

An In-Depth Exploration of Your Vehicles of Consciousness Focal Points 6 and 7

As we continue to study the bands of the mind in greater detail, you will begin studying each vehicle of consciousness. In today's webinar, you will examine the vehicles of (1) the mental center of the Conscious mind, and (2) the integration center of the Conscious mind, the Ego.

The Mental Center of the Conscious Mind Focal Point 6

The mental center is the seat of the mental seed atom. This center of the mind embodies the faculties of behavior command, analogical reasoning, and reason.

Behavioral command executes the moment-by-moment small movements that translate a decision made by the volition of the Ego into the actual behavior that you see. For example, you may decide that you need to take out the trash. The behavioral command function will break this down into (1) walk over to the sink, (2) open the cabinet underneath it, (3) grasp the trash bin, (4) pull it towards you, (5) lift it, (6) close the cabinet door, (7) carry it to the door, (8) open the door, (9) close the door, (10) take the trash to the dumpster, (11) raise the trash bin, and (12) empty it into the dumpster. It will then operate the sequence for you to return the trash bin to the cabinet where you keep it.

Analogical reasoning compares items that are like one another by identifying similarities. A grapefruit is like a melon, even though they don't look alike, because they are both kinds of fruit. Analogical reasoning allows you to understand similes, analogies, metaphors, and parables, as you can locate the

common themes that these ideas share, and uncover the meanings that they represent.

Reason is the logical center of the mind. It uses deductive reasoning, and inference from known facts, to arrive at its conclusions. It is the aspect of the mind that permits reality testing, which allows you to assess whether statements are true, and identifies what is actually in external reality.

Excerpted from the Mudrashram® Correspondence Course

“The Mental Center is stimulated by situations that require problem solving. The Mental Center consists of (1) learned behavioral responses that can be activated by overt or silent verbal command (e.g., "stand up", "put your shoes on"); (2) analogical (contextual) reasoning; and (3) by logical (deductive) reasoning. It is the repository of the Conscious mind's awareness of the ability to direct a single, specific behavior, and presents as the first cognizance of the ability to solve problems and control behavior by the faculty of volition.”

Meditation on the Mental Center

Mindfulness of Mental Commands

This exercise can be done while engaging in activity. Notice the thoughts directing actions, the associations of thoughts to events, goals or desires, the arising of memories stimulated by thinking. Allow your thoughts to arise in the present time, without judging them or attempting to change them. Simply observe them as they arise, and disappear, and change...moment to moment.

Monitoring the Sphere of Analogical Reasoning

Imagine a crystal sphere of concentric spheres, diminishing in size from a large outer sphere to a single, central point. Focus your attention on the central point. Notice the intuitive impressions that arise. These are the *correspondences* of analogical reasoning, which mirrors your Soul's development and the dimensions of the Great Continuum.

Contemplating the Rational Mind

Notice how you make a decision using the faculty of logic in the rational mind. Notice how you decide whether an experience is real, whether claims of other people are true or false, whether you have correctly solved a problem, whether you have achieved your objective, how you approach a new experience you have not had before. Watch your reasoning process.

Data for Meditation on the Mental Center

Form – a clear sphere of mental experiencing and activity

Energy – the dynamic mode of inner command, the reflective mode of analogical reasoning, and the analytical mode of the rational mind

Quality – directed activity, quiet reflection, vigilant analysis

Intelligence – the operation of the frontal cortex and associative pathways in the central nervous system to produce the behavioral and cognitive expressions of the Mental Center

Organizing principles – the following major chakras can be identified in the Mental Center:

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| Base of spine (perineal) | The frontal lobe of the cortex |
| Navel (sacral) | The matrix of learned mental commands that initiate action |
| Solar plexus (lumbar) | The concentric spheres of analogical reasoning |
| Heart (thoracic) | Life history – a representation of the achievements and important experiences of your life |
| Throat (cervical) | Self-reflection, an analysis of the consequences of behavior, considering alternative paths for behavior |
| Point between the eyebrows (thalamic) | Logic – active analysis and problem solving using deductive reasoning |
| Brain (cerebral) | The mental seed atom, identity as the thinker |

Volitional nexus – the ability to consciously direct action, to discern analogies, and to think rationally. It allows you to operate on the objects in the environment around your body that you perceive through your senses.

The Seven Rays and the Mental Center

Depending on your Egoic Ray, one or more of these Seven Ray pathways may be active in your Mental Center. While all mental activities of the Mental Seed Atom operate together seamlessly, the perceptual matrix of the Seven Rays makes one aspect of this system stand out, as figure from ground.

First Ray (Behavioral Command) – This pathway highlights commands the mind gives to the body to guide behavior.

Second Ray (Empathic Metaphor) – This pathway underscores using analogies or metaphors to capture feelings or meanings. This pathway attempts to empathically connect with others to understand what they might be experiencing through stories they share.

Third Ray (Inferential extrapolation) – This pathway emphasizes seeking explanations for facts and finding connections between data. It attempts to logically link data without making leaps between what is known and what is uncertain, but it seeks to support each new inference.

Fourth Ray (Mental Mindfulness) – This pathway views the arising of thoughts in the present time. It experiences thinking as an ever-changing stream of consciousness,

Fifth Ray (Logical analysis) – This pathway uses logic to verify the truth of statements or propositions. This is the activity of formal reasoning.

Sixth Ray (Personal analysis) – This pathway attempts to determine whether statements that others make about one are correct. This seeks to know what is the truth about oneself and how others perceive one.

Seventh Ray (Reality testing) – This pathway looks at what is real and what is imaginary, and attempts to orient thinking to reality.

The Integration Center of the Conscious Mind Focal Point 7

The ego is the integration center of the Conscious mind. It is the seat of the first octave of will, which we refer to as the desire-driven octave of will.

The ego is the doorway to the shadow of the personal unconscious, and the joyful “animal spirit” or “wonder child,” and contains the “the cord of faith,” which is the first transcendental function of the mind.

Excerpted from the Mudrashram® Correspondence Course

“The Egoic Center is the integrating center for the Conscious mind. It has input from present time experiences of the senses and body awareness, feeling and reason. Its layers consist of

- (1) Automatic, reflexive behavior and emotional reactions
- (2) Creation of defensive structures to avoid confronting painful experiences or memories
- (3) Core beliefs about the nature of self and the world
- (4) Desires expressed as dreams and fantasies
- (5) I statements that make up its sense of self.

“Ego is identified with the unique human life history, the sensed environment around and within the body, its feelings, and its point of view. It often considers its own reasoning superior to that of others and its needs and desires more important than those of others. Its primary concern is the survival of the physical body, and those people and things that it believes it owns, controls or possesses.”

“The Egoic Center is overshadowed and regulated by two centers in the Metaconscious mind, the Conscience and the Will aspect of the Self.”

“The Conscience contains the moral principles of right and wrong, the ethical standards by which one lives. It influences the Emotional Center of the Conscious mind by instilling feelings of fear, remorse, shame, guilt, and humiliation, and the Mental Center of the Conscious mind by moral exhortations as to why certain behaviors are wrong and pointing out the consequences of those behaviors.”

“The Will aspect of the Self actively overrules the Conscious mind's decisions, inhibits carrying out actions (self-restraint), and grants permission and provides encouragement to perform other actions about which one feels trepidation, doubt or uncertainty.”

Focusing on the Ego

This practice, central to psychotherapy and fundamental to self-awareness, is mindfulness for the experience of the ego in the present time.

Repeat the affirmation slowly. "Me, Myself and I." The sense of "Me" is the Ego. "Myself" is the overshadowing Self of the Metaconscious mind. "I" is the attentional principle, the witnessing consciousness.

Focus your attention on "Me." Notice, as they arise, your automatic, reflexive behavior and emotional reactions, defenses which aim to avoid confronting painful experiences or memories, core beliefs about the nature of self and the world, desires that appear as dreams and fantasies, and I statements that make up its sense of identity.

Data for Meditation on the Egoic Center

Form – a dark mass experienced in the center of the body, solar plexus or heart region, embodying your "gut feelings"

Energy – the aggregate of grasping, desiring and controlling tendencies that seek to obtain what you want in life

Quality – passion and demand, defensiveness and blame, self-righteousness and condemnation of others, narcissistic, grandiose or self-pitying fantasies, conviction of rightness of your views and confrontation of others' beliefs and behavior, glorifying or debasing your sense of self.

Intelligence – the operation of the autonomic nervous system and its major plexuses, together with the activity of the hypothalamus, limbic system and midbrain centers that govern the mammalian complex that comprises the instinctual, survival centers of the brain

Organizing principles – the following major chakras can be identified in the Egoic Center:

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| Base of spine (perineal) | The volitional aspects of ego, that take the form of command, mental determination and insisting upon your own way; or appear as rage, anger directed at self, other people, groups and institutions in Society, or at God |
| Navel (sacral) | The sense of continuity of personal experience, that leads to pride in your achievements and accomplishments; or may this appear as feelings of being victimized, persecuted, alienated or separated from others if you have had major setbacks in your life or have been abused or traumatized |
| Solar plexus (lumbar) | Justification, defensiveness and rationalization for doing actions to gratify desire without considering long term consequences on self and others |

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| Heart (thoracic) | The fantasy mode of imagination and daydreaming, used to visualize constructive and realistic goals and to motivate behavior; this may also emerge as autistic fantasies used to escape from the real world into a realm of narcissism, grandiosity, and self delusion |
| Throat (cervical) | Orientation to the senses and the external world, coupled with a healthy pleasurable enjoyment of the activities of living, such as eating, lovemaking, listening to music, and appreciating the beauty of the environment; this may also deteriorate into self indulgence, addiction, obsession with objects of desire |
| Point between the eyebrows (thalamic) | Life-affirming desires that promote growth for the personality, enhance prosperity and success, and develop spirituality while concomitantly helping and supporting others; and those desires that are destructive, self-indulgent, narcissistic and pathological—that warp personality development, promote obsession and addiction, destroy spiritual sensitivity, violate moral standards, and lead to deterioration of talents and character, or that obtain prosperity and achievement of desires for self while injuring or humiliating others |
| Brain (cerebral) | The life-long habits that become destiny, including those that are health and personal growth promoting, that affirm relationships with others and the bonds of community, and incorporate a sense of spiritual or sacred ritual; and the habits marked by secretive, addictive, self-destructive behaviors that lead to injury to self, other people and to the larger community |

Volitional nexus – the ability to act to achieve desired objects, and the drive to defend one's territory, possessions, relationships, and self from attack with an aim to insure survival.

The Seven Rays and the Ego

Excerpted from *A Mudrashram Reader*

“In contemplating the arrays of the Seven Rays through the different vehicles of consciousness, we can describe the particular constellation of the Seven Rays as anchored through the ego at the nucleus of the Conscious mind. This array is shown below.”

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| 1st Ray | Individuals whose ego is on this Ray focus on drive or motivation, striving towards goals and achieving them. They may be very demanding of others. They look for results. |
| 2nd Ray | Individuals whose ego is on this Ray work toward developing empathy, understanding, appreciation of others, and work to develop lasting interpersonal relationships. They seek genuineness and integrity in others. |
| 3rd Ray | Individuals whose ego is on this Ray emphasize values and standards for performance and action. They judge and compare others and themselves according to these standards. |
| 4th Ray | Individuals whose ego is on this Ray contemplate the beauty and quality of the environment around them. In their relationships they notice the clothing, grooming and style of other people. They may be narcissistic, flamboyant or vain, cultivating a sense of superiority over others. They seek to draw upon the impressions of fantasy, imagination and dreams to augment or expand upon the possibilities of their experienced reality. |
| 5th Ray | Individuals whose ego is on this Ray study and investigate their world, identifying the components that make up behavior, finding analogies and metaphors to express experience, and using analytical reasoning to solve problems. They love a mystery, hunting down clues, gathering evidence, and debunking myths and superstitions. They seek to uncover knowledge about the world and other people. |

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| 6th Ray | Individuals whose ego is on this Ray look at the world with a childlike sense of wonder and innocence. They form and structure close relationships of affiliation and affection with strong loyalty and attachment. They incorporate objects (possessions, other people or symbols) as aspects of their character for purposes of identification, modeling, comparison, valuing, admiration, emulation, and even, worship. They seek to be admired, loved, and to feel a sense of belonging. |
| 7th Ray | Individuals whose ego is on this Ray have a heightened awareness of physiological, emotional, and cognitive processes taking place inside their own bodies. They monitor their own reactions and the reactions of others to their words and behavior, and learn to skillfully craft the impressions they make. They are sensitive to verbal and non-verbal behavior, and how they and others react to different stimuli from the environment. They examine the effects of thoughts, beliefs and feelings upon behavior. They seek understanding of the organism, how to change unwanted behavior and improve performance. |

The dominant Ray in the ego governs perception of the world and the individual's approach to interpersonal and career relationships. The first Ray emphasizes goal directed activity. The second Ray seeks understanding. The third Ray looks to control by rules, and standards governed behavior. The fourth Ray explores beauty through aesthetics and creativity. The fifth Ray advances knowledge and reason. The sixth Ray wishes to experience love, and to establish affiliation and bonding. The seventh Ray cultivates the awareness of physiological and behavioral response to stimuli, feelings, and thoughts.

“First Ray egos may gravitate towards positions of power and leadership, in business, government, and the military, where they may perceive they are in control at all times.”

“Second Ray egos seek out professions like counseling, teaching or coaching, where they can interact with others in a way they consider meaningful and beneficial.”

“Third Ray egos may become managers, accountants, law enforcement personnel, lawyers, judges, and administrators, where they can interpret and implement rules, policies, and laws.”

“Fourth Ray egos may be drawn to professions in art, cosmetology, fashion, and entertainment, where they can express their creativity.”

“Fifth Ray egos prefer detail-oriented work, or a career that involves solving a mystery or gathering data. They may become scientists, researchers, technicians, detectives, engineers, and builders.”

“Sixth Ray egos seek out gregarious professions where they may affiliate with others, such as customer service, public relations, and sales. They may also go into the helping professions such as nursing, medicine, or the ministry where they may love and care for others.”

“Seventh Ray egos gain insight into the working of the body-mind. They may use their insights to become psychotherapists or psychologists. They may be also drawn to holistic healing, hypnotherapist, or bodywork professions. They may also use their insights to optimize their performance in sports, dancing, or martial arts. They may use they sensitivity to interpersonal behavior to personify others as actors.”

The Shadow

When we presented the “chakras of the ego,” you might have noticed that both positive and negative patterns occurred. The Shadow consists of those negative patterns that the ego disowns. These non-integrated aspects of belief and behavior take up a secret, shameful co-existence with the aspects of the ego that you show to the world.

Contemplation of the Shadow

As you contemplate your ego, notice those elements that dwell beside or behind the ego. Notice the patterns that are there, and how you feel about them.

The Cord of Faith

For many people, the cord of faith is buried in the depths of the shadow, so it is not uncommon for those who are in great pain or depression will find this contact with a “Higher Power.” As people begin to work out their issues, the cord of faith may become encapsulated in the conscious aspect of the ego, as can be seen in those who consciously embrace and declare their faith in their “Higher Power.”

Contemplation of the Cord of Faith

As you contemplate your ego, look for the cord of faith. Notice if it is integrated into your ego, or whether it remains outside in the darkness of the Shadow. Notice who you believe in as your “Higher Power;” in who or what you have faith. Most people feel this cord of faith in their heart area.

The Animal Spirit

The Animal Spirit, also called the Wonder Child, or the Egoic seed atom, is the aspect of your ego that remains in touch with the bliss of the Soul. You touch on this aspect in your moments of play, fun, delight, and wonder.

Contemplation of the Animal Spirit

As you contemplate your ego, move your attention beyond the brain center and move down into the medulla center and “move inward” into your Egoic seed atom. Feel the native joy and playfulness of this center. Notice when you have experienced this center of delight within you.

Thank you for attending our webinar today!

