

Glimpses of the Path Ahead

Have you ever wanted to know the next steps in your spiritual growth? We will again excerpt from the treasure chest of *The Winds of Adi Sat Guru Desh* to get guidance from the Swamis on how you can effectively use your time in meditation—e.g., once you finally get to the Soul, what do you do there?

They also reveal what are some of the challenges awaiting you on the upward path. They shed light on what it means to make a Soul Choice, and how you can discern this deepest faculty of volition from the other voices within you.

We invite you to join us to partake of this inspired satsang.

The Daily Spiritual Work

Excerpted from *The Winds of Adi Sat Guru Desh* © 2013

Aspirants sometimes ask about what they should do in meditation. *With some effort, they reach the stage where they can move as the attentional principle to the presence of the Soul, but once they get there, they are at a loss as to what to do when they are there. As a guide to these perplexed ones, we offer the following suggestions.*

- (1) Do your transformational mantra from this state, so you can be aware of the spiritual downpour that occurs when the Spirit has burned through the karmic accretion of the unconscious mind to the next nodal point of the Path.
- (2) Commune with the inner Guide and Master, who appears at the door of the Soul (Atma Dwara). You can ask him or her your questions and listen for the response. When you strengthen this connection through regular meditation, you will find to your delight that the inner Master will begin to teach you about spirituality and life. This intuitive reception of guidance, we call Satsang.

(3) Take this time to dialogue with your Soul about the issues that concern you. Questions you can ask, or suggestions you can give, include:

“What is my service?”

“What is your purpose?”

“What are the abilities that you [the Soul] have developed? [“Show them to me.”]

“What are your forms or vehicles of consciousness?” [“Show them to me.”]

“Reveal to what each vehicle of consciousness does and what it controls”

“Show me the content of each vehicle of consciousness.”

“Show me the inner worlds within you.”

“Show me the Laws of Matter, Mind, and Consciousness.”

“Show me the chakras or centers of each inner vehicle and reveal its gifts of knowledge and ability.”

(4) Serenely sit in the Presence of the Soul and let each vehicle of consciousness quiet down and process out its contents. This is similar to putting away all of the issues that you have, resolving them one at a time. When this occurs, you reach a state of deep inner silence, or Titiksha. In this state, you can feel the deep bliss of the Soul and hear the Sounds of the Silence resonating within you. This state brings great peace and is healing and rejuvenating.

(5) Contemplate the Soul beyond all of its vehicles. This state, called Atma Samadhi, brings about the state of Gnosis—knowing the Soul as the Soul. In this state you “wake up within” and view the inner worlds from the Soul’s perspective.

(6) Pray to God or any spiritual Master that you trust and love.

- For a Christian, this might be Lord Jesus, Master Mary, or one of the saints.
- For a Jew, it might be Moses or Elijah.
- A Hindu can pray to their Guru or one of the gods or goddesses.
- Buddhists can pray to Lord Buddha, the Guru of their lineage, the Dalai Lama, or any of the Bodhisattvas.
- Sikhs can pray to one of the Sikh Gurus.
- Muslims can pray to Allah or one of the Murshids of their Order.
- Those that feel affinity for the Mudrashram® lineage can pray to Swami Prem Dayal, Swami Charan Das, or Swami Prabhu Maharaj.

Pray

- To obtain their blessings and help to make progress on the spiritual path
- To help you gain insight, discernment and wisdom, and to help you see and hear inwardly
- To help you use your powers rightly
- To reveal to you right actions in your life
- To correct your character faults
- To grant you the gift of devotion and love, so you can go back to God and unite with Him, and render loving service to humanity and other living beings
- To receive the Light and learn how to minister it to others

- (7) Draw your attention up through each vehicle of consciousness and contemplate it, up to the Presence of the Soul. This will bring the highest discernment and clarity as you consciously experience each vehicle up to the Soul's presence. This brings about the state called Atma Laya, where your attention becomes completely focused on the Soul and you enter a state of blissful union with the Soul.

Unfolding the Soul

Ultimately your spiritual progress is contingent upon the unfolding of your Soul through transformation. When you send your beam of intention to the seed upon the Lotus Feet of the Divine, the Light Fire of the Spirit descends and opens you at the following centers:

The Transcendental ensouling entity (T1 to T5) aligned with your cutting edge of spirituality is moved to the next nodal point

Your Supracosmic Soul and its vehicles, and the Supracosmic seed atom aligned with your Supracosmic Soul unfolds to a corresponding nodal point

Your Astral Soul and each of its vehicles are tuned up in alignment with your cutting edge of spirituality

The Monadic Flame that broods upon the Soul moves to the next nodal point

Your Soul moves to the next nodal point

The reflected light of the Soul moves to the next nodal point

The streams of Love, Wisdom, and Power of the Thalamic Center are tuned to the next nodal point

The AUM/AMEN vibration is tuned to the next nodal point.

Your Soul's causal vehicle is attuned to the next nodal point and the karma contained between the Soul's current nodal point and its former one is dissolved and transmuted

Your Soul's astral vehicle is purified, as the entities clinging to it are burned away and it is suffused with the qualities of holiness, goodness and loving kindness

Your Soul's etheric vehicle is purified, the Kundalini Path is opened to the next nodal point, the meridians are cleared of their obstructions of matter, and the chakras are tuned up to a new, higher vibrational pattern

The seed atom in the etheric body corresponding to the Soul's cutting edge of development is tuned up to a new resonance corresponding to its new station on the Path

The vehicles of consciousness on the Plane through which the Soul is sojourning is tuned up to the new state of consciousness, unfolding the seed atoms of these vehicles and any nuclei of identity that may dwell within them.

As aspirants become more familiar with generating the downpour of Light through using their transformational mantra and the process of consciously unfolding their Soul, they become disciples on the Path.

These ones actively and consciously make their ascension towards Mastery and Liberation, and actualize their full spiritual and human potential.

Challenges of the Path

Excerpted from *The Winds of Adi Sat Guru Desh* © 2013

Disciples often are unclear about what they must accomplish as they press on to greater spiritual heights. The key tasks that they must master during the disciplic phase of their work [from the Third Planetary Initiation to the door of the Bridge Path] and the advanced disciplic phase [work on the Bridge Path] are summarized in the table on the next page.

Ray	What Must Be Mastered
<i>Disciple's Challenges</i>	
1st	Discipline
2nd	Understanding, wisdom, and illumination
5th	Mastery of Meditation
6th	Dedication and surrender
7th	Concretization
<i>Advanced Disciple's Challenges</i>	
3rd	Responsibility for service to God and fulfillment of the Plan
4th	Compassion and Grace – Expression of Empowerment

What are these key tasks?

Discipline means that disciples need to gain mastery of their nature and personality so they can express their Soul's Purpose and carry out Divine ministry through their human pole.

Understanding, wisdom, and illumination mean that the disciple must gain the requisite insight into spiritual growth and development so this can be conveyed to others as teaching and guidance.

Mastery of meditation means that they are able to use all techniques that have been given to unfold their potentials of consciousness, to work on their personality, and explore all aspects of the Great Continuum of Consciousness.

Dedication and surrender means that they make their spiritual development and service to God their first priority, and that they are willing to be guided by God's will.

Responsibility for service to God and fulfillment of the Plan means that they will carry out the service that God gives them and work to complete each facet of their inner Mastery.

Compassion and Grace and Expression of their Empowerment means that they use the Grace they have been given to serve others and help them; they are not only focused on self, but make service to God and humanity the core mission of their lives.

As disciples make progress on the spiritual path, they will reach stations where they will gain the ability to act as an Initiate at one level of the Great Continuum. Initiates assume two forms within spiritual traditions:

- (1) Empowered Office Holders (Nirmanakaya)
- (2) Assumption of Form within the Hierarchy or Lineage from beyond (Sambhogakaya) to establish ministerial attunement with their disciples

Disciples must make the soul choice as to what way they will express their Initiatic services at that level. They may not be immediately empowered upon attaining this station on the path. Instead, they may work on form building for their future ministry, which will include the ability to minister gained at each level of the Continuum.

What are some of these forms with the power to send the Light?

1. Adept Master
2. Yogi Preceptors
3. Cosmic Master
4. Guru (Supracosmic Mastery)
5. Sat Guru (Transcendental Mastery)

On the Bridge Path, there are four empowered forms:

1. The Form of the Disciple – this disciple is empowered to give the empowerment mudras for the Mudrashram® Master Course in Meditation
2. The Mahatma – this disciple is empowered to do the guiding for the Mudrashram® Advanced Course in Meditation
3. The Lineage Holder – this disciple is empowered to train other teachers and act as a mouthpiece for the Multiplane Masters and channel their guidance
4. The Multiplane Master – this Initiate is able to minister in all twelve spiritual domains and in each band of the Great Continuum of Consciousness from the Conscious mind to the Transcendental Sphere

Disciples need to master each of these key tasks on their upward journey and prepare the forms of their ministry. The Masters of the Mudrashram® lineage stand with them as they make their ascent, and remain willing to guide them through each step of the journey.

Reflections on Soul Choice

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Many aspirants and disciples do not really understand what is Soul choice, and are unclear about its significance in spiritual growth and development. Soul choice encompasses

- (1) The choice to enter and make advancement on the spiritual path
- (2) The choice to be of service out of compassion to others
- (3) The choice to assume a form in the Cosmic Hierarchy or to step into Liberation from the Cosmic Sphere

- (4) The choice to take on the mantle of a Guru or travel the path to Liberation from the Supracosmic Sphere
- (5) The choice to become a Sat Guru on a Transcendental Path or to merge into Liberation
- (6) The choice to assume a form of Mastery on the Bridge Path (teacher, advanced teacher, or lineage holder) when this is granted as a calling
- (7) The choice to take on the karma of others through a Bodhisattva Project on the Bridge Path or on T6, or elsewhere on the Continuum as an Avatar

These choices are not made at the level of the personality from the human octave of volition. The attentional principle does not make them, though it aligns with that choice when it is made. The spirit does not make this choice, though it may honor and accept them. Rather they come from the core of the ensouling entity, out of enlightened choice.

Enlightened choice

- (1) Considers all alternatives
- (2) Fully understands the consequences
- (3) Understands what the choice requires and takes full responsibility for it
- (4) Fully commits all resources of being to carrying out the choice, utilizing the abilities and virtues contained in the vehicles of the Superconscious, Metaconscious, Subconscious and Conscious mind
- (5) Overrules the volitional suggestions at all other octaves of the mind
- (6) Makes the step into this work with full confidence and faith
- (7) Begins the work of spiritual development or spiritual ministry as this choice requires

There is no uncertainty or wavering in this choice. When this state of mind reveals itself to awareness, there is no doubt.

But since many aspirants or disciples have never experienced this state of mind, they often mistake other levels of volition for Soul choice.

These other levels of volition, while they are commonly experienced as strongly advocating a course of action and giving a rationale for carrying it out, they lack the ultimate authority and command of Soul choice. Moreover, there are a number of drawbacks inherent in these other octaves of choice when it comes to making important decisions impacting the destiny of the Soul.

Only Soul choice can open the doors on the path that lead to the assumption of Mastery or Liberation. Other octaves of volition may recommend or strongly advocate their point of view, but Soul choice is the ultimate authority.

These other octaves of the will do influence decision-making. In those who have not experienced the enlightened state of mind will often be guided by these other octaves of the will. These octaves of volition are described below.

Octave of the Will	Activities	Potential Drawbacks
Personal volition	Uses the intellect's problem solving ability and evaluation of alternatives to arrive at a decision as to which path is best; operates all of the faculties of the personality to accomplish defined goals	Lack of sufficient and correct information leads to decisions made with poor consequences

Octave of the Will	Activities	Potential Drawbacks
Primitive will	Uses an intuitive sense of timing to perform a service to the tribal group, in harmony with the seasons and with the environment—these abilities can include gardening, hunting and gathering, dancing or other abilities performed for the group	Intuition may come to incorrect conclusions nature of the weather or the conditions of the environment; these choices may be informed by myths or superstitions that lead to poor or undesirable outcomes
Magical will	Uses powerful suggestions or “spells” to influence other people, or purportedly, the forces of Nature, to bring about intended results. Depending on the content of the suggestion, this can help or harm other people.	Intention, or a powerful wish, does not always produce its intended results. Sometimes the suggestion does not work and is rejected; sometimes the suggestion backfires and causes difficulty for the sender. It may give an unwarranted sense of efficacy and power, when in fact their magic is illusory.
Biophysical will	Makes choices to select a mate based on sexual attraction, selects items of diet based on taste, or may choose intoxicants to alter awareness. Seeks adventures and/or solitude in Nature. Attempts to simplify life to live in harmony with Nature.	May lead to addictions to thrill seeking, sex, or drugs as the powerful instinctual forces of this octave guide decisions. May make poor food choices, which may produce malnutrition or poor health. The individual may forego career and educational development in favor of living simply in tune with Nature.
Abstract Mind will	Expresses the Soul’s gifts in the fields of athletics, science, art and philosophy. Acts to create conditions to actualize your goals and dreams	May seek solutions within the parameters of science, philosophy or metaphysics, but may be unaware of other potential solutions that exist outside these boundaries

Octave of the Will	Activities	Potential Drawbacks
Moral will	Governed by the Moon Soul nucleus of identity, this octave institutes value and self discipline, cultivates virtue and goodness, and invokes and listens for the guidance of the Holy Spirit	Depending on the values that are learned, operating this octave of the will may lead to immersion in cultic belief systems marked by withdrawal, austerity, and total immersion in cultic beliefs and doctrines. The attitude of waiting for inner guidance to inform your choices may lead to passivity and inability to take necessary, constructive and decisive action.
Solar Angelic will	Governed by the Solar Angel, this octave of will dissolves negative or limiting beliefs, inspires, uplifts and grants hope	Can produce delusional states of grandiosity and conviction in those not properly prepared to access this octave of the will. Sometimes dissolving appropriate limiting beliefs may lead to wrong decisions or injury when the protective filters of the mind are removed in the enthusiasm of this state of mind.
Transpersonal will	This octave is in touch with Soul Purpose and can directly communicate the will of the Soul to the personality.	It may be difficult for aspirants and disciples to tap into this level, and they may mistake other octaves of the will for this one,



You can tap into the Soul through the pathway of the transpersonal will. You may see in this octave of the will the mysterious inner command of the Soul. As the aspirant advances on the path, this will becomes increasingly active in governing the personality. By the Third Planetary Initiation, the Soul actively shapes the personality to carry out its will and become its instrument.

We encourage aspirants and disciples to contemplate the Soul will and the choices it makes on the path. It is essential that you learn to identify and discern the other volitional “voices” within you, so you will rightly hear the guidance that will lead you to discover, align with and ultimately actualize your Soul Purpose.



How might you more productively use your time in meditation?

Which of the suggestions that the Swamis gave might you add to what you are doing now to augment your meditation experience?

What are your greatest challenges in meditation right now?

What are some strategies you might use to overcome the challenges ahead of you on the path?

Have you ever made a Soul Choice? How did it change your life?

How do you know for certain that your Soul is directing you, and not some other octave of volition?

What has helped you make this distinction?

Thank you for attending our webinar today!

