

The Waking State of Awareness: Studying its Vehicle of Consciousness

Modern techniques of anatomy and brain imaging have mapped the activity of many regions in the brain, and specific functions localized in those areas. These external methods of examination, however, do not reveal the subjective experience of consciousness.

While a specific thought may be seen to activate a discrete sequence of neural firing, sending an electrical impulse through those same nerves is not equivalent to the subjective experience of this thought. We suggest that consciousness may not be likewise equivalent to the global activity of the nervous system, but embraces a much grander perspective.

To make a study of the subjective bands of consciousness is achieved by contemplating focal points in each of the inner “vehicles of consciousness.” The experience of these inner vehicles of consciousness can be:

- A form or “inner body” [e.g., a higher energetic form resembling the physical body]
- A series of inner centers or “chakras” that appear to coordinate, express, or govern the activity of that vehicle of consciousness
- A “seed” or “seed atom” upon which attention can be focused [e.g., a focal point]
- An edge between a lighted area within that vehicle of consciousness and an area of darkness behind it that differentiates a conscious zone of mental functioning from an unconscious zone [e.g., alternately one might regard this threshold to be between an integrated and non-integrated elements of the mind]

- A container for a distinct type of content that differs from the experience of other vehicles of consciousness [e.g., you experience different content when you contemplate the sensory center of the Conscious mind when you contemplate the emotional center]
- Several vehicles of consciousness can be sensed as linking to a common integrating center [e.g., the forms of the Conscious mind are linked to the ego as their hub.
- Suggestions anchored in each vehicle of consciousness give rise to different effects [e.g., suggestion anchored in the sensory center to change the focus of the vision from far to near yields different effects than suggestion to monitor feelings of regret and their associated memories in the emotional center]

Vehicles of Consciousness

Excerpted from the Mudrashram® Correspondence Course

“There are many vehicles of consciousness. The first vehicle of consciousness is your waking state of awareness, [which we will study in this webinar].”

“Each vehicle of consciousness has the following characteristics:”

1. Form
2. Energy
3. Quality
4. Intelligence
5. Organizing principles (chakras)
6. Volitional nexus
7. Core of identity

When we meditate on the waking state of awareness through these seven parameters, we find:

Form – the physical body oriented to the environment around the body

Energy – the awareness of breathing, circulation and peristalsis within the body

Quality – the awareness of the pervasive affective state, or mood

Intelligence – conscious thought directed to concrete objects in the environment. These objects are

- Recognized as people, locations and things
- Oriented in time, and space
- Categorized by relationship to oneself and the object's ownership

- Associated to prior experiences with that object or similar objects.
- The intelligence of the waking state of consciousness constructs external reality as perceived by the Conscious mind.

Organizing principles – the following major chakras can be identified in the waking state of consciousness:

Feet	Awareness of the wheel of time center (mirror of spiritual evolution)
Base of spine	Awareness of death (life force totally withdrawn from the body)
Navel	Awareness of the state of coma (life force animates internal organs)
Solar Plexus	Awareness of sound sleep (life force enlivens internal organs and brain stem)
Heart	Dreaming sleep (life force activates internal organs, brain stem, and midbrain)
Neck	Hypnagogic sleep (life force imbues internal organs, brain stem, and midbrain; muscles are relaxed, senses withdrawn with external objects)
Medulla	Waking state (cerebrum fully aroused with senses and muscles active): this is grounded state of attention
Point between the eyebrows	Temporal awareness (awareness of the present moment of experience)
Brain	Life history awareness (awareness of the continuity of the current lifetime, originating with the fertilized ovum and comprising the remembered experiences from each developmental stage of life)

Volitional nexus – the ability to respond to sensed objects in the immediate environment with appropriate actions.

Core of identity – I am this unique human life.

Studying Vehicles of Consciousness

You can study each vehicle of consciousness within the bands of the mind by making an inner inquiry and observing the qualities and characteristics of that vehicle of consciousness. You can ask, for example:

- What is its sequence in the ascending octaves of consciousness?
- Does it belong to the Conscious, Subconscious, Metaconscious, or Superconscious band of mind?
- What is its form or appearance when you look at it from the outside?
- What colors or hues characterize the vehicle, and what is the quality of its illumination?
- What sounds, or vibratory qualities are associated with the vehicle?
- What other sensory cues are associated with it? Do you feel certain sensations in your body (touch or pressure), perception of temperature (heat or cold), or do you have impressions of taste or smell?
- What chakras or organizing centers are active within the vehicle?
- What abilities or powers operate in this vehicle?
- What is the vehicle's function? What does it do?

- What vision of the world is mediated through this vehicle? Are there cultural or religious elements expressed in this vehicle? Does it dwell in a visionary world of dimension, for example, on an Astral Plane?
- How does this vehicle interact with other vehicles?
- What is its central symbol, organizing principle, or essential atom?
- What unconscious material exists outside or surrounding the vehicle, and behind its essential atom?

Subcenters at the Level of Waking Consciousness

When aspirants begin the process of meditation, they are often absorbed in the *subcenters of waking awareness* centers below the medulla.

These intermediate centers dwell between the medulla center—the locus of waking awareness and the dwelling place of attention—and the throat center, where you experience hypnotic sleep.

They are referred to in esoteric literature as the *body of incarnation*. We elsewhere refer to them in our writings as “*life consciousness*,” e.g., the state where your attention is fully focused on your human life and your experience in the present time.

We describe the centers of the body of incarnation in the table on the next page of this handout. This viewpoint on this vehicle of consciousness highlights the *keynotes* of each subcenter. In the final section of this webinar, we will examine how these subcenters are viewed from the standpoint of each of the Seven Rays.

Center	Keynotes
Feet	Depravity and madness
Knees	Sadism, cruelty, killing the enemy
Mid Thigh	Narcissism, vanity, absorption in fantasy
Hips	Hedonism, quest for sensual pleasure and comfort
Base of Spine	Survival, taking care of basic needs
Navel	Life as journey, going with the flow, the quest for adventure
Solar Plexus	Career, using the will to achieve goals
Heart	Empathy, compassion, caring for other people and establishing bonds of attachment with them
Throat	Gifts of the Soul, creativity
Point between Eyebrows	Reception of intuition
Top of the Head	Sense of a Life Purpose, spiritual knowledge and realization
Medulla Center	Seat of attention

Most people have cleared out or worked through the material in the centers below the base of the spine center, so their attention is normally not focused at these levels. They are included in this initial introduction to these subcenters to give you a broader understanding of why this behavior arises in some people.

Process of Withdrawal

Since the attention dwells at the medulla center, the first step in meditation is to draw awareness out of these lower centers and isolate the attention.

As the objective of meditation is to bring the attention above the waking state of awareness, when you are engaged with the subcenters below the medulla center, there are a variety of methods to lift the attention.

1. Concentration on the medulla center – this method, drawn from Raja Yoga, gradually withdraws your concentration from the subcenters of the waking state of awareness until you isolate your attention within the medulla. Then you progressively move your attention to higher focal points in the Conscious, Subconscious, Metaconscious, and Superconscious mind.
2. Breathing into the seat of attention – this meditation readily awakens awareness and segues into breathing methods such as watching the breath, that will passively absorb attention in the stream of the life force (prana laya).
3. Chanting – these “mantras spoken aloud” readily absorb the attention in the octaves of the mantra, and can quickly lift the attention into the Superconscious mind.
4. Bhajan (sacred singing) – these songs are keyed to a spiritual essence – spirit, a nucleus of identity or one of the ensouling entities – and bring remembrance of this state of awareness for those who sing its poignant melody.

5. Silent mantra repetition – this method repeats a mantra with the attention, which, like chanting, lifts the attention along the axis of correspondence. When it is keyed to the spiritual heart, this type of mantram repetition is called simran.
6. Light Immersion – in this method, the attention is absorbed in the beam of Light emanating from an Initiate. The Initiate sends this beam of attunement to the attention, and then guides it upwards into union with the spiritual essence(s) activated by their tradition.
7. Kundalini awakening – as the Ray emanating from the seat of the kundalini (kanda) connecting with the waking state of awareness, the attention is passively moved along with its stream of rising energy.
8. Tratakam – in this type, the attentional principle uses intention to lift and focalize the attention at a specific focal point.

Once you achieve this initial withdrawal beyond the seat of waking consciousness, you can enter into the deeper stages of meditation. We recommend you familiarize yourself with each of these methods to identify those methods that effectively lift you into your higher vehicles of consciousness.

The Perspectives of the Seven Rays

Within the Conscious mind, the Ray type of your ego conditions the way you will perceive the activity of your different vehicles of consciousness. We discussed how the perspective of the Rays differs for the body of incarnation for different keynotes—summaries or schemas of basic characteristics—which, for example, the dramatic Seventh Ray ego personifies through speech or action.

Each Ray operates on these schemas in its own manner, giving rise to alternative ways to process and express the material at the same center. Ray perspectives are shown in the tables on the next pages.

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Subcenter	First Ray	Second Ray	Third Ray	Fourth Ray
Feet	Movement of feet: dancing	Understands madness	Acts to stop madness	Awareness of the feet
Knees	Movement of knees: sports	Understands anger	Acts to diffuse anger and conflict	Awareness of the knees
Mid Thigh	Movement of legs: walking	Understands fantasy	Acts to orient back to reality	Awareness of the legs
Hips	Movement of hips: sensuality	Understands sensuality	Sets limits on sensual actions	Awareness of the hips
Base of Spine	Performing chores	Understands what is required for survival	Acts to ensure all necessary actions are carried out	Awareness of the body's orientation to the environment
Navel	Entertainment activities, play	Understands its likes and dislikes	Schedules time for recreation and enjoyment	Awareness of excitement and passion
Solar Plexus	Activities of work, duty	Understands what the job requires	Manages work behavior to achieve results	Awareness of each action towards a goal
Heart	Religious or charitable actions	Understands the needs of other people	Responds to need by charity and kindness	Awareness of compassion and kindness
Throat	Giving a speech, articulating your thoughts	Communicates understanding of what is important	Communicates plans and strategies for achieving goals	Noting how words affect others; mindful speaking
Point between Eyebrows	Getting the sense of what you need to do	Gains understanding of life events	Gains a vision of the path to the goal	Awareness of the present moment of life
Top of the Head	The goal image for behavior	Appreciates human life's value	Organizes time and life to achieve goals	Awareness of life as it is: acceptance
Medulla Center	The seat of attention	The seat of attention	The seat of attention	The seat of attention

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Subcenter	Fifth Ray	Sixth Ray	Seventh Ray
Feet	Notes what comprises madness	Checks action and thought avoid madness	Able to personify madness
Knees	Notes what comprises anger	Checks action and thought to avoid anger and violence	Able to personify anger
Mid Thigh	Notes what makes up fantasy	Checks action and thought to avoid evil fantasies	Able to personify fantasies
Hips	Notes what activates sensuality	Checks action and thought to curb sensuality	Able to personify sensuality
Base of Spine	Analyzes the steps of actions	Ensures that chores are done correctly	Able to take action to ensure survival
Navel	Finds out what brings pleasure and pain	Engages only in wholesome recreation	Participates in adventures and fun activities
Solar Plexus	Identifies the steps to efficient action	Carries out work tasks conscientiously	Ensures that all work tasks are done
Heart	Decides how to help others when needed	Expresses love and caring to others	Enacts actions to help and care for others
Throat	Communicates facts and observations	Speaks the truth in love sweetly	Expresses creative gifts of the Soul
Point between Eyebrows	Reports current events and experiences	Listens for guidance on what is correct action	Receives ideas for creative expression
Top of the Head	Reports memories of past experiences	Consecrates life to a higher purpose	Intuits and carry out life purpose
Medulla Center	Seat of the attention	Seat of the attention	Seat of the attention

The expression of these Rays is cognitive [e.g., forming beliefs or stimulating reflection and understanding] or analytical on the 2nd and 5th Rays; action and results oriented on the 1st, 3rd and 7th Rays; dedicated and conscientious on the 6th Ray; and has an artistic and meditative perspective on the 4th Ray.



- (1) As you contemplate these subcenters of the waking state—the body of incarnation—which Ray perspective most closely matches your own? Do you ever shift between these Ray perspectives? If so, do you feel one is more common or dominant?
- (2) Which subcenters are active in you on a regular basis? Are some subcenters active more often than others?
- (3) Which process of withdrawal methods of leaving the seat of attention work best for you?
- (4) As you contemplated the characteristics of the vehicle of the waking state of awareness, were you able to sense its Form, Energy, Quality, Intelligence, Organizing principles (chakras), Volitional nexus, and Core of identity? Which elements were hardest to detect?
- (5) Based on your dominant Ray perspective in the subcenters of the body of incarnation, can you guess what Ray might govern your ego?

Thank you for attending our webinar today!

