

An In-Depth Exploration of Your Vehicles of Consciousness Focal Points 4 and 5

As we continue to study the bands of the mind in greater detail, you will begin studying each vehicle of consciousness. In today's webinar, you will examine the vehicles of (1) awareness of deep body sensations and (2) the feeling center.

The Awareness of Deep Body Sensations Focal Point 4

Excerpted from the Mudrashram® Correspondence Course

"The Body Awareness Center contains the sensory awareness of the internal body and its physiological functioning. It contains the internal receptors that mediate the... [deep] senses of... pressure and pain, and the chemical and hormonal regulation of the cellular environment of the tissues of the body."

Progressive Muscle Relaxation

"Lay on your back on a sofa or bed, or on a mat on the floor. Beginning with your feet, gently tense, let go of the tension, and withdraw your energy from your feet."

"Do the same thing with your ankles, calves, thighs, pelvis, abdomen, diaphragm, chest, hands, wrists, lower arms, upper arms, shoulders, front of neck, back of neck, right side of neck, left side of neck, jaw, cheeks, muscles around the eyes, and forehead. Feel the sensation of the entire body being deeply relaxed. After you have spent a few minutes in this deeply relaxed state, begin to gently wake up your body parts in reverse order, starting with your forehead."

“This practice is helpful to relieve stress. It is also the precursor to the technique of autohypnosis, and is used in systems such as Autogenics and Silva Mind Control.”

Cellular Awareness

“Bringing the attention to the skin, give your self the suggestion, “This is my skin.” Feel the sensations of your skin. Next, suggest, “These are my muscles,” and feel your muscles. Progressively give yourself the suggestions for the following body systems: my connective tissues, my adipose tissue [fat], my bones, my organs, my circulatory system, my lymph system, my nervous system, and my glands.”

“Now feel that [your] body is a universe of cells, interconnected, interrelated, and communicating with one another. Go deeper still and sense that your cells are made of molecules, atoms, and subatomic particles. Feel that your body is energy, pulsing and alive with vitality. Enjoy the feeling of the energy of life within you.”

“Now, bring yourself up slowly from subatomic, atomic, molecular and cellular levels, and focus on each system of your body in reverse order.”

A variation of this exercise is to identify the individual organs: “This is my bladder.” The same can be done with prostate/uterus, kidneys, large intestine, small intestine, spleen, stomach, liver, gall bladder, heart, and lungs.”

“This exercise can be combined with visualizations to enhance the health of any particular organ, or organ system.”

“For example, a person with heart disease can visualize enzymes in the blood gradually removing the plaque that narrows arterial walls.”

“An individual with cancer can visualize the amoeboid cells of the immune system eating tumors.”

“A person with too high levels of fat or cholesterol in the blood can visualize the cholesterol being rapidly made into steroid hormones [by the liver], and the fat being drawn out of the blood and taken up into the adipose tissue.”

Mindfulness of Sensations

“The practice of mindfulness is placing the attention in the present time and noticing the sensations that arise within the body. This practice is called [Physical or Body Awareness] Vipassana.”

“It is done sitting erect, with the eyes closed. Focus your attention in the center of your body (chest or solar plexus area), and notice any sensations that arise in your body in the present time.”

“You become aware of [the sensation that arises], note mentally what it is, and let it pass through. For example, you mentally note, “tension on the left side of the neck,” and let it pass, then become aware of the next sensation that arises, “itching on my forehead.” Attend to each sensation fully, release it, and give your attention to the next one that arises.”

[Those who are] practitioners [of Physical Vipassana] report that this practice lowers tension and anxiety. It is also used in pain management, where pain sufferers can see their pain as energy, and release it.

Data for Meditation on the Body Awareness Center

Form – the cellular organism of the body

Energy – the physiological activity of the living body.

Quality – the experience of an ever-changing intra-cellular and extra-cellular environment within the living body.

Intelligence – the activity of the entire nervous system through the unified activity of the autonomic, peripheral and central nervous system maintaining a homeostatic cellular environment in response to an ever-changing external and internal environment.

Organizing principles – the following major chakras can be identified in the Body Awareness Center.

The Axis of the Glands

Base of spine (perineal)	The testes or ovaries
Navel (sacral)	The adrenal glands
Solar plexus (lumbar)	The pancreas
Heart (thoracic)	The thymus gland
Throat (cervical)	The thyroid gland
Point between the eyebrows (thalamic)	The pituitary gland
Brain (cerebral)	The pineal gland

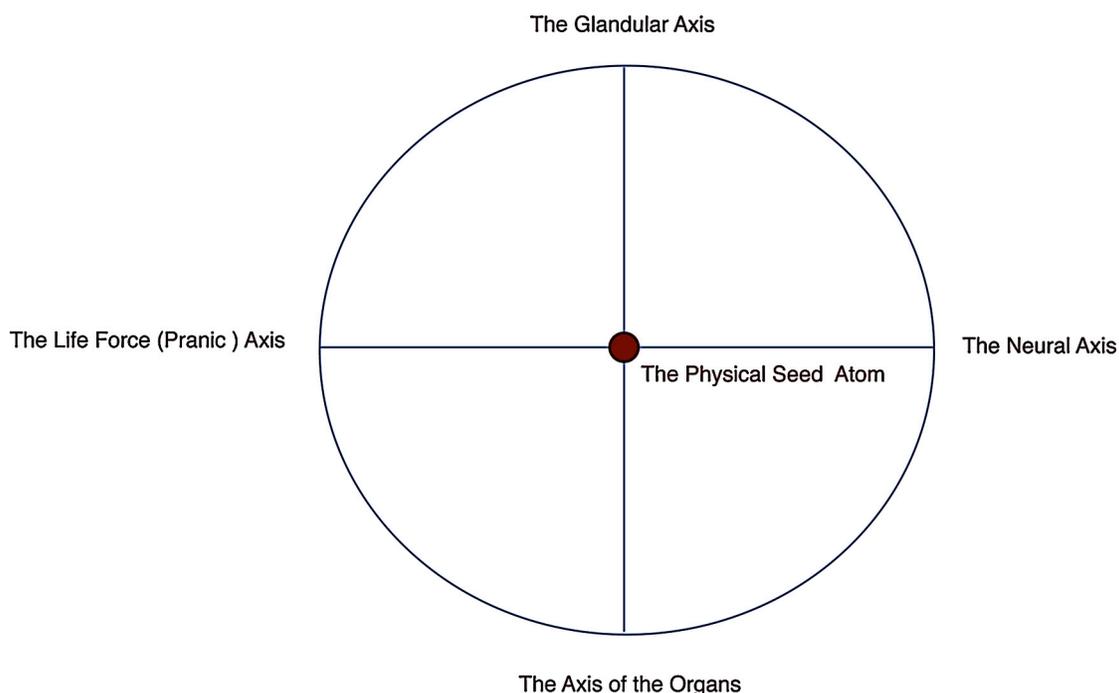
Volitional nexus – the unified cellular response to the internal and external environment

Core of identity – The [experience of the] entire organism as a living whole. The physical seed atom is anchored in the heart.

The Physical Seed Atom

The physical seed atom is called the seed of incarnation or incarnating atom. It dwells in the center of a four-fold energy manifold in the heart.

This four-fold manifold encompasses (a) the glands (frontal pathway coordinated with the thalamic center), (b) the organs (rear pathway coordinated with the solar plexus center), (c) the brain (right pathway coordinated with the cerebral cortex), and (d) the pranic vibration of the AUM, which synchronizes all body systems with the state of spiritual evolution of the Soul (left pathway coordinated with the heart).



We can meditate on the other three pathways that energetically merge into the physical seed atom. These are the axis of the organs, the neural axis, and the life force or pranic axis.

We have already contemplated the axis of the glands. To gain more complete knowledge of this center, we will contemplate these other three pathways.

The Axis of the Organs

Base of spine (perineal)	The bladder, the prostate/uterus
Navel (sacral)	The kidneys
Solar plexus (lumbar)	The spleen, large intestine, small intestine, stomach, and liver
Heart (thoracic)	The heart and lungs
Throat (cervical)	The salivary glands
Point between the eyebrows (thalamic)	The hypothalamus
Brain (cerebral)	The entire autonomic nervous system—sympathetic and parasympathetic

The Axis of the Brain

Base of spine (perineal)	The anterior frontal cortex
Navel (sacral)	The medial frontal cortex
Solar plexus (lumbar)	The posterior frontal cortex
Heart (thoracic)	The anterior parietal cortex
Throat (cervical)	The medial parietal cortex
Point between the eyebrows (thalamic)	The posterior parietal cortex and the temporal lobes
Brain (cerebral)	The occipital cortex

The Axis of Life Force

Base of spine (perineal)	The first energetic chakra
Navel (sacral)	The second energetic chakra
Solar plexus (lumbar)	The third energetic chakra
Heart (thoracic)	The fourth energetic chakra
Throat (cervical)	The fifth energetic chakra
Point between the eyebrows (thalamic)	The sixth energetic chakra
Brain (cerebral)	The AUM vibration surrounding the physical seed atom

As spiritual evolution progresses, the opening of each axis—of the glands, the organs, the brain, and life force—parallels the unfolding of the Soul. So as the Soul unfolds the Biophysical universe, the Light purifies the base of the spine center on each axis.

For as spiritual development occurs, the Light opens the layers of the cells in the cortex; a similar purification occurs with each of the organs and the glands. This inner alchemical process has been referred to as “the Quickening,” as the actual vibration of your body is raised in synchrony with your Soul as it ascends the Planes of the Continuum.

The Seven Rays and the Body Awareness Center

Depending on your Egoic Ray, one or more of these Seven Ray pathways may be active in your Body Awareness Center. While all anatomical structures and physiological activities operate together seamlessly, the perceptual matrix of the Seven Rays makes one aspect of this system stand out, as figure from ground.

First Ray (Muscle and tendon awareness) – This pathway highlights perception of the muscles and tendons.

Second Ray (Skeletal awareness) – This pathway underscores perception of the skeleton.

Third Ray (Peripheral nerve awareness) – This pathway emphasizes the efferent (sending signals to muscles and organs) and afferent (receiving signals from the muscles and organs) nerves arising from the spinal cord.

Fourth Ray (Circulation and breathing awareness) – This pathway views the action of the beating of the heart, the circulation of the blood, and the action of the lungs during respiration.

Fifth Ray (Organ awareness) – This pathway perceives the organs in their abdominal and thoracic cavities of the body and their physiological activities.

Sixth Ray (Autonomic nerve awareness) – This pathway perceives the connections between the organs with the nerves of the sympathetic and parasympathetic nervous system.

Seventh Ray (Glandular awareness) – This pathway looks at the activity of the seven endocrine glands.

The Awareness of the Feeling Center Focal Point 5

Excerpted from the Mudrashram® Correspondence Course

“The Feeling Center is marked by the experience of your emotions. Perception and belief [powerfully] influence [your] emotions. Examples of perception and beliefs that powerfully stimulate the emotional center include

- Threat (fear)
- Injustice or attack (anger)
- Opportunity (greed)
- Innocence and beauty (caring and love)
- Need (attachment)
- Impropriety (judgment and disgust)
- Personal success (pride and self esteem)
- Loss of a valued object or person (grief)
- Failure to live up to an internalized standard (guilt)
- Ridicule by others (shame)
- Personal failure (humiliation)
- An object of grandeur and magnificence (wonder and awe)

“Beliefs about the meaning of a perception color your emotional reaction to it. For example, the attainment of a five-minute mile by a novice runner would be accompanied by the exhilaration of pride and self esteem, but a champion Olympic runner would feel shame and humiliation with such a poor time.”

Mindfulness of Emotions

Move your attention into the emotional stream of consciousness. Notice the emotion arising in the present time, note what it is, and let it pass. Place your full attention on the emotion as it arises, and let it pass. Notice what memories of experiences arise as you focus on the emotion. For example, "feeling of sadness," then notice the memories and images arise with the emotions, and let them pass. As another feeling arises, you attend to it.

This meditation is useful to process grief and work through feelings of anger.

Emotional Process

Place your attention on your emotional center. Ask, "What am I feeling now?" Listen for the response, and remain with that response until it is completed. Ask again, "What am I feeling now?" Again listen for the response. Keep this up for several cycles.

This meditation improves the ability to recognize emotional experience.

Data for Meditation on the Feeling Center

Form – the pulsing ovoid of ever changing colors (aura) that contains the totality of emotional experiencing

Energy – the magnetic, attractive and repulsive currents that ebb and flow with emotional experience

Quality – the climate of mood and the ever-changing weather of emotional reactions

Intelligence – the operation of the midbrain, limbic system and autonomic nervous system to produce the behavioral expression of emotions

Organizing principles – the following major chakras can be identified in the Emotional Center:

Base of spine (perineal)	Repulsion, anger and hatred
Navel (sacral)	Attraction, sexual magnetism
Solar plexus (lumbar)	Attraction, the drive to incorporate or consume; repulsion, the ambition to compete and win
Heart (thoracic)	Attraction, urge to nurture and protect
Throat (cervical)	Repulsion, the urge to purify from impurities and corruption, to free oneself
Point between the eyebrows (thalamic)	Attraction, the choosing of relationship; repulsion, the breaking off of relationships
Brain (cerebral)	Repulsion, the stilling of the emotional storms to bring about peace and inner stillness

Volitional nexus – choosing an emotional response and to establish relationship with others

Core of identity – The experience of the integrity of your feelings. The emotional seed atom is anchored in the solar plexus.

The Emotional Seed Atom

The emotional seed atom is called the seed of love or relational atom. It dwells in the solar plexus area.

Clairvoyants see the emotional field as an ovoid of ever changing colored light, which they call the **emotional aura**. The changes in this energy field mirror your emotions, so anger might bring a dark red color into your aura; a feeling of humility, a cerulean blue; devotion, shades of magenta and purple.

The “action” of your emotions is either attraction (pull it to you) or repulsion (push it away from you). Attraction operates through the emotions to open you to new experiences, people, or objects; repulsion closes down and shuts off your response to them.

Each of the experiences you have in your life leaves a resonant trace on your emotional seed atom; seeing people or revisiting places you have been will trigger these feeling memories.

This atom can be triggered through seeing objects, hearing people’s voices or music, smelling certain odors, tasting different kinds of foods or beverages, or tactile sensations such as a kiss or touch on your hand.

As we spend a lot of time with others, we develop what is called an **attachment bond**. It is the sum total of all the feelings you have with a person—it is common to have both types of emotions, both attractive (positive) and repulsive (negative) towards them. So you may love someone, but feel jealousy and anger about him or her, too.

When people die, we replay this record of impressions that we have stored in this emotional seed atom. This experience of grieving, remembering and crying about our loved one, is the release of these impressions through the cleansing of this atom.

Meditation on the Emotional Seed Atom

Focus your attention on your emotional seed atom. Notice the people for whom you have an emotional bond. Notice how you construe your relationship with them (e.g., are they a loved one, a friend, or an acquaintance). Notice the different kinds of feelings that you have for them, both positive and negative. Consider how much they mean to you—this is the strength of your emotional bond for them.

The Seven Rays and the Feeling Center

Depending on your Egoic Ray, one or more of these Seven Ray pathways may be active in your Feeling Center.

First Ray (Setting limits on relationship) – This pathway features setting rules and limits on what is acceptable in relationship, and will argue to see these are upheld.

Second Ray (Acceptance and love) – This pathway focuses on nurturing others through love and accepting them as they are.

Third Ray (Helpful suggestion) – This pathway emphasizes encouraging others to improve and function better by giving them helpful suggestions and advice.

Fourth Ray (Being present) – This pathway underscores being with another person in silence and allowing each other to experience each other's authentic presence.

Fifth Ray (Being reasonable) – This pathway highlights explaining the reasons why one might be upset or angry, why one feels they need something, or why one felt they needed to say or do something.

Sixth Ray (Affirmation of love and faithfulness) – This pathway uses actions and words to affirm their love, and expects that the partner will demonstrate their love and faithfulness through thoughtful, kind, and considerate actions. One feels disappointment, anger, and grief if the partner does not live up to these expectations.

Seventh Ray (Trust and motivation) – This pathway examines the words, actions, and non-verbal behavior of others to determine whether they are operating on covert agendas or whether they are sincere. This viewpoint expects that oneself and others will function from a platform of integrity.

Thank you for attending our webinar today!

