed and folded karma. The bad news, for some of you, is that you do have some of it. It feels almost like the return of Purgatory.]
4. **The Lords of Karma are blocking you from moving forward.** Before you start the gyres of your imagination here, this normally only happens when an individual has done a heinous and terrible sin, and they are not being allowed to move forward until they fully expiate it.

5. **You didn't finish your spiritual assignment.** Let's say your Soul's mission requires that you carry out a particular service, or master a particular art form, or gain selected powers, wisdom and understanding. But you were so fixated on racing across the Continuum that you didn't complete these.

When you reach the brink of Liberation, you'll need to face God, holding his clipboard with your spiritual checklist. You will hear the voice of God boom out, "Now [your name], did you complete [x] as I have required that you do?"

[The good news is you don't encounter this until you are right up next to the state of Liberation, or ready for empowerment as an Initiate.]

6. **You aren't actually doing your mantra.** You have no time. You have to walk the dog. You have to work late. You're too tired. It's boring. [Add your excuses here]. No mantra repetition...no progress.
7. **You have a rebellious and demonic mind.** You sit to do your mantra, and immediately your mind starts heckling you, ridiculing you, sowing the seeds of doubt, bringing up all of your misery and pain, and meditation becomes a horrible experience. Doing meditation resembles having a nightmare, and you don't want to go back in there. [The difficult truth is that the only way you are going to melt away this ogre on the threshold of your spiritual breakthrough and forward progress on the Path is that you are going to face this demon, and let the mantra burn him or her out of your consciousness.]

So let's look at these difficulties one by one, and see if we can find ways to deal with them.



Getting through Purgatory

There is no simple fix for Purgatory. Those karmic lessons that you have avoided and you didn't finish? The issues that you couldn't face and asked God to take them away from you? They are waiting for you here. And you're not getting out of here until you finish each and every last one.

Anecdotally, some tell us they have had some success getting through this zone faster by actively processing these issues:

- Dialoguing with them and uncovering their desires and needs
- Using rainbow technique with them
- Doing process meditation with them
- Doing deep reflection on what they mean and what it would take to resolve them

Try this. You may find that it helps.

You Are Doing Your Mantra Incorrectly

How many are the ways that one can warp their mantra? There are unfortunately, too many.

- (1) **You are chanting your mantra.** Chanting vibrates your vehicles of consciousness, but it doesn't activate the seed. Chant the names of God to lift your attention high into the Superconscious mind, but don't chant your transformational mantra.
- (2) **You are doing it on the breath.** Breathing the mantra absorbs your attention in the inner current of the breath, but it doesn't resonate the mantram seed. Use breathing meditation with mantra to awaken the Kundalini, and to center your attention on your Soul or other integration centers of the Superconscious mind; don't breathe your T-mantra.

- (3) **You are repeating it with your attention.** Repeating the mantra deeply absorbs your attention. With sufficient repetition, you may feel that your attention becomes united with the mantramic essence at the lotus feet center. This doesn't activate the mantra, however. You go up and contemplate it through this means, but it doesn't spin the seed. Use this method for remembering your spirit and assisting your spirit to rise in the Nadamic currents, but don't use it to stir your quintessence mantra into activity.
- (4) **You are doing it with your intention, but you aren't targeting the seed.** Our students have wonderful imaginations. They are visualizing beautiful lotus flowers in the midst of the astral blue Plenum where the seed resides. They are seeing it atop inner golden pyramids where it dances like an ecstatic fairy. Stop! Just remember where the seed is located. Once you remember its essence, you send your packet of the syllables of the mantra to strike the seed. This will make it spin. If it spins, it does its magic.
- (5) **You are mispronouncing your mantra, so you don't activate the seed.** While we do check you upon completion of the Accelerated Meditation Program or during the Mudrashram® Master Course in Meditation to ensure you understand the correct pronunciation of your mantra, some of you encounter *subtle syllabic shift*. So for example, your mantra, yin yang becomes yib yank in time—and you aren't going anywhere, if you don't pronounce it right! *If you aren't sure, call in the coach.* [At some point you will sense the mantra is spinning the inner seed, and then you will know you are doing it correctly. Please, however, *do not imagine you are spinning the seed.* If you do the mantra correctly, the seed will spin without your creative visualization.]

- (6) **You are reflecting on the meaning of the mantra.** You are turning it over and over again, like a koan, to discover its hidden truth. The mantra is a resonance that you activate through intention. It will likely mean something in some human or angelic language, but it doesn't matter what it means. All that matters is you activate it and that the seed spins.
- (7) **You are thinking your mantra.** This occurs when you make your mantra into an idea that you can then manipulate with your intellect. You can free associate to it, and see what memories arise. You can elaborate the threads of meaning that you attach to it. You can contemplate the great significance of having such a wonderful technique. You can compare this mantra to other mantras in other traditions and see how it is similar, and how it is different. Please remove your attention from the intellect, and focus it on the attentional principle. Use your intention to activate the mantra.

Densely Layered Karma

Some of our dedicated and intrepid students complain that despite doing their T-mantra for multiple rounds [e.g., a round is 108 ± 12 repetitions], they feel their Soul is not moving forward. One explanation for this is that deeper integration and more extensive transmutation may be required for some nodal points than others—karma may be layered in up to seven additional levels, effectively multiplying the number of repetitions necessary to move the Soul forward on the Path.

To understand why this extra karma may be there is the requirement for greater integration at certain nodal points. We are going to excerpt from one of our former webinars held on April 27, 2013, and discuss “Levels of the Soul’s Expression During Integration”—drawing from a section in that webinar to help you better grasp this.

Levels of the Soul's Expression During Initiation

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“As the Soul enters a new nodal point through the process of Initiation, seven different levels of expression can be characterized:”

1. Being and bliss only, no development of love, wisdom, or power aspects.
2. Being and bliss, with development of intuitive understanding.
3. Being and bliss, with development of intuitive understanding and sense of loving relatedness to others in that same level of the GCC.
4. Being and bliss, with development of intuitive understanding, loving relatedness and new abilities. Exploration of new abilities.
5. Being and bliss, with development of intuitive understanding, loving relatedness and new abilities. Expression of new abilities to help or serve others.
6. Being and bliss, with development of intuitive understanding, loving relatedness and new abilities. In addition to utilizing the new abilities in service, there is concretization of the intuitive understanding as a doctrine or teaching. There may be active attempts to spread this teaching by dissemination of literature, writing books or pamphlets, or through preaching.
7. Being and bliss, with development of intuitive understanding, loving relatedness and new abilities. Both ability and intuitive understanding are expressed as service and teaching, plus the individual may act as a guide to the attentional principle and/or spirit at that level of the GCC.

“These levels of expression can be said to vary from no expression (level one), to moderate expression (levels two to four), to intensive expression (levels five and six) to full expression (level seven).”

“While not all nodal points will be activated in the Soul’s spiritual evolutionary career, we would expect that certain nodal points will have been cultivated to moderate, intensive, or even full levels of expression...”

“Working with an Initiate intensively may accelerate the rate at which the disciple’s Soul traverses these nodal points. However, there must be stages in this spiritual development process in which this onward progress is halted [or slowed down] in order to permit the Soul to activate its expression through a particular nodal point...until the Soul’s necessary work is accomplished...”

“The Initiate supervising the disciple’s progress must occasionally put the brakes on the disciple’s desire to cross the Great Ocean in great leaps and bounds. The Initiate, in surveying the disciple’s Soul destiny pattern, identifies the key nodal points at which the Soul must do its work. The Initiate will purposely stop the disciple’s upward progress at that point, until the disciple accomplishes the [requisite] activation of that particular nodal point...”

Why Some Segments of the Path Take Longer

So we have discovered that some nodal points require a greater investment of the Soul than others to activate their potentials. We can look at this from a slightly different perspective, noting that on different Rays, there are integration patterns that are perceived differently, and can have up to eight karmic manifolds. These are summarized on the next page.



Ray	Integration Pattern	Theme or Content
1	Levels of Being	Up to 8 manifolds, removing karmic obstructions at the levels of (1) Soul, (2) Illumined Mind [Buddhi], (3) Higher mind [Manas], (4) Solar Angel, (5) Christ Consciousness or Moon Soul, (6) Psychic vehicle, (7) Abstract Mind vehicle, and (8) Subtle Realm vehicle
2	Soul Levels of Expression	Up to 8 manifolds, portrayed as (1) no expression, only opening the track of the Soul, (2) activating the intuitive stream from the Illumined Mind, (3) awakening love and compassion, (4) development and expression of new abilities via Transpersonal will, (5) intuitive overshadowing of the Self [inspiration and genius], (6) intuitive overshadowing of the Self with vocal expression [channeling], (7) personal embodiment with enactment as service in career or in a volunteer capacity, and (8) psychological embodiment as a sense of personal mission or destiny
3	Archetypal	Up to 8 manifolds, portrayed as an array of angels, gods and goddesses, or other numinous forms for which the karma surrounding and contained within these forms must be purified, transmuted, and integrated



Ray	Integration Pattern	Theme or Content
4	Cosmological	Up to eight manifolds, in which karma appears to layer in different bands of the Continuum, and must be removed: (1) Causal/mental world, (2) Astral world, (3) Etheric bands, (4) Galaxy or Zodiac, (5) cluster of solar systems [Life Wave], (6) our solar system, (7) our planetary field or grid, (8) the chakras of the microcosm within the individual
5	Celestial Form	Up to eight manifolds, in which it appears that the Light turns inner wheels to burn away the karma embedded in chakras of a vehicle representing the essential body of the Soul: (1) brain, (2) point between the eyebrows, (3) throat, (4) heart, (5) solar plexus, (6) navel, (7) base of the spine, and (8) feet
6	Issue Resolution	Up to eight manifolds, each representing a different challenge, issue, or problem that must be resolved to gain mastery of that state of spiritual and personal development
7	Karmic Folding	Up to eight manifolds, in which karma fills forms, microforms, and micromicroforms, and must be transmuted and integrated to allow access to the next nodal point. This karmic layering appears behind (1) the Soul, (2) the Soul's consciousness, (3) the triune center, (4) the Nadamic channels, (5) the Soul's astral form, (6) the Soul's etheric form, (7) in the stream of the Ray that the Soul inhabits, and (8) vehicle of consciousness on the Plane where the Soul is currently dwelling

If you are at a section of the Path that requires more intensive development, depending on the density of the karmic material you encounter, you may have to do more than the usual 108 ± 12 repetitions that normally would move your Soul and its vehicles to the next nodal point. This more intensive work could require up to 864 (108×8) repetitions—or even more—to break through this karmic wall.

These integrative patterns are encountered as varying perspectives across the Seven Rays, so one might construe this work as removing karma from the forms of gods and goddesses, where another might view the work as processing layers of karma personifying as unconscious entities, and another might see it represented as the purification of different levels of being.

Depending on the number of integrative levels involved, you may need to work off karma, ranging from one to eight layers, at different segments of the Path. We therefore ask our students not to obsess at the rate they are progressing from one nodal point to another, or how quickly they traverse a Subplane, but rather monitor the content that arises as your kindle the fires of transmutation.

The Lords of Karma Are Blocking You?

This generally does not happen unless you have done something truly heinous in a past life, or you simply are not ready to make the next step in your spiritual growth, and would be overwhelmed by the material at the next band of the Continuum.

It is more usual for the Lords of Karma to “execute” aspects of your Pralabdha or Personal Destiny Karma, in which case, the person you are supposed to marry shows up in your life, or you get miraculously reconnected with the Path you didn’t finish in your past life.

You Didn't Finish Your Spiritual Assignment

One of the downsides of racing across the Continuum is that you can leave certain aspects of your Soul's Aeonic work undone. Just like you don't pass your college English class until you have taken all of the tests and completed all of the assignments, you don't pass into Liberation unless you finish all aspects of your Soul's intrinsic purpose.

You will benefit from meditating on this inner Plan, and verifying that your Soul has completed each element before you pass into the gateway of Liberation.

You Aren't Making Progress Because You Aren't Really Meditating

If you aren't actually meditating, you are making excuses for your behavior. Are you actually doing it, or want to impress upon us that you have sincere intentions, but your situation is not cooperating?

God looks to your results. If you are going to be a meditator, keep God happy and get results; each time you meditate, make some progress.

Dancing with the Devil

Many meditators must confront the evil within them, which may appear as demonic entities on the Astral Plane, as rebellious and stubborn mental tendencies, and as recalcitrant, negative behavior. These do not go away overnight. If you don't meditate, these patterns will persist.

You have at your disposal, the Light, which has demon-destroying power. The Light will burn them away, if you meditate.



Thank you for attending our webinar today!

