

## Alternative Pathways to Your Spiritual Essences

The key to successful meditation is focusing the attention on your spiritual essences: the attentional principle, the spirit, and the Soul. The attention must journey through the bands of awareness until it becomes focused on these essences; when this occurs, you are able to do your spiritual work.

Spiritual work includes:

- Using intention to activate your transformational mantra (attentional principle)
- Using intention to move the form of consciousness out of the pituitary center of the Subconscious mind and project it upward until it gains union with the Soul (attentional principle)
- Using intention to send an attunement to others after you connect to a Master who gives you the Light (attentional principle)
- Using intention to actively contemplate your inner vehicles of consciousness, so you may understand what is in them (attentional principle)
- Using intention to anchor suggestion in your inner vehicles, so you may take charge of behavior and belief (attentional principle)
- Opening the channels of the Nada and uniting with the Soul through the heart path (spirit)
- Obtaining Gnosis and enlightenment by focusing the attention on the Soul (Soul)

If you can do these things, you will transform your spiritual nature and dramatically accelerate your spiritual evolution. But you must unite your attention with these essences to activate them.

## Meditation upon the Soul

There are several meditations that you can do on the Soul to increase your knowledge of this spiritual essence and to help stir your Soul into full awakening.

- Meditation upon the Transcerebral Center in the Subtle, Planetary, and Transplanetary Realms brings realization of the ensouling entity in its own nature. This brings Gnosis.
- Meditation upon the Brain Center reveals the Soul's consciousness in Creation, and bestows enlightenment.
- Meditation upon the nodal points in front of the Soul's current nodal point gives knowledge of the Way, the Soul's Path.
- Meditation on the nodal points behind the Soul's current nodal point brings to light the Higher Unconscious and the future Initiations of the Soul.
- Meditation upon the Thalamic Center uncovers the Soul's expressions as Love, Wisdom, and Power.
- Meditation upon the Medulla Center makes known the Soul's mighty power of creation.
- Meditation upon the Heart Center brings discovery of the path of the spirit, and the Soul's presence on that path as the Light and Word.

To meditate upon the Soul, your attention has to be brought up into the Superconscious mind. This means that you have to be able to traverse the Conscious, Subconscious, and Metaconscious minds up to the level of the Self, and then launch upward into the Superconscious mind. [You usually first access the Self by using one of the Centering techniques—which you learn in the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program—before you move upwards, but this is not always necessary to reach the Soul at the pinnacle of your Superconscious mind.]

## Moving from Self to Soul

There are seven basic techniques to reach the Soul. Some of them require that you first go up to the Self; others go directly into the presence of the Soul. These techniques are:

**Atma Tratakam** – This technique requires that your attentional principle, once it has risen into the presence of your ensouling entity or beyond it, to use a beam of its intention to pull your attention up into union with the Soul. You don't have to reach the Self to use this method.

**Soul Centering Mantra** – This uses a centering mantra with a visualization to absorb your attention into the Soul. We will practice this method during this webinar. You don't have to reach the Self to use this method.

**Receptive Meditation** – This uses evocative images and visualization to bring the attention into the presence of the Soul. You learn this method in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program. You *do* have to reach the Self to use this method.

**Advanced Raja Vipassana** – By progressively moving attention selected vehicles of consciousness and monitoring the present time content at that level, attention is ultimately guided to gain union with the Great Form without Form, the Soul. This method is taught in the Mudrashram® Advanced Course in Meditation. You don't have to reach the Self to use this method.

**Progressive Concentration** – This moves the attention through each vehicle of consciousness up to the Soul. You practice this methodical study of your consciousness in the Mudrashram® Correspondence Course progressively over a series of ever-deepening meditations. You *do* have to reach the Self to use this method.

**Atma Dhyān** – This method begins by your contemplating one of the reflections of the Soul in your inner vehicles, typically the brain center of the Subconscious Chakras. With practice, as you hold your attention on this point, your attention will be drawn upward until it merges into the Soul. This method is taught in the Accelerated Meditation Program. You don't have to reach the Self to use this method.

**Kundalini Laya** – In this technique, you practice the kundalini mantra. As the kundalini energy intensifies, your attention is powerfully drawn up into the current of the rising kundalini and is carried along until the kundalini touches the Soul. You learn this method in the Mudrashram® Master Course in Meditation; you can also choose to learn it when you complete the Accelerated Meditation Program. You are passively absorbed in the Self with this method; then your attention is caught up further in the rising current to unite with your Soul.



## The Soul Centering Mantra Technique

For this technique, you will do the Hansa Breath to isolate the attention in the medulla center. Next, you will remember the track of your Soul that leads upwards through the Conscious, Subconscious, and Metaconscious minds, and up into the Soul Spark (if the Subtle Realm is your cutting edge of spirituality) or the Soul (if the Planetary Realm is your cutting edge).

[For a rare few of you, this track may extend further, into the White Lotus of Immortality (a center that awakens when individuals cross the spiritual bridge through the upper Planetary and Transplanetary Realms), or yet higher Octaves of Being.]

You will invoke the Soul with the mantra, So Ham. You breathe “So” on the in-breath and “Hahm” on the out-breath.

Once you have stimulated this center through your mantramic repetition, you will visualize a river of pure white light coming from your Soul down to the medulla center in the waking state of awareness where your attention dwells.

You will ride up that stream of light until you merge with the Soul. Once you have merged in the Soul, you can inspect the Path in front of the Soul, which we call the Way.

You can inspect the centers of your Soul’s essential body—brain, thalamus, medulla, heart, solar plexus, navel, and the base of the spine; the vehicles of consciousness aligned with your Soul’s essential body; and down to the reflected centers in the etheric body and in the Subconscious mind.

You can trace the track of your spirit—the currents of light and sound—and notice where this path is aligned with your Soul.

Also notice the track of light that connects the Soul with your attentional principle.

When you are done with your exploration, ride back down the river of light and go back to the waking state of awareness. Visualize the Light retreat back into your Soul.

## Seven Pathways to your spirit

In this webinar, we will also discuss alternate pathways to unite with the spirit and the attentional principle, but will not do the meditations for them in this session. We will focus on these tracks in future webinars.

Those of you who take the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program learn how to focus your attention on the spirit, and do the visualization and the contemplative mantra to release your spirit into the currents of the Nada.

There are seven basic methods to access the spirit:

**Surat Tratakam** – You use a beam of intention to focus your attention on your spirit. This presumes that you have identified your spirit and that your attentional principle is able to make an attunement with your attention that is powerful enough to lift it up to the level of the spirit.

**Surat Dhyan** – You focus your attention at the beginning of the Nadamic Current at the pineal center of your Subconscious mind, and remember the nature of the spirit. This method is taught in the Accelerated Meditation Program.

**Nada Laya** – Here you drop your attention into the Nadamic Stream and ride up in it until your attention merges with the spirit. There is some risk of overshooting the spirit in this method as you ride this current; you must be able to stop your attention when recognize the spirit and focus on it.

**Nuri Swarup Dhyan** – To do this method, you will first have to identify the spiritual guide who is connected with your spirit and focus your attention on this form of light (this is called the Nuri Swarup or Light Body of the guide). The guide will then unite your attention with the spirit, and then guide your spirit upwards on the Nadamic path. Sometimes, the guide will send a beam of attunement to your attention that will lift your attention up and unite it with your spirit.

**Spiritual Process Meditation** – In this technique, you do specific process meditations that link up with the spirit. When you break through these selected issues, you discover your spirit on the other side of this track through your unconscious mind. These meditations are typically used to access the fourth path of the spirit (domain 4); they are taught in the trainings of the MSIA group and in the Spiritual Psychology program of the University of Santa Monica.

**Bhava Samadhi** – If your spirit has a great yearning to be with God, the question of trying to focus your attention on the spirit will not arise—rather, you will have difficulty keeping your attention on your daily affairs, as you will be in a state of constant remembrance of God. This occurs when you are granted the gift of devotion.

**Contemplative Mantra Chanting** – This method is used to raise your attention into the presence of the spirit. You are introduced to the practice of the Contemplative Mantra Chant for all twelve domains in the Mudrashram® Advanced Course in Meditation. Groups like MSIA (domain 4) and Eckankar™ (domain 10) use this method to bring their student's attention up to the level where they do their spiritual practices.



## Seven Pathways to Your Attentional Principle

There are also seven pathways to unite your attention with your attentional principle, in case you have been having difficulty with reaching the state of union. These include:

**Purusa Tratakam** – This occurs when your attentional principle draws up your attention into union with its inner form (Purusa) using a beam of intention.

**Purusa Dhyān** – This is the method whereby your attention moves upward from focal point to focal point until it unites with the attentional principle. We teach this technique in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program. You will recognize it as the meditation that we frequently use in our webinars if you have been joining us week to week. It also appears on our website as the “How to Open Your Third Eye” meditation.

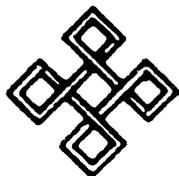
**Dwija Dhyān** – This is the eye-to-eye gaze that is used in some groups to reveal the conscious essence (the attentional principle) apart from the contents of the mind. It is used to glimpse past lives; groups that specialize in process meditation (such as Scientology™, The Forum™, and Avatar™) also use it to unite attention with the “wave of the present time” on the Akashic Records level of the Abstract Mind Plane, where it purportedly brings about an “enlightenment experience.”

**Vipassana** – If present time monitoring is maintained at the level of the senses for a sustained period of time, it is possible to break through into union with the attentional principle. [This method of progressively moving through the unconscious mind can yield breakthrough into the Self by monitoring the deep sensations within the body; the spirit, by monitoring the feeling center.]

**“The Space between Two Thoughts” Method** – Some people find that paying attention to the interval that occurs between two thoughts brings about heightened inner awareness and alertness (mindfulness) and ultimately brings discernment of the conscious witness of thought, the attentional principle.

**Your Private Mantra** – This is a word that you make up to help focus your attention on your attentional principle. It resembles a hypnotic suggestion or trigger: when attention repeats this word, it remembers the nature of your attentional principle and focuses upon it.

**Attunement** – The directed beam of attunement from a spiritual Adept can draw attention upward to unite with the attentional principle.



As you become familiar with the alternate pathways to unite with your three immortal essences—your attentional principle, your spirit, and your Soul—you will find it easier to perform the three key practices of Integral meditation: Raja Yoga, Nada Yoga, and Mantra Yoga.

To advance to the point where you can consciously commune and work with the Inner Master, which is called the discipleship, you will need to be able to effortlessly perform these three core methods and be able to unite your attentional principle with your Soul at will.

You will also need to improve your ability to contemplate (to see the content of your inner vehicles) so that you can actually discern what the guide points out to you as he draws your attention through your inner vehicles of consciousness and through the inner Planes. *This will become possible if you practice.*

Thank you for attending our webinar today!



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