

## Advanced Student Webinar Series Webinar One

### Mantras for the Intrepid

In addition to the transformational mantra, the contemplative mantra, and chanting introduced in the basic classes—the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program—the Advanced Student learns about the use of lineage mantra (e.g., the Mudrashram® mantra), the higher octaves of transformational mantras, the higher octaves of contemplative mantras (e.g., the Nada chant) and the centering mantras.

Centering mantras are a key arrow in the spiritual quiver of the advanced meditation student, as it allows him or her to direct attention to a specific spiritual essence. Centering mantras include the following:

Meditational target	Mantra (pronunciation)
Self (nucleus of the Metaconscious mind)	Swaha (swuh <b>huh</b> )
Soul Spark or Soul	So Ham (Sew <b>hahm</b> )
Monad	Om Paramatma Hum (Ohm pahr rahm <b>ah</b> t uh muh <b>Hum</b> )
Astral Soul	Hamsa (Hahm <b>Suh</b> )
Supracosmic Soul	Bin Da (Been <b>Duh</b> )
Transcendental spirit of T1, T2, T3, T4, T5, and T7	Use the contemplative mantra for the 6th, 7th, 8th, 9th, 10th, and 12th domains respectively
Satchitananda	So Hum (Sew <b>Hum</b> )



## **Meditation Using Centering Mantras**

Attention is the arrow. Your object of meditation is your target. Mantra fires the attention at the target.

We will practice each Centering mantra in turn so you may experience this method in action. As you practice this method on a regular basis, you will find that this allows you to find a quick shortcut to go to any level of the Continuum where you are doing your spiritual work.



## Mantras of Invocation, Mantras of Union

A **mantra of invocation** is one that calls upon a spiritual essence or spiritual being. Centering mantras are **mantras of union**: they focus your attention directly upon that essence. Here are some examples:

Mantra of Invocation	Mantra of Union
Om Namah Shivaya	Shivohum
Om Paramatma Namaha	Om Paramatma Hum
Om Tat Sat Om	Tat Twam Asi
I call upon my Higher Self	I am God

We will meditate briefly on each of these examples so you can determine the difference between these two forms.



## **The Subtlety of Vibration**

Though the tonal difference between So Hum and So Ham is very slight, vibrationally, there is a vast gap between the essences they target. In the same way, if the resonance of your transformational mantra is off by a single vowel or consonant, it will not operate properly.

Beginning meditators do not appreciate these subtleties; advanced meditators learn to make these fine distinctions and use them to make their meditation practice precise. This precision is one of the markers of a master meditator.

The difference in tone between one nodal point and the next is almost imperceptible. Can you detect this subtle difference? If you can, you can verify that you are making spiritual progress.

The form visible at one nodal point is only a little different than the form visible at the next. Can you see this subtle change? If you can, you can visualize transformation.

The feeling in one nodal point is different than the feeling in the next. Can you discern this energetic shift? If you can, you can get a felt-sense that change has occurred.

Concentrate more deeply. Use microconcentration to make these fine distinctions. If you can learn to do this, you can ready yourself to become a minister of the Light—exactly altering the consciousness of others at every level to the perfect resonance of the Divine Law.

Change the resonance of an electron by one septillionth: The universe will not work. This same precision is found throughout Nature and the universe.

Learn to bring this precision into your meditations. It will change you from being a meditation dabbler into an expert and effective meditator.

Thank you for attending our webinar today!

