

## The Veil Over Spirit

Many people are not aware of the subtle aspects of their own consciousness. This is because of the inner veil over their consciousness. Hindus have called this veil, *Maya*; Buddhists call it *Avidya*.

This veil appears to have 21 segments; as each segment is purified, you become aware a new identity and a new perception of the world. These segments are shown in the table below.

Level		Content of Awareness
Physical	7	Only the brain and environment are real - no subjective experience
	6	Thoughts and emotions are equated with the firing of neurons
	5	Thoughts and emotions are an electrical phenomena that can be measured by brain waves
	4	Thoughts and emotions are a kind of resonance or pattern in the subatomic field
	3	Thoughts and emotions are inner voices that one can hear
	2	Thoughts and emotions are inner forms or subpersonalities that one can see
	1	Thoughts and emotions form a constellation around the ego, which integrates these subpersonalities and gives a stable sense of identity
Etheric	7	The present time is the one reality - this experience of the present moment of the human time track links one with the repository of their lived experience

Ethereic	6	There is an etheric body or field that interpenetrates the physical body and contains integrating centers, or chakras
	5	There is a subtler, astral body, in which one experiences imagination, dreams and fantasies
	4	There is a yet subtler causal body in which we integrate experiences and turn them into learning and wisdom
	3	The etheric matrix of the Metaconscious mind translates our thoughts and volition into action
	2	The will operates all aspects of the personality: you become what you choose
	1	The Self in its active form is the nucleus of the personality. It also exists in a passive form, being.
Essence	7	Identification with the attentional principle (I am consciousness)
	6	Identification with the individual spirit (I am love)
	5	Identification with a nucleus of identity (e.g., I am the Christ Child) or with the Soul's consciousness
	4	Identification with the Soul (Aham Atma or I am God)
	3	Awareness of the Overshadowing Divine Spirit (I am He or She)
	2	Awareness of the Monad (I am that I am or Aham Paramatma)
	1	Awareness of the enlivening force of Spirit that animates the Soul and unfolds human consciousness (the Will of God or Alaya)

The veil that covers the mind is progressively lifted during the unfolding of the ensouling entity. This veil is progressively removed through its solid or physical phase, its energetic or etheric phase, and its core spiritual or essence phase.

- Opening through the physical portion reveals the ego at its nucleus.
- Opening through the etheric portion ultimately reveals the Self.
- Opening levels 4 to 7 of the essence portion reveals the conscious principles of your attentional principle, your spirit, your Superconscious mind, and your Soul. Opening the three inmost levels of the essence portion reveals the Divine Spirit operating with you.

Removing this veil to the innermost level allows you (a) to become conscious of the downpour of the Light during Initiation, and (b) the intimations of the Divine Will, which leads you progressively to embody and express your Soul's extrinsic and intrinsic purpose—the purpose you express in your life, and the progressive realization of the goal of your spiritual journey.

If this veil covers any portion of your essence, you may not be aware of this aspect of your spiritual nature. Contemplation upon this aspect of your nature will begin the process of melting away this veil.



## Factors that Darken the Veil

The choices people make and the actions they take blindly can increase the veil and make it harder for them to have spiritual sensitivity. These factors include:

- 1) Adharmic actions (actions that directly create sins)
- 2) Use of tamasic foods and intoxicants
- 3) Causing injury to other living beings (Himsa)
- 4) Arrogance
- 5) Greed
- 6) Uncontrolled sexuality
- 7) Anger, rage, and desire for revenge
- 8) Acting on beliefs of ignorance and bigotry



## Factors that Help Remove the Veil

There are things that you can do to help remove the veil. These include:

- 1) Acting out of love and caring for others
- 2) Eating sattvic foods and avoiding intoxicants
- 3) Acting to avoid injury to other living beings and to the Earth (Ahimsa)
- 4) Humility and willingness to learn
- 5) Restraining your appetites and taking only what you need
- 6) Dharmic sexuality and voluntary abstinence if possible
- 7) Cultivating forgiveness, calming your own anger, gaining understanding
- 8) Acting with kindness and thoughtfulness
- 9) Practicing transformational meditation to directly melt away the veil



## Meditation upon Your Veil



We become aware of the veil when we contemplate the Light of the Alaya within. The Light of Alaya is reflected in the triangle center where we contact the Will of God on the Buddhic Plane, [See the article, “The Personal Octave of the Divine Will” on the web site at <http://www.mudrashram.com/divinewill.html> or you can read it in *A Mudrashram Reader* on pages 104 to 113. Light of Alaya is anchored in the seed of the Planetary Divine Name on what Theosophists call the Adi Plane.

We access this center on the Adi Plane by moving upward above the Soul. You will unite with the Soul using the So Ham mantra. You will next move upward to contemplate the Flame of Spirit on the Plane above the Soul (Anupadaka), and then contemplate the seed on the next Plane above in which the Alaya is anchored.

As you contemplate this center, you will become aware of a area that is filled with Light and an area that is still dark. We will note each level of the veil in turn to see if this veil is active in you. You will note as follows:

- “Only the physical world is real” ... open [or closed]
- “Awareness of neural firing” ... open [or closed]

- “Awareness of brain waves” ... open [or closed]
- “Awareness of energy patterns” ... open [or closed]
- “Ability to hear my thoughts and emotions” ... open [or closed]
- “Ability to see, hear, or feel my subpersonalities” ... open [or closed]
- “Ability to see, hear, or feel my ego” ... open [or closed]
- “Ability to sense my present time experience on the record of my life’s remembrances” ... open [or closed]
- “Ability to sense my chakras” ... open [or closed]
- “Ability to sense my astral body” ... open [or closed]
- “Ability to sense my causal body” ... open [or closed]
- “Ability to sense the etheric body of the Metaconscious mind” ... open [or closed]
- “Ability to be aware of my will and my ability to choose” ... open [or closed]
- “Ability to be aware of my Self and the voidness of being” ... open [or closed]
- “Ability to be aware of my attentional principle” ... open [or closed]
- “Ability to be aware of my spirit” ... open [or closed]
- “Ability to be aware of a nucleus of identity or my Soul’s consciousness” ... open [or closed]
- “Ability to be aware of my Soul” ... open [or closed]
- “Ability to be aware of the Light of the Monad or Flame of Spirit” ... open [or closed]
- “Ability to be aware of the Alaya and sense the downpour of Spirit” ... open [or closed]

You will then note the overall degree of opening of this veil.



## Invocation

You may call upon any Masters with whom you feel an affinity and who you trust to assist you, and/or you can call upon God in the way you feel comfortable.

“[Name of Master or Masters] and/or [however you address the Divine], I ask that you help me to remove this veil within my Soul so that I might become a fully conscious being. Aid me to participate with you in the Divine Work. Assist me to become fully Realized; to know and carry out my Purpose; to activate my ability to feel, hear, and see within; and to become a conscious co-worker with you so I may be of service to humanity and all of the kingdoms of Nature. And so may it be.”



Thank you for attending our webinar today!

