

## **An In-Depth Exploration of Your Vehicles of Consciousness Focal Points 8 and 9**

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 Preconscious center of the Conscious mind, and (2) the Gateway center to the Subconscious mind.

### **The Preconscious Center of the Conscious Mind Focal Point 8**

The Preconscious is a center in which you become aware of the impressions—memories, ideas, and images—that enter the Conscious mind from the Subconscious mind. A person who contemplates the Preconscious mind is said to be in a state of reverie, absorbed in the stream of consciousness that pours over the threshold of the Conscious mind through this center. The Mudrashram® Correspondence Course describes this center as follows:

Excerpted from the Mudrashram® Correspondence Course

*“The Preconscious Center is the repository of memory for those experiences that are just outside of conscious awareness. It is the doorway to the Subconscious mind, the portal to great reservoir of memory. It contains the intuitive impressions, the wordless feelings that provide meaning to life experiences.”*

*“It is the creative seedbed from which experience arises, in which one's living present can be known. It is stimulated into conscious awareness when events of great significance appear in life, during which one constructs new meanings for one's life.”*

## Meditation on the Preconscious – Exploration of Meaning

“At the edge of the Conscious mind, memories and impressions spontaneously enter your conscious awareness—this is the border of the Preconscious zone of mind.”

“Place your attention at the edge of this zone, allowing yourself to become aware of the felt sense of this material arising, noticing memories, feelings that come up, intuitive impressions that may not even be formed into words. Notice how you label these experiences, and how you construct meaning out of them.”

## Data for Meditation on the Preconscious Center

**Form** – the voidness of consciousness into which this moment of experience flows and into which memories arise

**Energy** – the silent emergence of impressions from the subconscious into conscious awareness

**Quality** – the quest for meaning and closure

**Intelligence** – the operation of the temporal lobe and associative pathways in the central nervous system, together with the activity of the corpus callosum and hippocampus to organize the assimilation, encoding and retrieval of memory

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

Base of spine (perineal)	Zone of sense impressions, memory for places and things
Navel (sacral)	Zone of affective or emotional memories
Solar plexus (lumbar)	Zone of memory for personal identity
Heart (thoracic)	Zone of memory for relationships, names, and faces

Throat (cervical)	Zone of memory for information gathered through reading, listening to lectures or tapes, watching a television or computer screen
Point between the eyebrows (thalamic)	Zone of memory for ideas or concepts
Brain (cerebral)	The voidness of consciousness into which memory arises

**Volitional nexus** – the ability to consciously encode, associate, and retrieve memory

### **Additional Meditation for the Preconscious Center**

Focus your attention in this center. You will give suggestion through the Preconscious Center to retrieve specific types of memories.

1. Request that the preconscious retrieves a memory of a place or object that is important to you now.
2. Request that the preconscious recalls a memory of an experience that is emotionally charged that has relevance to your life now.
3. Request that the preconscious shows you a memory of the way you knew yourself at an earlier time that is influencing your life now.
4. Request that the preconscious brings to you a memory of a person who is important in your life right now, and the feelings you have for that person.
5. Request that the preconscious recollects memories of information you have recently learned that is important for you in your present life.
6. Request that the preconscious conveys to you a concept or idea that has meaning for your life right now.

7. Notice the voidness of consciousness and what is upwelling into consciousness in the present time.

Now you know that you can both passively receive impressions from the Preconscious Center in a state of reverie, and actively request to remember selected information.

You can retrieve memories that are:

- Task-oriented – These memories are directly related to something you are doing at work or in your personal life
- Study-related – During these types of mnemonic activities, you retrieve information needed for your current class or learning experience; this type of memory is commonly accessed during testing situations
- Narrative (Personal story) – These are episodes of your life experience that you can consciously remember
- Social – In this type of memory task, you recall information about your friends and acquaintances—names, faces, and things they have told you about themselves
- Conceptual – Here you gather ideas that occur to you; this is typically the zone in which you gather information gained during meditation or spontaneous spiritual experience



## **The Seven Rays and the Preconscious Center**

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

**First Ray** (Mnemonic Command) – This pathway highlights commands that you give through the preconscious to retrieve specific memories.

**Second Ray** (Exploration of Association) – This pathway underscores exploring associations that different life experiences have to current experience; it seeks to capture feelings or meanings embedded in these associations. This pathway also attempts to understand the meaning and context of the experiences that others share.

**Third Ray** (Finding links to experiences) – This pathway emphasizes finding learning and skills that have been experienced and have relevance for current tasks. For example, it may link prior work experiences to the tasks required by a new employer. It may assess prior learning to determine what additional skills or learning are needed to progress.

**Fourth Ray** (Preconscious Mindfulness) – This pathway views the arising of impressions that arise in the present time in the Preconscious.

**Fifth Ray** (Stimulus generated memory) – This pathway uses the demands of a current situation to draw out selected memories relevant to the situation. For example, if you are testing, you will draw out information relevant to the test. You utilize this type of memory when you are exposed to different stimuli, such as advertising, and certain memories are evoked in response.

**Sixth Ray** (Emotionalized remembrance) – This pathway draws upon the many types of experiences you have had with another person, a place, or an object, and retrieves these variegated impressions. This perspective is richly layered with feelings and the different meanings you have attributed to those memories.

**Seventh Ray** (Episodic memory) – This pathway looks at different episodes of your experience and the experience of others and finds themes and patterns. Those using this pathway can explore associations to trace back those themes to where they originated, as might be done in psychotherapy; they might personify these themes as acting or stand up comedy.

## **The Gateway Center of the Subconscious Mind Focal Point 9**

The Gateway Center is the last center of Conscious mind. In many people, this doorway remains sealed, blocking entry into Subconscious. For this reason, some people have no knowledge of other aspects of the mind, except the vague impressions that come to them in dreams.

In the Mudrashram® Correspondence Course, we describe those barriers and methods to overcome them.

Excerpted from the Mudrashram® Correspondence Course

### **Barriers to the Subconscious (The Gateway Center)**

“For some individuals, when they attempt to enter this band of the mind, there is an image or symbol that appears to bar entrance into the Subconscious. Various symbols exist at this doorway of the Subconscious, including:”

- (1) A closed, opaque wooden or metal door
- (2) An angel with a sword
- (3) A mythological guardian spirit or tutelary deity
- (4) A wall that is too high to climb over
- (5) A door with bars on the window, similar to a jail cell or dungeon (sometimes light or shadowy images may be seen through the window)
- (6) A ferocious wild animal
- (7) A monster, or insane human figure, that attacks when there is any attempt to gain access

These symbols represent a protective mechanism of the Subconscious mind to keep buried traumas and other unconscious material out of conscious awareness.

The challenge for the meditator is to open the sealed container of the Conscious mind to pass into the realm of the Subconscious mind.

Ways to surmount these barriers include the following:

*Invocation of the Master* – you may call upon any Saint or Master with whom you feel comfortable, or you may invoke the Masters of the Mudrashram® tradition who oversee the spiritual initiation and development of seekers, Swami Prem Dayal, Swami Charan Das, and Swami Prabhu Maharaj.

*Repetition of a Mantra* – repeat a word that refers to the Supreme Being or Universal Idea mentally (repeat with your attention). Suggested words include: OM, or RAM, or GOD, or BUDDHA, or A'LLAH, or THE INFINITE at regular intervals. Mantra repetition will absorb the attention and draw it beyond the barrier...

*Awakening the Kundalini* – when the meditator learns the key to awakening the Kundalini voluntarily, energy is withdrawn from the Conscious mind centers and withdrawn into the spinal channel, providing absorption of the attention into the Subconscious, Metaconscious and Superconscious bands of the mind.

*Striking or knocking* – used when you encounter a door or gate. Knock upon this inner door with your attention. You will make a clicking sound (*the intentional click*) when you do this. One of two things will happen:

(1) There will be no response. In this case, call upon the Master or begin repeating a mantra.

(2) A guardian or gatekeeper will answer you, with a response like "Who goes there?" or "Who calls?" or "State your name and purpose for entry." In this instance, you move into dialog with the guardian.

*Dialog with the image* – in this instance, you take the initiative and ask the symbolic image why it is holding you back. If it tells you something negative, like "you are not worthy" or "it is too dangerous," use a positive affirmation to respond. For example, you may say, "I am the Child of the Divine, and I am worthy of all things of the Kingdom," or "The Master or Christ will protect me."

*Solve the riddle* – Alternately, it may give you a riddle or puzzle, in which case you must propose an answer that allows the figure to permit you to pass. You may benefit from simply asking it questions about from what it is protecting you, and why it feels that you are not prepared to face this passage. These guardian figures are can be quite forthcoming when you ask them direct questions.

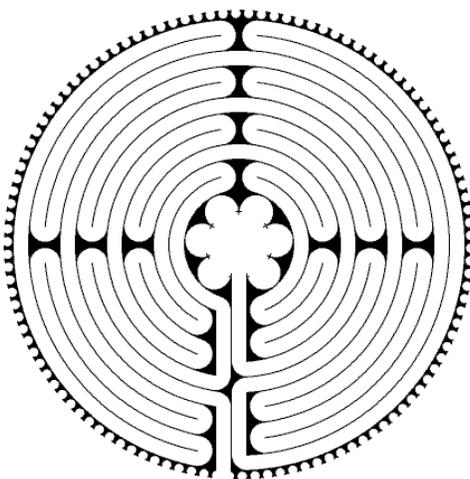
*Pass around the image* – go around walls, dig under barbed wire, bore tunnels with imaginary flame-throwers. The Subconscious mind is the band of imagination, and it accepts imaginary solutions.

*Use a technique of absorption of the attention (laya)* – You can use Pratyahara, Amrita Laya, or Watching the Breath, which absorbs the attention in sensory currents or the breath. Four channels are typically used for absorption: inner light, inner sound, inner taste (referred to as nectar or amrita), and life force or prana.

### **The Gateway Center and the Conscious Mind**

“The Conscious mind may be visualized as a sphere or bubble that can only be exited through this tiny opening of the Gateway center. This bubble of consciousness floats on the surface of the Subconscious mind, nestled in the matrix of memory and the Personal Unconscious.”

“The Gateway Center is the last center of the Conscious mind, and must be surmounted to enter the Subconscious. The table and graphic on the next pages summarize meditation at the level of the Conscious mind and graphically portray the gateway to the Subconscious mind.”



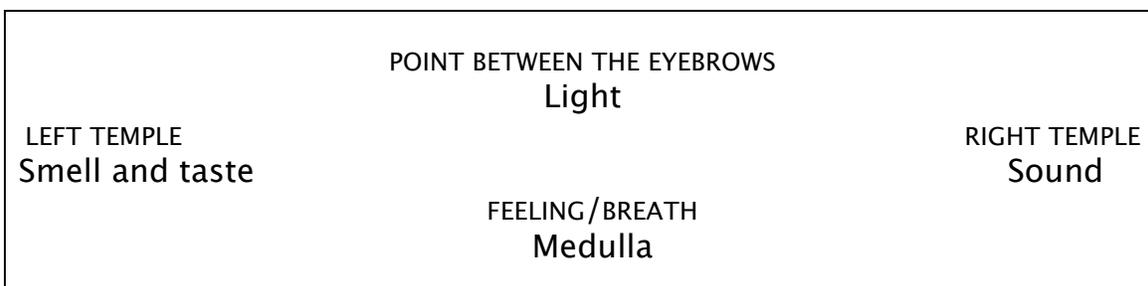
*A Webinar of the Mudrashram® Institute of Spiritual Studies*

Band	Reference Point	Content	Meditation
Ground state of attention	Medulla	Identification with the body and orientation to the environment	Contemplation of the ground state of awareness
Movement awareness	Point between the eyebrows	Awareness of movement unfolding moment of time as your life	Awareness of movement in the present moment
Sensory awareness	Thalamus (center of the head behind the point between the eyebrows)	Heightened awareness of sight, sound, taste, smell and touch	Focusing attention on each of the senses, noticing sensory impressions in the present time
Body awareness	Heart	Awareness of present time experience of the physical body	Vipassana on deep body sensations arising in the present time; Relaxation
Feeling awareness	Solar plexus	Awareness of present time emotions	Vipassana on feelings arising in the present time
Reason awareness	Forehead	Awareness of behavioral command, analogical reasoning and deductive (logical) reasoning	Vipassana on thoughts arising in the present time

Band	Reference Point	Content	Meditation
Ego awareness	Midbrain	Awareness of attitude, reactions to events, defenses, desires, and self-concept	Vipassana on I AM statements
Preconscious awareness	Navel	Awareness of ideas, memories, images and impressions arising from the Subconscious mind	Vipassana on the voidness of consciousness

### Meditation on the Gateway Center

You can meditate upon each of these inner portals through the sensory and breath absorption techniques. These gates are arrayed as follows:



### Data for Meditation on the Gateway Center

**Form** – a circle with four doorways, 90° apart at each of the cardinal points of the compass

**Energy** – containment of the energy of the Conscious mind

**Quality** – obstacle or obstruction

**Intelligence** – the wisdom of the Subconscious mind protecting the Conscious mind from incursion into awareness of elements that it is not ready to integrate [this gating activity may have its neurological counterpart in the reticular activating system of the brainstem, which keeps certain sensory data from reaching the cortex]

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

Base of spine (perineal)	The temporal gate, locking awareness into the present developmental life cycle.
Navel (sacral)	The sensory gate, blocking astral impressions from flooding the physical brain.
Solar plexus (lumbar)	The body gate, walling off unconscious elements with muscular armoring.
Heart (thoracic)	The emotional gate, repressing memories of pain, shame, anger, lust and forbidden wishes.
Throat (cervical)	The mental gate, suppressing fantasy and irrational thoughts.
Back of the Head (medullary)	The Egoic gate, the prison house of fear and clinging to life.
Point between the eyebrows (thalamic)	The preconscious gate, the barrier of repression that holds unconscious memories beyond awareness.
Brain (cerebral)	The attentional gate, which seals the attention within the sphere of the Conscious mind. IMAGE: a bubble of light floating in a sea of darkness.

**Volitional nexus** – the ability to open and close these gates to allow attention to escape from the sphere of the Conscious mind, and to admit elements from the Subconscious into conscious awareness.

## **The Seven Rays and the Gateway Center**

Depending on your Personality Ray, one or more of these Seven Ray pathways may be active at the Gateway Center. While all of the gating activities of this center operate together seamlessly, the perceptual matrix of the Seven Rays makes one aspect of this system stand out, as figure from ground.

**First Ray** (The Barrier of Ignorance) – This pathway highlights the limits of your knowledge; the barrier to deeper levels of your mind.

**Second Ray** (Inner Dialog) – This pathway underscores interacting with the symbols or “gatekeepers” that hold you back from going to deeper layers of your mind.

**Third Ray** (Finding strategies for egress) – This pathway emphasizes finding ways to get through the barrier or around the obstacles of the gates.

**Fourth Ray** (Contemplating the four tracks) – This pathway meditates upon the four pathways of Light, Sound, Nectar, and Breath to experience the content of the mind up to this center.

**Fifth Ray** (Seeking a key) – This pathway uses inner “striking on the inner doors” to gain access. It persists in trying to find a way through the door.

**Sixth Ray** (Asking for help) – This pathway calls upon or invokes a Higher Power to help one pass through the door.

**Seventh Ray** (The Riddle) – This pathway attempts to solve a riddle or mystery to get the gatekeeper to open the inner gateway.

Thank you for attending our webinar today!

