

# Techniques for Working in Consciousness

## 1. 'As If' technique:

Just as an actor is 'acting out' the role of a particular character, you too can embody and emulate a particular spiritual truism, e.g. Soul value, virtue, or principle. This technique uses the creative imagination to create a bridge between the lower and abstract minds. This is "right" thoughtform building.

### Process:

If you want to emulate or bring forth a Soul value, such as harmlessness, cooperation, goodwill, simply tune into its essence. Meditate on, and act "as if" you are already embodying this energy. Success means you've created a memory, groove in consciousness, and action in life to "become harmless."

## 2. 'Technique of Light', GWP, pp. 190-197

This technique is to literally overcome the power of illusion (e.g. a distortion of the truth), or stuck energy in the mental or emotional body. This describes how the light of the Personality (lower mind), and the light of the Soul merge together to transform the energy of the illusion. It can also be used for re-patterning thoughtforms.

### Process:

- In your mind, become the observer and see the emotion / illusion dispassionately.
- Next, visualize in your mind the Soul's light combined with your personality, creating one powerful floodlight shining on the illusion. Note, you may have to do this a number of times to destroy a persistent and deep-rooted illusion. *Sincerity is key.*
- This process brings the light of truth or knowledge, and dissipates the illusion.

**Note:** When the Soul's light is merged with the Personality's, it embodies the pure light of truth coming from the plane of pure reason and compassion, i.e. the Buddhic Plane.

## 3. Complete identification with the pure awareness of the Soul

The more the individual connects with the Soul thru meditation or in outward service activity, the more it will help to displace and replace the lower energies blocking clear seeing and knowing.

**Analyze and identify negative energies** (whether within or outside of you). When you feel a negative energy in consciousness analyze it as the Observer and try to determine its source. You can invoke the polar opposite, e.g. move from hate to love to overcome the energy. This is a form of substitution.

**Overcoming Fear** – Fear happens to all of us, and can even be felt by high level initiates. It will only be overcome by bringing forth Soul awareness or Light. We know that fear is a powerful force and feeling, and cannot always be overcome in this way. It is, however, recommended to mentally force out the fear by the dynamic power of substitution. *How does this work?*

### Process:

- Become the Observer and separate yourself from the fearful feeling or situation, and willfully relax your physical and emotional bodies. Steady your breathing, then invoke stillness in the mind thru concentration and permeate the entire personality with pure white light. This is a process of invoking the Higher Will in calming your lower vehicles.
- Continue the process of invoking the Soul's light until you realize the fear is neutralized. At first, you may have to do this several times.

#### 4. Mental grounding or centering exercise(s):

If you have all sorts of 'monkey-mind' thoughts and anxieties, simply take your mind off your thoughts and focus on the breath for several minutes. Focus only on the breath and feel yourself breathing. A centering meditation can be as simple as focusing on a candle flame, the beauty of a flower, or a mandala. It can be used during the day by taking a moment to *center* one's mind.

Its primary function is to bring stillness and a knowingness to being centered within the Soul's love and light. This allows you to sense a *tension from the Soul*. Remember how the Soul connection feels and *know* it's always there.

#### 5. Technique of Detachment

This technique is much the same as the technique of light, except its primary purpose is simply to quell the energies of maya, or the craving energies of the form nature and felt in the astral body.

Process:

- In your mind, become the observer and see the maya energy with dispassion and detachment.
- When the feelings or cravings come up, become *dispassionate* or *detached* from the energy. You mentally have an understanding about what it is, and know not to engage it.

#### 6. Observer and the Mind

The primary purpose of the Observer is to guide the purification process. Being the Observer is a mental exercise, and will bring the aspirant into an awareness about the differences or distinctions between the thoughts, emotions, or limiting aspects of the lower mind.

The Observer, using discrimination in thought, transforms his consciousness and eventually merges with the Soul. Here are some things he might notice in consciousness as the observer:

- Thoughtforms
- Desires
- Impressions, Ideas and Insights
- During meditation, thoughts and feelings will come up. The Observer will note the tenor, or tone of the thoughts and ask himself: *What are my feelings and motivations?* These can all be entered in the spiritual journal.

#### 7. How much Harmlessness do I practice?

We spoke before that progressing on the path requires courage, knowledge, and the practice of harmlessness. Harmlessness is a mindset that should be cultivated often. It is important to bring forth and hold this awareness in consciousness for all encounters with people and situations in your environment. This is a good exercise until you have a firm rhythm established.

It is recommended and instructive to study yourself and see how the different effects that both *harmfulness* and *harmlessness* have on others. This can be done during meditation, or an evening review by analyzing the following:

- Harmlessness in thought
  - Attempting to be harmless will help to eliminate harmful states of consciousness.
  - Harmlessness brings caution in judgment, reticence of speech, ability to refrain from impulsive action, and a demonstration of a non-critical spirit.
  - Harmlessness is an attitude of one who lives consciously as a Soul, whose natural inclination is love, and whose method is inclusiveness.
- Harmlessness in emotional reaction and action
  - Study your emotional effects on others, so there is no mood, depression, nor emotional reaction that can harm your fellow man. Violent aspiration, misplaced, or misdirected energy may harm others.

- The spiritual journal can also be a means for observing the effects of a harmful attitude, by studying the effects that anger and fear have on your consciousness.
- If you are harmless in your actions, remember how this looks and feels.

## 8. Overcoming Fear, Anger and Selfishness

Just as was noted above for practicing harmlessness, the aspirant will overcome the dark thoughtform energies by *mentally* willing himself in consciousness to do so.

- When the aspirant feels a strong fear or anger, he can flood his aura by invoking the Soul's love and light.
- When feelings of evil are present, the presence of the Soul's light and a loving presence dispel this energy with *truth and pure reason*.
- Become the Observer and separate yourself from the *fearful* feeling or situation, and willfully relax your physical and astral bodies. Perhaps, you can control your breathing. Then invoke stillness in the mind thru concentration and permeate the entire personality with pure white light. This is a process of invoking the higher Will for calming your lower (mental, emotional, physical) vehicles. This is a mental exercise.
- When you have the courage to face your anger or fear, practice dispassion and observe the energy for what it is.
- If you feel emotionally reactive, or have lower thoughts of selfishness, try to trace them to their source, and learn to transform them into something more 'life giving'. Then allow yourself to become detached and as the Observer, and transform the energy.

## 9. Use of Affirmations, Mantrams, Chanting

- Affirmations can affirm a certain principle, or idea. For example:

*Each life crisis can lead to extended vision or to a separating wall. OR  
The will to power must be galvanized by love.*

They can be used at a certain place in the meditation, or as a standalone. Using it either way, it is recommended to say the affirmation until the meaning is fully grasped. Then become silent and contemplate its deeper meaning. Allow your mind to become free of thoughtforms, and await impression from the Soul.

- Mantrams or chanting can function as focused sounds to help break up stuck energies.
  - For example, sounding the OM sound in order to will bring calmness to your thoughts and astral body. This action will help with Soul integration.
  - Making a focused 'Eeee' sound can be intense, and can break up a stuck energy, particularly in the astral or mental body.

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❖ KNOW, that when consciously using these techniques, you are consciously expressing the higher energies of the Soul.