

## On Developing Discernment

Aspirants and disciples are instructed to “develop discernment” on the spiritual path. Many aspirants do not really understand what discernment is and why it is important. This article will attempt to clarify discernment’s role in spirituality.

### Discernment and the Psychic Realm

Discernment becomes especially critical when sojourning through the Psychic Realm, where the wayfarer encounters many illusions and distortions. These illusions and distortions resemble the blending of light in moving waters, which warps accurate perception of an object’s image, size, distance, and correctly detecting the nature of the object.

In the Psychic Realm, this warping and misshaping of perception arise from several sources:

1. Projection of material from your unconscious mind on the object perceived, making it appear to contain attributes not actually present in the object. [This is common in psychometry, where impressions are gathered from an object possessed by another person.]
2. Contamination of perception by your wishes or desires, which may lead you to advise others to use ways that would lead to fulfillment of your own desires using your available abilities. This type of imposition of your subconscious motivations commonly lead to erroneous advisement where (a) you falsely attribute your needs and wishes to them, and (b) you advise them to utilize solutions that are not within their current capacity.

3. Your inability to clearly see the phenomena of the Psychic Realm may lead to your viewing the energy fields surrounding people and objects, and the apparent qualities emanating from them (auras) as if through a mist or fog. This normally clears up as the aspirant gains greater facility using the astral sense of sight, which is called clairvoyance. More information on this ability is in our article, "*Clairvoyance*."

<http://www.mudrashram.clairvoyance.html>

4. Inability to recognize the nature of the object being seen because of lack of familiarity with types of phenomena encountered in this realm. You do come to recognize the various types of thought forms, spirits, and entities encountered here in the realm of the Divine Imagination with greater experience with these phenomena. Reading of books with message derived from this realm, such as books on spiritualism, may help you determine what these objects are.
5. Channeling messages from Psychic Realm entities may bring in various types of impressional material and guidance. These messages may be (a) inaccurate, (b) distorted, (c) unusable by the recipients of the message, or (d) contain advice, which when acted upon, may lead to disruption of the recipient's life. This particular type of distortion is discussed at greater depth in our article "*The Entity Will Now Speak: On the Uses and Abuses of Channeling*."

<http://www.mudrashram.com/channeling1.html>

6. Interpreting symbols in divinatory systems such as numerology, tarot, or astrology, may lead to wide divergence in their purported meanings because of the associations the reader makes to these symbolic templates. The same numerical data, the same tarot card spread, or the same astrological chart may lead to very different interpretations by different readers. Issues with interpreting symbolic arrays are discussed in the evocative article, “*Symbolic Meditation*,” on our website: <http://www.mudrashram.com/symbolicmeditation1.html>.
7. Underdevelopment of the matrix of discernment, which makes up the Buddhic capsule around the Soul, may lead to giving impressional and interpretative readings without insight into the true nature of what is perceived. This matrix of discernment has seven layers, which are shown below.

Types of Discernment		
1	Sensory	Discrimination of objects and persons in the environment using the five major senses
2	Rational	Reason or reality testing uses analysis and deduction to arrive at an accurate assessment of what is real
3	Intellectual	Problem solving, deciding among alternatives, developing judgment about potential consequences

Types of Discernment		
4	Attentional	Discernment of different layers of the Great Continuum of Consciousness, noting different phenomena and markers in different vehicles
5	Spiritual	Discerning the nature of a spirit; viewing the world from the vantage point of the spirit
6	Ontological	Discerning the nature of the Soul, which grants enlightenment and Gnosis
7	Path Discernment	Knowledge of all nodal points in a particular band of the Great Continuum of Consciousness and their content, combined with knowledge of the reflected archetypes on parallel Planes; knowledge of all the stations of the path of the spirit in all active Nadamic channels

We believe that the aspirant optionally needs to be fully competent in the first three types of discernment, which occur within the zone of the personality, before attempting to develop the four more subtle types of discernment, which can be mastered only through extended practice of meditation.

## The Role of Reality Testing



The ability to use the reality-testing faculty of reason is especially crucial during passages through segments of the path such as the Lower Astral Plane and Psychic Realm where aspirants encounter rampant fantasy and illusions.

Failure to develop reality testing can lead to delusions and hallucinations as the mind encounters material that cannot be integrated. [See our article, "*Hallucinations*" on our website, <http://www.mudrashram.com/hallucinations1.html> for more details on this topic.]

Some initial intellectual preparation for entering the astral worlds is also essential, so that you may have a framework to understand the phenomena of these realms.

### **Developing Subtle Discernment**

Meditation training in the Mudrashram® tradition with meditation on the bands of the Great Continuum of Consciousness, with an aim to identify the content of your inner vehicles of the Conscious, Subconscious, and Metaconscious mind and to recognize the Self, the integrating and directing nucleus of your personality. It further teaches you how to identify and activate your attentional principle, your spirit, and your Soul. We encourage and provide additional training in studying the continuum of conscious in greater depth through the Mudrashram® Advanced Course in Meditation, the Satsang Program Home Study Course, and the Mudrashram® Correspondence Course.

Other religious and spiritual groups that teach meditation do not typically emphasize this aspect of the work as the Mudrashram® teachings do, relying instead upon following specific meditations designed to permit the aspirant gain access to the band of the Great Continuum of Consciousness at which they perform spiritual work.

We believe that this approach introduces some problems, as it does not provide contextual information on these experiences, which tends to mystify spirituality, and can lead to spiritual imbalances when the spiritual work occurs outside the cutting edge of spirituality.





## How to Activate Discernment

Activating discernment may be aided by direct inquiry, which sparks the intuitive intelligence of the Superconscious mind. Questions that can be helpful for journeying through the Psychic Realm include:

1. “What is this that I am perceiving?” [This ultimately leads to the recognition of inner phenomena.]
2. “What is the source of this communication I am receiving?”
3. “What is the state of spiritual development of this source?” [An entity dwelling in the Psychic Realm, for example, would not be capable of guiding an aspirant out of this realm.]
4. “In what level of the Great Continuum of Consciousness does this phenomena occur?” [This questions is helpful to build your map of the Great Continuum of Consciousness.]

5. “In which vehicle of consciousness does this phenomena occur?” [This is helpful to differentiate the content of your different vehicles of consciousness.]
6. “From which identity essence does this communication originate? Does it come from the attentional principle, spirit, nucleus of identity, or ensouling entity?” [This leads to discernment of these spiritual essences, so you can recognize these essences in your self and in others.]

As you explore additional zones of the Great Continuum of Consciousness, you can later add:

7. “From what octave of being does this communication come? Is it from the same or a different octave than my cutting edge? This will help you avoid doing spiritual work at the wrong level, so you will not create imbalances. See the article on our web site, “*The Cutting Edge of Spirituality*”

<http://www.mudrashram.com/cuttingedge.html>.

The question of relevance and veracity can be addressed by questions like

8. “Is this communication relevant to my specific personal or spiritual situation? [When information is extremely vague, it can seem to be applicable to anyone.]
9. “Can I verify this information that is being given to me as true or accurate?” [In the plethora of information disseminated to seekers, they may not have the breadth of the experience to discern the accuracy of information. We suggest that seekers hold all information received that they cannot verify as a hypothesis; subject to later verification or rejection.]

Other methods that can augment the development of discernment include the Silver Onion Technique, taught in the

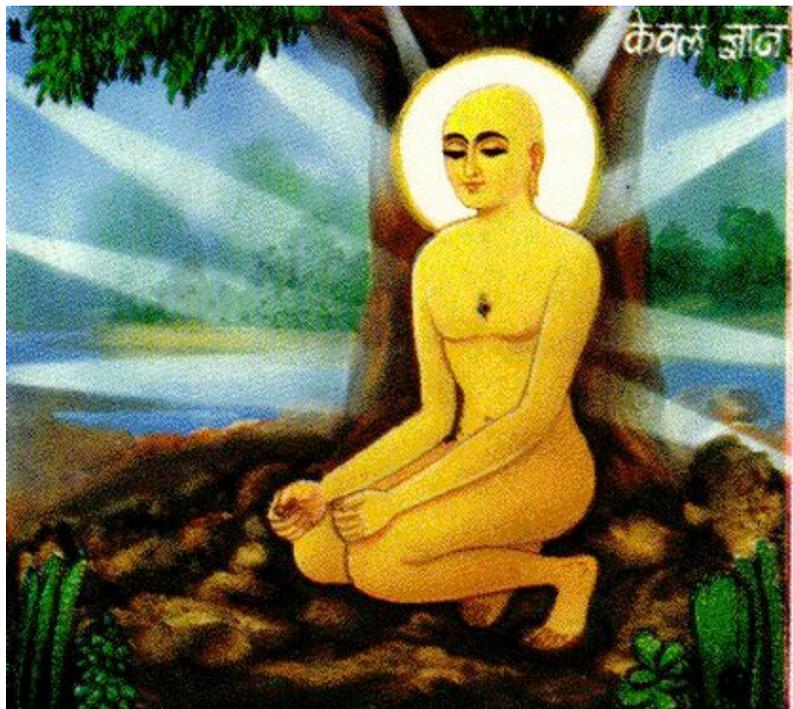
Mudrashram® Master Course in Meditation and Accelerated Meditation Program, and the practice of Raja Yoga meditation upon the vehicles, taught in the Mudrashram® Advanced Course in Meditation.

## **Markers of Discernment**

As your inner discernment grows, you will be able to differentiate:

1. Plane phenomena
2. Contents of vehicles of consciousness
3. Organizing centers in vehicles of consciousness
4. Seeds atoms of vehicles of consciousness
5. Unconscious zones of the mind behind seed atoms
6. Origin of your vehicles of consciousness
7. Spiritual essences

Discernment will not come immediately, but if you pursue a methodical study of your vehicles of consciousness and the Planes of Light, you will begin to progressively enhance your ability to know the real from the unreal, and awaken your Soul's innate faculty of the Illumined Mind, which confers enlightenment.



Thank you for attending our webinar today!

