

## **The Gentle Art of Integration**

Those who study meditation with us know that I am incessantly raving about Integration. Some of you understand this, but many of you aren't clear.

In this webinar, I will explain to you what integration is, why you need to integrate the contents of your unconscious mind with the conscious part, and how you make integration happen at the personal level and at the transpersonal or spiritual level.

Since I have written several articles on this topic, I wish to see if I can make this important subject more understandable to you. These articles appear two of our books:

*(1) Religions, Cults, and Terrorism: What the Heck Are We Doing?*

*(2) Meditation and Therapy: Theory and Applications*

### **What Is Integration?**

**Integration** is the process of moving an element that is in your unconscious mind, and changing it so it can be incorporated in the conscious part of your mind. This can happen at three levels:

**A. Lower Unconscious** – in this type of integration, you remember an experience that you had before your first conscious memory—where your life narrative begins—and you are able to accept that experience and include it into your life narrative. If you are able to do this for a sufficient number of “forgotten” episodes, you can effectively move your first conscious memory further back into the past and extend your life narrative to an earlier time in your life.

**B. Middle Unconscious** – in this type of integration, you are bringing elements of your mind that are embedded in the zones of the unconscious mind that are behind your vehicles of your Conscious, Subconscious, and Metaconscious mind, and incorporating them into your personality expression. These elements that are in your unconscious mind at this level are commonly referred to as **subpersonalities**.

An example of this is you might be very shy and introverted, but you are able to incorporate a subpersonality that is confident and gregarious—you tame the wild, unacceptable aspects of this subpersonality, and then, you are able to express your Self in a new, confident, and more extroverted manner.

**C. Higher Unconscious** – in this type of integration, you integrate elements of Superconscious mind (a) into your personality, and (b) into your Soul's field of consciousness. Elements of the Higher Unconscious are often referred to as **archetypes**.

An example of (a) is when you incorporate religious beliefs into your personality. You do (b) when you perform transformational meditation such as Bija Mantra, Kriya Yoga, or Nada Yoga, and you expand the zone of your consciousness—as this occurs, you transmute the contents of the band of the unconscious mind that occupied that zone—some of this material becomes integrated into your Soul's consciousness.

## **Your Subpersonalities of the Middle Unconscious**

As part of your *socialization*—what you learned about life from your parents, at school, at your employment, from your peers and classmates, and from the clergy of your faith—you were told that certain impulses, certain ways of acting or speaking were unacceptable.

The aspects of your personality that those who shaped your behavior and values did not accept could not express safely without being subjected to criticism, ridicule, or punishment. To protect or defend themselves, these aspects of your personality moved into the wilderness of your unconscious mind.

These subpersonalities remain in the liminal zone of your unconscious, and attempt to express themselves. They do this because

- (a) They represent legitimate human and personal needs that can't be satisfied at the present time
- (b) They represent primitive, uncivilized ways of expressing powerful emotions and drives, like shame, anger, greed, terror, sexuality, power and domination, and inflated egotism.
- (c) They exhibit independent thinking or types of creativity not acceptable to the enviroing culture.

In our first meditation today, we are going to meet your subpersonalities, to get a sense of what aspects of your personality have been delegated to the wilderness of the unconscious mind. This is called the Inner Theatre Exercise.

## *The Inner Theatre Exercise*



Imagine that you are in an empty movie theatre. There is a projector above and behind you that is shining a bright light on the stage.

You invite *all* of your subpersonalities to come up on the stage and introduce themselves. Since there may be several of them, ask them to form lines if they need to so you can see all of them.

As each subpersonality comes on stage, notice what it looks like. If it is vague, you can ask it to step forward so you can see it more clearly.

Also ask each subpersonality to say its name so you can hear it and discern its unique voice.

Now review the different issues that these subpersonalities represent in your life. Notice if any of them seem like a positive aspect that you would want to bring into your life.

These positive elements—which might be your urge for creativity, a more fulfilling life, and missing pieces of your personality expression [e.g., confidence for a shy person]—are the ones you can work with first.

## Methods for Integration at the Personal Level

Those of you who have taken, or are currently taking the Mudrashram® Master Course in Meditation or the Accelerated Meditation Program, have learned the **Rainbow Technique**. This is a method that can help you integrate these subpersonalities.

For those of you who haven't taken our meditation courses, you can also learn this method in "**The New Agni Yoga – Attunement Meditation Workshop**," which is our public webinar of 3/17/12. We invite you to join us so you can gain a clearer and deeper understanding of how visualization and intention can direct the Light Fire of Spirit in ways to facilitate healing, integration, and actualization. If you can't attend on that date, you can listen to the recording.



## Why Do I Need to Integrate My Unconscious?

When you think about your unconscious mind, it represents your potential.

Some of this potential is in the form of *challenges*, issues you have to overcome to make your next step in personal or spiritual growth.

Some of this potential appears as *new abilities* that you will be able to express once you unlock the key to your unconscious storehouse.

Some of this potential will manifest as *virtues*, positive character traits that result from sublimation and transmutation of elements of your unconscious mind.

## **The Integration Process in the Superconscious Mind**

The integration process in the Superconscious mind involves two processes: sublimation and transmutation. These change elements in the unconscious mind into elements that can be assimilated and used by the Soul.

### **What Is Sublimation?**

Sublimation means that you convert a negative passion or drive into a positive virtue or character trait.

Those of you who have done the Rainbow Technique might have encountered this when you asked a subpersonality the last process question—sometimes you discovered in the core of that subpersonality, there is the exact opposite of the negative traits it was exhibiting.

Examples of sublimation include:

- Lust changes into love
- Anger transforms into resolve and powerful will
- Greed is recast into charity and caring for others
- Cruelty resolves into compassion and mercy
- Resentment transposes into forgiveness
- Arrogance transmutes into humility
- Addictive craving turns into detachment, and freedom from compulsion
- Turmoil and upset is converted into peace

Sublimation occurs when the element is *transmuted* through inner process and insight, or through the transforming and purifying power of the Light of Spirit.

## What is Transmutation?

In our article, “Transformation: Mechanisms of Reduction of Intrapsychic Elements” in our collection of articles called *The Winds of Nubiya*, we describe what takes place during spiritual transformation, and the role transmutation plays in that process:

- 1) The transformational method turns an inner wheel clockwise seven times. This expands the field of consciousness, or context of perception, to incorporate and contain the previously unconscious element.
- 2) The inner wheel turns counterclockwise, which burns away the karmic seed and its impressions, which begins the active transmutation of the element.
- 3) The first step of the transmutation process is marked by reorganization, synthesis, and integration of the cognitive component of the element.
- 4) This step is followed by catharsis, a release of the emotional charge of the element. This transmutation process also stimulates the action of the illumined mind, which alters the associated irrational beliefs embedded in the belief matrix of the element.
- 5) Transmutation then moves to the imaginal form of the element. This “thought form” of the element may be changed into its opposite, e.g., a demonic form may be changed into an angelic one. Alternately, the form may be dissolved, which stops the stream of fantasy and projection that characterizes these imaginal forms in their active mode.
- 6) Transmutation then moves to the desire or motivational stratum. This extinguishes the attachment, desire and craving for the object targeted by this element. This leads to dispassion and detachment towards the element, and allows you to see the object as it is.

- 7) Transmutation then opens the segment of the inner etheric channel that corresponds to the element. The blockages are dissolved and energy again moves freely in that portion of the channel.
- 8) Transmutation purifies the physical matrix of the element. This can result in relaxation of sustained muscle tension as the protein or muscular component is reduced. It may also release the inflammation, swelling, or retained toxins embedded in the lipid matrix. It may also dissolve the mucopolysaccharide matrix, resulting in clearing up of nasal and bronchial congestion.
- 9) After transmutation has cleared out the inner vehicles of consciousness to the next nodal point, the seed atoms of the vehicles of consciousness together with their integrating centers are tuned up in alignment with the new state of consciousness. This moves the ensouling entity to a new state of being. The integrating centers of the Superconscious mind, which we nuclei of identity are aligned in correspondence with this new state of being. This realignment of centers is called Initiation or Samadhi.

“Since this transmutation process operates in the physical substrate, when the fire of the descending Light reduces this element, it can result in healing.”

## **The Role of Integration in Spiritual Growth**

Excerpted from *Religions, Cults, and Terrorism: What the Heck Are We Doing?*

“Much of the mind is buried under the dark veil of the unconscious. Aspects of the personality, as well as aspects of potential spirituality, are locked in this vault of the unconscious mind.”

“Spiritual evolution transmutes and transforms the unconscious mind. This means that the karmic matter that is deposited in this zone is changed into a new form. These karmic accretions can be”:

- (1) **Obliterated** – the karmic matter is burned away, dissolved or evaporated by the inner alchemical transmutation process of the Spirit.
- (2) **Modified** – the quality of the karmic matter is changed so it expresses in a new way. For example, an unconscious element that shows disrespect and impudence can be changed so it is respectful and polite.
- (3) **Integrated** – an element that operates autonomously, outside the control of will or intention, comes under the control of the volition or intention. An element that is sensed to be not a part of the organism, personality, or spiritual nature becomes a part of them.
- (4) **Synthesized** – the element becomes understood and known. It becomes part of the intuitive synthesis that constructs the world-view of the individual, his or her cosmological perception of the outer and inner universe.
- (5) **Demystified** – the element is analyzed so that all of its component parts are known, It is taken apart (deconstructed) and reassembled (constructed) so that all questions about the element are answered. For example, the components of a symbolic element of the unconscious are contemplated and understood.



*Archetypes* become integrated as patterns or roles of life: e.g., the archetype of the Great Mother becomes integrated as a woman's parental behavior.

*Legends* become deconstructed into their historical, cultural, and psychological origins.

*Glamour* about charismatic or famous people dissipates, as how they do what they are able to do is understood.

- (6) **De-emotionalized** – emotional projections such as fear, anger, love and awe cease to be directed at the element. Defense mechanisms are defused, and the element is accepted. In some cases, the element may be peaceably integrated into the organism, personality, or spiritual nature.

“Once the element has been freed from projections and defenses of the mind, it can be expressed as behavior, communicated verbally, or channeled into an avenue of creativity...”

## **The Challenge of Integration**

“As the engine of spiritual evolution moves the Soul and its vehicles across the vast tracks of the Great Continuum of Consciousness, it opens the vaults of the unconscious layer by layer. As the Spirit transforms and transmutes this material, some of this material is integrated.”

An integrated element:

- Can be voluntarily activated by an octave of the will or by the intention
- Its form is contained within the conscious zone of the individual
- It functions in harmony with other integrated elements in a coherent system

- It is incorporated as a part of rational, mnemonic, intellectual or intuitive mental functioning
- It is owned, e.g., felt to be a part of the organism, the ego, the Self, a nucleus of identity, or the ensouling entity
- It is unified and congruent with the energy field of the individual (aura)
- It is expressed as voluntary behavior, appropriate and regulated affect, and ego-syntonic cognition

“Integration is an important part of spiritual evolution because the aspects of the unconscious that can be integrated can be utilized.”

Integration yields:

- New abilities or powers
- New insights and wisdom
- New intuitive synthesis and understanding
- New avenues for creativity and self-expression
- New knowledge of the external and internal universe
- New virtues or Grace
- New ability to live in harmony with inner truth (Dharma)

“Simply to burn away the karmic accretions of the unconscious in the downpour of spiritual Light and Fire yields nothing but an inner vacuum.”

“Something of your inner journey must be added unto you; you must have something to show for having made the Great Journey. *This is the role of integration: some portion of the karmic accretion within you becomes redeemed, reformed, and rehabilitated so it adds to your ability, knowledge and character.* This is the "gold that is tried in the fire" that is the gift of spiritual evolution.”

*Sounding the Depths of the Unconscious Exercise*



In this meditation, you are going to get a sense of what material is not integrated in your Higher Unconscious.

For this exercise, you will imagine that you have a special probe with an extension rod that you can place in the darkness beyond your Soul. You can extend this probe for miles, if necessary, to examine the contents of your Higher Unconscious.

Imagine that this probe is lighted, so you can shed light upon the contents of your Higher Unconscious. It also has television, so you can glimpse where you are, what it sees up in this zone of darkness.

Put this probe up behind your Soul and trace the entire track of the Higher Unconscious. How deep does it go?

Next request your probe to report back to you on what kind of content is in your Higher Unconscious. Ask, “What’s in there?” Notice what comes up as you ask this question.

[Those of you who have an insatiable desire to know what is in your Higher Unconscious can request a Karma Reading from me.]

Thank you for attending our webinar today!

