

Seven Stages of Perception

Instructions for the Attainment of Higher Vision

J. Lai

Signs of a True Spiritual Master

Ācārya-Lakṣaṇam

*ācāryo vedasāṃpanno viṣṇubhakto vimatsarah
yogajño yoganiṣṭhaśca sādā yogātmakah śuciḥ
gurubhaktisamāyuktaḥ puruṣjño viśeṣataḥ
evam lakṣaṇasāṃpanno gururityabhidhīyate*

A Spiritual Master (Ācārya) who is well-versed in the Vedas, who is a true devotee of Viṣṇu, who is free from jealousy, and a knower of Yoga, established in Yoga, whose nature is always Yoga, and who is pure. He who is full of devotion to his own teacher, who especially knows the Self (Puruṣa); he who is possessed of these qualities is known as Guru.

Praise of the Guru

Guru-Vandanam

*guśabdastvandhakārah syāt ruśabdastannirodhakaḥ
andhakāranirodhitvāt gururityabhidhīyate*

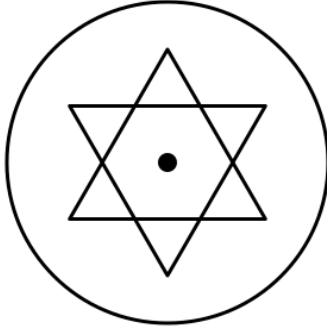
The syllable Gu signifies darkness, and the syllable Ru is the destroyer of that darkness. Because of his ability to destroy darkness, he is called Guru.

*gurureva param brahma gurureva parā gatiḥ
gururevā parā vidyā gurureva parāyanam
gurureva parā kāsthā gurureva param dhanam
yasmāttadūpadeṣṭā'sau tasmādgurutarō gururiti*

The Guru alone is the ultimate Brahman.
The Guru alone is the ultimate way/goal.
The Guru alone is the ultimate knowledge.
The Guru is alone is the ultimate refuge.
The Guru alone is the final limit.
The Guru alone is the highest wealth.
Because he teaches THAT,
He is greater than all else.

śrī gurubhyo namaḥ

Obeisance to the revered Guru.



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Pledge of Initiates

My desire is to obtain instruction only in order to fit myself for the service of others. I put away all worldly thought and personal ambition. I am free from all hatred and uncharitable feelings towards others. I submit myself as a humble and obedient student of the Esoteric Wisdom (Gupta-Vidyā).

I declare that I am ready.

So help me, my Higher Self.

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⁾

(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 Noumenon at all times. The Adept sees the Noumenon, the reality of things, on this plane, thus cannot be deceived.

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

II

Preliminaries

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

(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.

III

Trivenī

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

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

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.

(5) Ātma-Buddhi: One Indivisible Reality.

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

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⁾

(6) The Light of Kuṇḍalinī.

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

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.

(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.

VII

Assimilate Δ

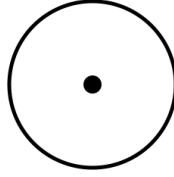
In repeating **AUM**, one should not lose oneself in the Light around oneself. Keep the mind fixed steadily on the Higher Self. Realise the Δ apart from the colour-work. You must endeavour to merge yourself in it and **assimilate yourself with it.**⁽¹¹⁾

(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.



The Seven Principles of Man

These are the seven aspects of the Ātman:

ĀTMAN

№	Planet	Metal	Human Principle	Ganglia	Day of the Week	Colour	Sound	
							It.	Sa.
1	♂	Iron	Kāma-Rūpa	Epigastric	Tue	Red	Do	Sa
2	☉	Gold	Prāṇa, or Jīva	Pineal	Sun	Orange	Re	Ri
3	☿	Mercury	Buddhi	Pharyngeal	Wed	Yellow	Mi	Ga
4	♁	Lead	Kāma-Mānas	Sacral	Sat	Green	Fa	Ma
5	♃	Tin	Auric Envelope	Prostatic	Thu	Blue	Sol	Pa
6	♀	Copper	Mānas	Cardiac	Fri	Indigo	La	Da
7	☾	Silver	Liṅga-Śarīra	Post-Nasal	Mon	Violet	Si	Ni