

Seven Stages of Perception

Instructions for the Attainment of Higher Vision

I - Introduction

The Seven Stages of Perception come before the **Antahkarana**,⁽¹⁾ if you can pass beyond them—you are on the **Mānasic Plane**.⁽²⁾

II - Preliminaries

Close your eyes,⁽³⁾ and shut out all worldly thoughts, worries and troubles.

III - Trivenī

Hold the breath for a short time and begin by concentration on the **Trivenī**.⁽⁴⁾

IV - Transcend Thought

Thought should be centred on the **Highest**.⁽⁵⁾ Try to imagine something that transcends your power of thought. It depends on the intensity and sublimity of thought which plane is reached.

Make the brain passive and pass beyond (the will set not to let the brain work), then the point may be transcended and you pass to the next plane.

V - Waves of Light

When the **Flood of Light**⁽⁶⁾ begins—it must be steadied, otherwise True Vision is impossible. Focus on the light, not on anything else. Watch the colours change like a rainbow, but always mentally thinking **one's own colour**.⁽⁷⁾

VI - Colours

The colours are not imagined or pictured or imagined, but the pulsating inter-blended essence of colour should be seen. Not to be thought of so much as physical colours, but as the essence of colour: like the pure bright hues seen in the morning sky.

When a colour comes, glance at it, and if it is not good, reject it. Hold on like grim death (**or you will not remember**).⁽⁸⁾ You will see **WHITE**, then waves of colour will pass over it, beginning in **VIOLET**⁽⁹⁾ to/ending in? **INDIGO**⁽¹⁰⁾—and that colour will remain. If you see this you are on the Mānasic Plane.

VII - Assimilate Δ

In repeating **AUM**, one should not lose oneself in the Light around oneself. Keep the mind fixed steadily on the Higher Self. Realise the Δ apart from the colour-work. You must endeavour to merge yourself in it and **assimilate yourself with it**.⁽¹¹⁾

(1) Union of Mānas + Buddhi = Samādhi.

(Δ must be separated from □)

(2) **Mānasic Consciousness**: On the Mānasic Plane you see the Nounmenon—the essence of Phenomena. You do not see people, or other consciousnesses, but have enough to do? to keep your own. The trained Seer* can see the Nounmenon at all times. The Adept sees the Nounmenon, the reality of things, on this plane, thus cannot be deceived.

*The *Epoptai* were the Initiates or Seers of the Greater Mysteries, those who see all things unveiled.

(3) The eyes are the most occult of our senses, close them and you pass to the mental plane. Stop all senses, and you are entirely on another plane.

(4) **Trivenī**: Concentration must begin at the vertebra where the spinal cord begins—never below it. Idā and Piṅgala have their source in the Triveni. By concentrating on them the 'sacred fire' is generated.

(5) Ātma-Buddhi: One Indivisible Reality.

(The Auric Envelope reflects all that is in the Auric Envelope.)

(6) The Light of Kuṇḍalinī.

(7) Your own colour will protect you. If it is not, then begin the exercise again.

(8) In deep sleep the Third Eye is active, and for a moment, the whole universe is conceived (but we don't remember).

(9) Violet is a homogenous colour with vibrations seven times more rapid than red. The Colour Violet is the Apex of the Δ. It is the principal colour of the Astral Plane. In meditation you will see other colours: green, indigo, and yellow. These are good, but aim at green-bronze, yellow-bronze, and indigo-bronze—the principal colours. When the yellow-bronze merges into the indigo then you are on the Mānasic Plane. From this Plane Mānas stretches up to Mahat. Reject all other colours—they are not good and represent conditions you must avoid—as it is impossible to reach a state of pure consciousness when these colours are present in you.

(10) Indigo is the highest spiritual colour. It is the colour which the Seer can only perceive when in the highest state of ecstasy and attunement with the most sublime spiritual realms. True indigo is the Universal Mind.

(11) You will realise that you live in your own (Ātmic) Auric Body, now become the vehicle* of your Higher (Mānas).

***Māyāvi-Rūpa**: composed of:

1. The astral body as Vehicle (Upādhi),
2. The guiding heart-intelligence (Spiritual Man), and
3. Attributes and qualities from the Auric Envelope.

Mānas can transfer its essence to the Māyāvi-Rūpa.