

Interior Stars Study Guide



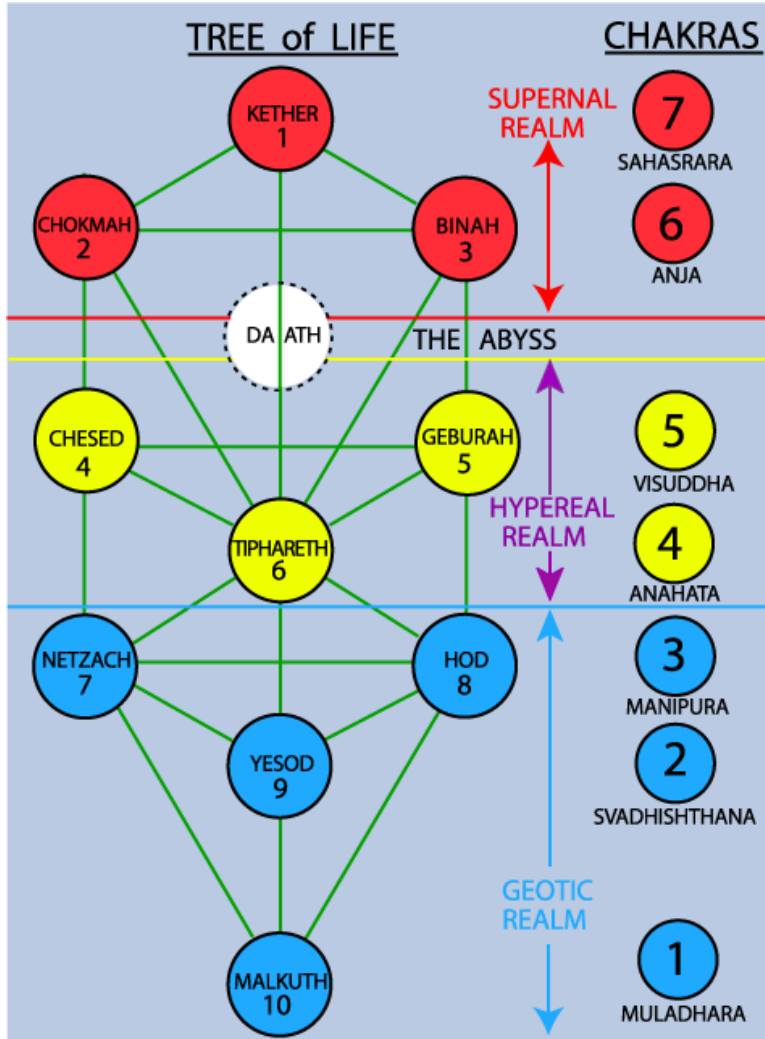
Taken from the teachings of Tau Malachi and the Sophian tradition (www.sophian.org) and Wheels of Life by Anodea Judith, PH.D.



Produced by Magdalene Circle (www.magdalene-circle.org) in Austin Texas.

Introduction

The seven interior stars or chakras (as they are more commonly known) are wheel-like energy centers that spin within each of us. Although the interior stars correspond to a physical aspect of our body, each of the seven energy centers represents an aspect of our consciousness. The concept of the interior stars illustrates the concept of the Kabbalistic tree of life on an individual and personal level. Each interior star embodies qualities of the ten Sephiroth and represents our connection to the universal consciousness.

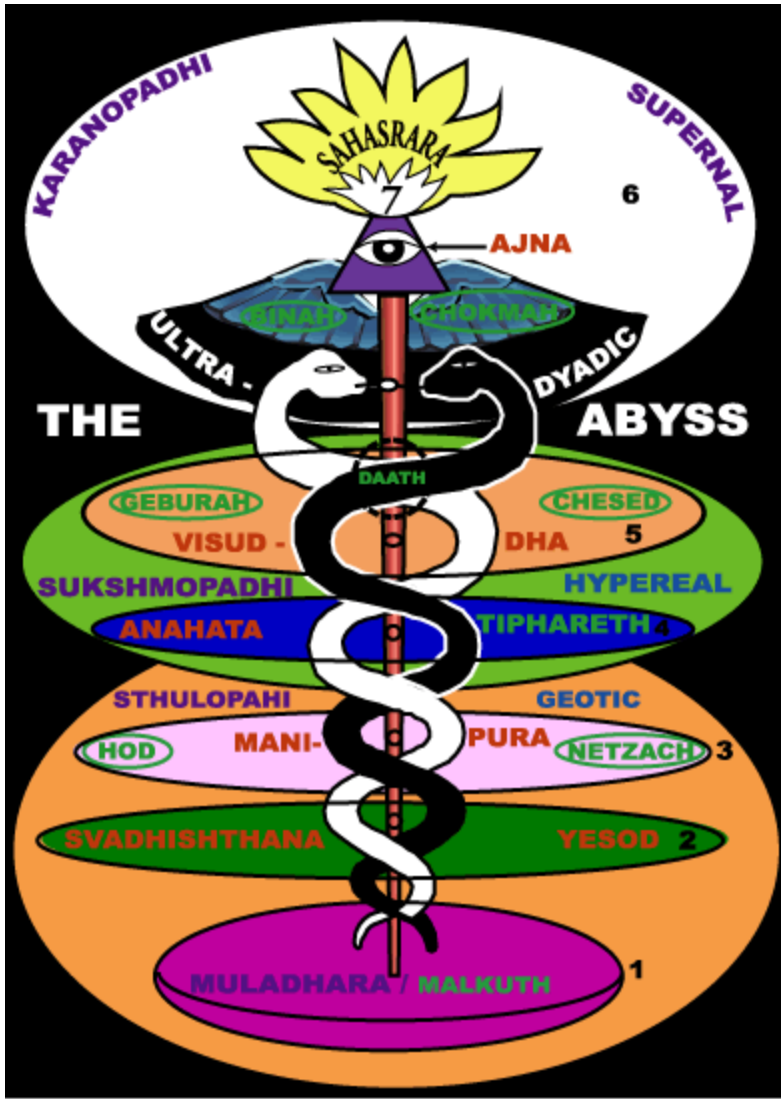


The interior stars are like lotus flowers. The petals of these flowers can be either open and in full bloom, or they can be closed and underdeveloped. These energies can also be expressed and flowing freely at times even over active, or they can be blocked and inhibited. Ideally, each of the energy centers is open and balanced. If the interior star is open and balanced, then it is capable of transmitting, assimilating and receiving energy between the other stars and ultimately with the universal life force. When interior stars are underactive or overactive, there is a corresponding effect not only on that corresponding star's spiritual aspect but also on a physical level. For example, if your second interior star which corresponds

to the reproductive organs (testicles and ovaries) is blocked then it is probable that you may be afflicted with a sexual dysfunction such as impotence.

Between the interior stars, the energy flows as a current. The currents flow in opposing directions. The liberating current (mukti) is the pull of mind, body and spirit and flows upward toward freedom, expansion, abstraction and universal consciousness. The manifesting current (bhukti) is the pull of soul and body and moves downward toward form, density, boundaries, contraction and individuality. These two currents are the pathways or conduits that our energy flows through when our interior stars are open and active. In order to function, both pathways are necessary. The manifesting current grounds us and allows us to function in the physical world. The limitations which this current imposes enable us to remain focused in order to perform everyday life activities (e.g. work, school and family duties), but if this current is not offset with the current of liberation this can result in a very boring and restricted life. The liberating current frees us from the restraints of the physical world and instills us with creative energies. The key is balance.

The Kundalini-Shakti represents the potential of matter and the evolution of human consciousness. The Kundalini-Shakti is illustrated as a coiled serpent at the base of the spine that lies dormant until awakened. When this serpent is awakened, she reaches upward through each interior star until she reaches the “crown” star or seventh interior star and is reunited with her counterpart, Shiva, the Divine Consciousness which results in enlightenment. The awakening of the kundalini can be achieved through Kundalini Yoga or meditation. There have been increasing occurrences where the kundalini has been spontaneously awakened. The awakening of the kundalini can sometimes be unpleasant especially if some of the interior stars are not completely opened or if they are blocked. This Kundalini can also make it more difficult to function in a “predominantly unenlightened” world.



Interior Star 1: Earth



- Earth
- Roots
- Grounding
- Survival
- Body
- Food
- Matter
- Beginning

Symbols and Correspondences

- Sefira: Malkut
- Planets: Earth
- Sanskrit Name: Muladhara
- Meaning: Root support
- Location: Perineum, base of spine
- Element: Earth
- Function: Survival, Grounding
- Inner State: Stillness, security, stability
- Level of the Soul: Nefesh
- Archangel: Sandalfon
- Tarot Card: The World
- Hebrew Letter: Tav

The Root Interior Star

The root Interior Star is located at the base of the spine. The nerves that correspond to this Star start at the base of the spine and travel to the bottom of the feet. We visualize this Interior Star between the feet as a black orb.

The root Interior Star is the base that all other Interior Stars build from. It is associated with Earth and all solid, earthy things. It is the manifestation of consciousness in its final form – solid and tangible. It is our need to stay alive and healthy and the acceptance of limitation and discipline so crucial to manifestation.

Earth represents form and solidity, our most condensed state of matter and the “lowest” end of our Interior Star spectrum.

In Eastern tradition, this Chakra is Muladhara, which means “root support”. This force keeps us connected to our planet, rooted in material existence.

In the body, the first Interior Star is located at the base of the spine, or more accurately, the perineum, midway between the anus and the genitals. It corresponds to the section of the spine called the coccyx, as well as the coccygeal spinal ganglion. This Star relates to the solid part of the body, especially the bones, the large intestine, and the fleshy body as a whole.

Interior Stars are vortices of energy. At the level of the first Star, our vortex is the densest of any of the Interior Stars. It is at rest, inert. If you were to cross a stream with a very strong current, you would find it very difficult to walk through the force of water rushing upon you. If many such forces came from all directions, focusing on a central point, you would not pass through it at all. The meeting of these forces produces a field that is so dense that it seems solid. The first Interior Star has this kind of density.

At our present level of evolution, matter is an undeniable reality and necessity. We cannot separate ourselves from it, for we are made up of it. Without a body, we die, and to deny our body is to die prematurely. We also cannot deny our connection with the earth.

Consciousness at the level of this Interior Star is primarily concerned with physical survival. It is our instinctual fight or flight response. To ignore this center or its earthy element is to threaten our very survival. When our survival is threatened, we experience fear. Fear is a demon of this Interior Star – it counteracts the sense of safety and security that this Star ideally brings. Inappropriate levels of fear can be a sign that the first Interior Star foundation is damaged. Facing our fear can help this Star wake up.

Grounding

The liberating current that is ever moving toward higher consciousness is the pathway that is most commonly associated with the Chakra System and the Interior Stars. Sending our energy downward into the earth is seen as less spiritual and, therefore, less worthy of our time and attention.

Grounding is a process of dynamic contact with the Earth, with its edges, boundaries, and limitations. It allows us to become solidly real – present in the here and now – and dynamically alive with the vitality that comes from the Earth. Grounding involves opening the first Interior Star, merging with gravity, and descending deeply into the vehicle of the body.

Without grounding, we are unstable; we lose our center, fly off the handle, get swept off our feet, or daydream in a fantasy world. Natural excitement becomes dissipated, diluted, and ineffectual. When we lose our ground, our attention wanders from the present moment, and we are not all here.

When we are grounded, we are humble and close to the Earth. We can embrace stillness, solidity, and clarity. As we become more mechanized and urbanized, our contact with the Earth and nature becomes more tenuous, and with it our health and self-worth. Our power is transferred to our upper body, where it, too, is tenuous and must be constantly guarded. Because we see ourselves as separate, power becomes an act of manipulation rather than connection.

Grounding is a simplifying force. We are bringing our consciousness into the body, which exists in one space and one time only – the here and now.

Survival

First Interior Star consciousness is oriented toward survival. This is the maintenance program that protects the health of our bodies and our day-to-day mundane needs. Here we function from an instinctual level, concerned with hunger, fear, the need for rest, warmth and shelter.

In order to consolidate our energy in the first Interior Star, we must first see that our survival needs are met in a healthy and direct way. To ignore these demands is to be constantly pulled back into survival consciousness, making us unable to “get off the ground.”

When survival information is not needed immediately, the Interior Star goes on automatic. It routinely checks internal and external environments to see that all things remain in order, and that they are conducive to the ongoing existence of the organism. When there is a threat, pre-programming in this Interior Star takes over and our consciousness is dominated by the needs of the body.

There is little we can do to interfere with this process without harming the body once it takes over. If we don't take a rest, our illness advances until we have no choice. If our income is threatened, or if we are suddenly evicted from our home, our attention is dominated by these situations until they are resolved. Like the force of gravity, we can only accept its pull and learn to work with it.

When someone's consciousness is trapped at this level, there is usually an insecure, panicky feeling – one which may pervade other areas of life, even when there is no need for it. As long as this remains unresolved, the person will have difficulty raising any appreciable amount of consciousness to higher levels.

If this is someone's experience, they need to ask themselves, "What keeps you from wanting to be here?" "From whom do you need permission to take care of yourself?" "What is the fear of grounding, of becoming stable, of standing on your own two feet?" "Who is responsible for your survival?"

If we are to reach the spiritual levels of the upper Interior Stars, we must see the spiritual side of our material existence. Being in survival is a cue to "wake up" – to heighten our awareness, to examine our foundation: our ground, our body, and the Earth. This is the purpose of the First Interior Star. It is where we begin and where we rest at the end of our journey.

The Body

The task of mastering the first Interior Star is ultimately to understand and heal our body. Learning to accept our body, feel it, validate it, love it – these are the challenges that await us here.

Each Star brings us a level of information. The body is the hardware through which the information is received, as well as the hard copy of all the day (what are you saying here? Do you mean 'data'?) and programming within us.

To understand the body, we have to be the body. We have to be its pain, its pleasure, its fear, and its joy. To see the spiritual being as separate is to cut ourselves off from the ground. We become less than whole and out of touch with the information our bodies communicate.

Self-nurturance is a key to taking care of the body. Resting, eating, exercising, and giving the body pleasure all help to keep the first Interior Star happy. Through the body, we can have the experience of mind within matter.

Interior Star 2: Water



- Water
- Change
- Polarities
- Movement
- Pleasure
- Emotions
- Sexuality
- Nurturance
- Clairsentience

Symbols and Correspondences

- Sephira: Yesod
- Planets: Moon
- Archangel: Gabriel
- Sanskrit Name: Svadhisthana
- Meaning: Sweetness
- Location: Lower abdomen, genitals, womb
- Element: Water
- Function: Desire, pleasure, sexuality, procreation
- Inner State: Feelings
- Tarot Suit: Cups

Changing Levels

At the level of the second interior star, a new dimension has been introduced. It is here that our initial unity becomes duality. It is a move from the element of earth to water, where solid becomes liquid, stillness becomes movement, form becomes formless.

Consciousness moves from a feeling of unity to the realization of difference. The understanding of self now includes an awareness of the other. Connecting with another brings emotions and sexuality. We long to unite, to overcome our separateness, to reach out and grow. These are all aspects of consciousness at the second interior star – all of which induce change.

Consciousness in the second interior star, is stimulated by the dance of polarities. In the upper stars, we reach levels of consciousness that transcend dualism, but in the second interior star, duality becomes the motivating force for movement and change. Duality, rising out of our initial unity, seeks to return to unity.

The Water Interior Star

The second interior star is located in the lower abdomen centered between the navel and genitals. It corresponds to the nerve ganglion called the sacral plexus.

The element of this star is water, therefore, this interior star corresponds to bodily functions having to do with liquid: circulation of blood, urinary elimination, sexuality, and reproduction.

It is the center of sexuality as well as emotions, sensation, pleasure, movement, and nurturance. In Kabbalah, it corresponds to Yesod, the sphere of water and the moon. Its associated celestial body is the moon which pulls the oceans of water to and fro in a dualistic rhythmic motion.

The Pleasure Principle

The human organism, as well as all living creatures, has a natural inclination to move toward pleasure and away from pain. Freud called this the pleasure principle. Like the instinct to survive, it is an innate biological pattern. Pain is an indication that something is threatening the organism, while pleasure generally indicates that the situation is safe, freeing our attention for other things.

The pleasure principle extends far beyond the realm of mere survival, however. Many things are pleasurable that do not directly assist our survival at all. In some cases, pleasure enables us to move more deeply into the temple of the body.

Pleasure, as fits the duality of the second interior star, is a two-edged sword. It is easy to get trapped in, yet the trap can result from avoiding pleasure as much as indulging in it. The balancing of any interior star, requires opening to its particular energy, without becoming excessively attached.

Pleasure and emotional sensations are processed in a lower section of the brain called the limbic system. The limbic system controls the hypothalamus, which in turn controls the hormonal levels and the regulation of the autonomic nervous system functions.

Pleasure invites us to expand, while pain generally makes us contract. Pleasure helps the mind and body establish better communication.

Emotions

Emotions promote the evolution of consciousness through the body. When we emote, we are moving energy out of unconsciousness, through the body, and into the conscious mind. This charges the body, cleanses it, and heals it. It is a movement of our life force through which we achieve change.

In a preverbal child, emotional expression is the only language spoken or understood. When emotions are appropriately mirrored by adults, a child forms a reasonable emotional identity. This identity enables us to identify different emotional states later in life, both in ourselves and others.

Emotions are inherently tied in with movement. We repress feelings by restricting movement and conversely, movement can free the emotional holding that causes chronic tension. We can think of the basis of emotions as wanting to move away from that which is painful, and toward that which is pleasurable. Emotions are a complex, instinctual reaction to pleasure and pain. They begin in the unconscious and are allowed to move into consciousness. To block emotion, we restrict movement.

It takes energy to repress emotion, so releasing emotions releases tension. Absence of tension creates a harmonic flow within the body/mind. This creates pleasure of an even deeper level, allowing deeper connections with others.

The suppression of primary pleasures creates a need for overindulgence, turning pleasure into pain. Pain is an indication that we are going in the wrong direction. The suppression of pleasure creates a deprivation in the body that demands more of our consciousness than it deserves. Pleasure and emotions are the root of desire.

Through desire we create movement. Through movement we create change. Consciousness thrives on change. This is the essence and function of the second chakra.

Sexuality

Sexuality is a sacred ritual of union through the celebration of difference. An expansive movement of the life force, it is the dance that balances, restores, renews, and reproduces. It is the production ground of all new life.

Sexuality is a life force. Yet we live in a culture where this element of our lives is either repressed or exploited. Sexuality is an important consideration in terms of the interior stars. There is a great deal of indication that higher consciousness and sexuality are closely related, although theories about how are many and divergent.

There is some research that shows there are chemical reactions involving sexuality, which may affect the raising of Kundalini and the opening up of psychic faculties. The pineal gland, often associated with the sixth interior star, is rich in a derivative of serotonin, called melatonin. This chemical may transform into a compound that is potentially hallucinogenic, giving inner visions.

Celibacy, under the right conditions, can help open the doorway to altered states of awareness, and raise energy. However, it must be stressed that without training in the techniques of channeling this energy, it may provide little benefit. It is not always the case that celibacy will be beneficial to the growth of an individual, even under the proper circumstances.

Tantra

It must be remembered that the Chakra system of the east came out of Tantric philosophy. Tantrism teaches that the body is sacred and the senses can bring enlightenment, ecstasy, and joy. It is for this reason that Westerners often equate Tantra with sexual practice, even though it is far wider in scope.

Tantra symbolizes the weaving of the basic underlying fabric of existence. Through stretching and reaching out, we both encounter and create divine fabric. Shiva and Shakti, in their constant interaction as pure consciousness and its manifestations, are the divine threads. The weaving is done when we allow these divinities to work through us.

Nurturance

Nurturance is the final summation of sexuality and a fundamental need of the body, the mind, and the soul. Nurturance means caring for, feeding with energy, love, and touch. Nurturance is the essence of maternal qualities, our first experience of blissful transcendence, of warmth and security.

The simple act of touching is of extreme importance to the healthy functioning of the human organism. The skin can be considered the outer layer of the nervous system. The skin is the boundary of our bodies. Through touch, that boundary is gently broken down, permeated by another, and our whole internal system enhanced and stimulated.

Those treated with adequate doses of touching and mothering grow to greater emotional stability than those who are deprived. Without touching, the important mind/body interface may remain seriously underdeveloped.

Nurturance helps control the production of hormones responsible for growth by stimulating the limbic system of the brain. This also aids in relaxation of the heart and breathing rate, controlled by the autonomic nervous system.

The first step in learning to work with others is the mutual enhancement of our internal energy. Through these pathways we pave the way for further growth, harmony, and peace. The simple act of touch, of reaching out to soothe, is the healing aspect of the second interior star. We allow ourselves to transcend our separateness, get out of our egos, and feel the sense of connection so vital to our harmonious survival on the planet. The role of the second interior star is an important one indeed. Suppression of this interior star provides vital imbalances that inhibit rather than enhance the flow of expanding consciousness.

Anyone can nurture. Everyone needs it. Like watering a thirsting plant, we respond to flow, to movement, to the dance of life in its infinite pleasures and mysteries. Through this act, life is renewed and preserved.

Clairsentience

Clairsentience is the psychic sense of the second interior star, the first stirrings of “higher” consciousness and the development of greater sensitivity toward others.

It is the ability to sense other people’s emotions, also called empathy. This “sensing” does not always become information recognized by the cognitive properties of the brain. It is experienced more as a subtle feeling, as if we were experiencing the feeling ourselves. Just as we can ignore some of our own emotions, many clairsentient people do not recognize the emotions they pick up from others, yet their body and ensuing actions still respond. Still others may recognize the emotions while not understanding that the source was outside of themselves.

Most people are clairsentient to some degree. The phenomenon usually occurs more strongly in people who have a proclivity for clairvoyance or telepathy. If the upper interior stars are not open enough to be conscious of this psychism, the clairsentient is often unpleasantly influenced.

Awareness of the other should be balanced by awareness of the self. The two should never be without a good dose of common sense. Only we, from inside ourselves, can judge.

Interior Star 3: Fire



- Fire
- Power
- Autonomy
- Will
- Energy
- Metabolism
- Technology
- Transformation
- Self-esteem

Symbols and Correspondences

- Sephira: Hod, Netzaach
- Planets: Mars
- Archangel: Michael
- Sanskrit Name: Manipura
- Meaning: Lustrous gem
- Location: Navel to solar plexus
- Element: Fire
- Function: Will, power, assertiveness
- Inner State: Laughter, joy, anger
- Tarot Suit: Wands

And the Wheel Burns...

From earth to water to fire! We now enter the third interior star, rising up from the combined levels of the first two interior stars and embracing the growing current of consciousness that descends from the upper stars.

Here fire ignites the light of consciousness, and we emerge from the unconscious levels to the exciting combination of psyche that creates willed action. As we activate our power, we direct our activities toward a higher purpose.

The first interior star brought us solidity, stability, focus, and form. Here we experienced unity. From this ground, we moved to interior star two and experienced difference, change, and movement. We embraced polarities and discovered the passions of difference, choice, emotion, and desire. We expanded beyond mere survival instincts toward the desire for pleasure and merging with another.

As we put together matter and movement, we find that they create a third state: energy. If we rub two sticks together, we eventually get a spark that can ignite a fire. In the physical world, we call this combustion. In the body, it relates to metabolism. Psychologically, it relates to the spark of enthusiasm that ignites power and will; in our behavior, it is the realm of activity.

The purpose of the third interior star is transformation. Just as fire transforms matter to heat and light, the third interior star transforms the passive elements of earth and water into dynamic energy and power. Earth and water are passive. They flow downward, subject to gravity and follow the path of least resistance. Fire, by

contrast, moves upward, destroying form, and takes the raw energy of matter to a new dimension – to heat and light.

If we are to rise upward through all seven chakras, it is the fire of our will that propels that movement. It is through our will that we liberate ourselves from fixed patterns and create new behavior. It is our will that steers us away from that path of least resistance, that addictive habit, or the expectations of others. It is through our will that we take actions that are difficult or challenging, moving toward something new. As we take these actions, we begin to transform, but the first step is breaking old patterns.

Thus, the initial task of the third interior star is to overcome inertia. In physics, inertia refers to the tendency of an object to remain in the state it is in. The third interior star combines the forces of stillness and movement, earth, and water, each shaping the other. Our will combines holding and moving in a way that directs action and shapes our world.

A moving object, when it interacts with other objects, creates heat. Heat, in turn, stimulates movement, which allows new combinations to occur. Particles collide and combine; states of matter are changed molecules may bond to other molecules; solids change to liquids; liquids change to gas; flour and eggs become cake. Fire is the transforming influence that can destroy form and release energy.

The sun produces heat and light through nuclear fusion. Its heat is so extreme that the hydrogen nuclei are propelled into each other with enough force to overcome their mutually repelling electrical charges and fuse into slightly less massive helium nuclei. The difference in mass is converted to pure energy, which generates more heat and movement, thus perpetuating the whole process. Nuclear fusion requires a gravitational field strong enough to act as a container and create sufficient density for the process to be self-generating. Once again, we see how gravity, the force of interior star one, gives rise to movement, interior star two, resulting in energy, the force of interior star three. The energy then keeps the whole cycle running.

The Lustrous Gem

In the body, the third interior star is located in the solar plexus, over the adrenal glands. This is where we get those “butterfly” feelings when we’re nervous – when the third interior star isn’t feeling confident and powerful. It’s a flighty feeling that brings our energy up instead of down, yet stimulates and awakens us to heightened sensitivity. When we are grounded, the stimulation can be empowering and vitalizing. Without grounding, we may get a flurry of undirected energy.

As the name solar plexus implies, this is a fiery, solar interior star, bringing us light, warmth, energy, and power. It represents our “get up and go”, our action, our will, our vitality. Extending from just below the sternum down to the navel, it is also called the “navel star”. One of its associations with power comes from the belief that all the major psychic currents originate from the navel. As this is the source point for all prenatal nourishment and energy, it is not surprising that psychic pathways are originally established along these lines.

In correspondence with fire as combustion, the third interior star rules our metabolism, and is responsible for the regulation and distribution of metabolic energy throughout the body. This is done through the combustion of matter into energy. The digestive system is, therefore, an important part of this process, and a barometer for the health of this center.

We can assess the health of the third interior star in many ways. Physically, we can examine the body structure in the solar plexus area. Tight hard stomachs, large pot bellies, or sunken diaphragms are all indications of third interior star imbalances.

You can also analyze yourself in terms of the element fire. Are you frequently cold? Do you prefer cold or hot drinks? Do you crave or avoid hot, spicy foods? Do you sweat easily, have fevers, or chills? Is your temperament quick and energetic or slow and lethargic? These things give us an indication of whether we have excessive or deficient fire in our bodies.

Fire is radiant, so the third interior star is yang and active. When afraid or feeling powerless, we withdraw, and become passive and yin. We hold our movements in check and use one part of ourselves to control another. When we block our own power and expression, we are withdrawn and appear cold and controlled.

This control takes energy to maintain, yet it does not produce energy. Eventually we become depleted. Our natural enthusiasm for activities dwindles, and instead we have to “manufacture” energy for our projects, reaching for stimulants, such as coffee or sweets, which temporarily energize, but eventually deplete or vitality.

To break the cycle of fear and withdrawal takes a reconnection with the self in a loving and accepting way. If we are not in touch with the first two interior stars – with our body and ground, our passions and pleasures – we have little fuel for our fire. Desire gives our will enthusiasm and makes it more dynamic.

Power

We have stated that power is directed energy. What about personal power? How do we develop and maintain this power within a culture and educational system that teaches powerlessness as a way of fostering social cooperation?

Social cooperation is certainly necessary; however, if it occurs through domination, it hardly deserves the term “cooperation” at all. It is then cooperation without desire, vitality, or the spark of fire characteristic of the third interior star. It becomes submission, which dampens and cripples our sense of power and will, and damages our self-esteem.

In order to develop and heal ourselves at the third interior star level, we must re-examine the concept of power that involves the domination of one part by another. Instead we can develop power as integration, the power of connecting with the forces of life.

In order to pass through this interior star into the heart, we need to redefine our concept of power to become one that enhances, empowers, and strengthens. Our power structures must ensure, rather than threaten, continuance of our species, of our natural resources, and of our trust and ability to cooperate with each other.

Through the lens of the interior star system, power results from combining and integrating, rather than fighting and dominating. Each interior star level emerges, first of all, from the combination of the levels below it. It is then activated by the descending current of consciousness, which brings understanding to each level. Instead of finding our power through separation, power can come from unity and wholeness.

Will

How do you make something happen? To make any affective change, you need to exercise will. Will is consciously controlled change. As the second interior star is open dualities, we are presented with choices. Making those choices gives birth to the will.

Will is the means by which we overcome lower interior star inertia, and the essential spark that ignites the flames of our power. Will is the combination of mind and action, the conscious direction of desire – the means

through which we create our future. Personal power without will is impossible, making will a primary key to the development of the third interior star.

Getting to the third interior star requires that we give up seeing ourselves as a victim, and realize that lasting change can only come from our own efforts. If we blame others, our only hope for improvement comes from hoping others will change – something we cannot control. When we take back responsibility, the changes come under the jurisdiction of our own will. Then we can truly heal from victimizing circumstances.

In the Kabbalistic Tree of Life, will is the conscious combination of force and form from the third level, which relates to Hod and Netsach. Netsach provides the radiant beauty, the energy, while Hod is the more intellectual state, the intelligence and form. These reflect the role of the upward and downward currents that meet in the third interior star. Will is most effective when it is intelligent and strategic. This keeps us from wasting our energy by trying to do things through force alone. We are more efficient when we work smarter instead of harder.

Once the third interior star flame has been lit, the fire is less difficult to maintain. Once the light of understanding has dawned, the path to further understanding is illuminated. When Kundalini rises to this star, she makes herself apparent. Here she kindles the fire to destroy ignorance, karmic traps, and physical impurities. It is at this star that Kundalini begins to burn!

True will can be seen as an individual expression of a higher, divine will. It arises from our basic attunement with something larger. True will extends beyond the ego-self and embraces a higher purpose. It does not act for the sake of reward, but for the “rightness” of the action. If we are free from the lust for results, the actions of our will take us to our destiny. While that destiny is not guaranteed to be pain-free, you can most certainly expect it to engage the third interior star, and ignite the very core of your being.

In order for our will to be engaged, we must also be in touch with our desires. How can we exert our will if we don't know what we want? While undue attachment to our desires may keep us trapped in lower interior stars, suppression only blocks the force of the will. When a person feels deprived, unloved, or overlooked, they are easier to manipulate. The will flourishes best when we are relaxed, happy, and in touch, with ourselves.

However, will is not always in harmony with every desire. All interior stars have their positive and negative aspects, and the overuse of the personal will can keep us trapped at this level, especially if that will is not in harmony with the greater Cosmic Will of which it is a part. The intelligent and sensitive person must recognize when their will becomes detrimentally dominating and overly controlling. Engaging this interior star requires developing the will, yet the passage beyond this star requires the ability to yield our will when appropriate. A person of true power should not have a need to dominate. When personal will and divine will are one, then it is crucial that this will be followed.

Self-Esteem

The third interior star attributes of power, will, vitality, and self-discipline are ultimately based on self-esteem. When our self-esteem is high, we are confident, assertive, proactive, disciplined, and basically excited about life. When self-esteem is low, we are filled with doubts and self-recrimination that act like check dams for the psychic momentum needed to get something done. If there are too many check dams, we lose our momentum entirely, and end up in a state of inertia. Once we find ourselves in that puddle of inertia, the self-doubt and recrimination only get worse, and the cycle can be paralyzing.

Then the demon of shame has entered the third interior star, and perhaps even taken over. Shame is the antithesis of self-esteem. It collapses the middle section of the body, depriving it of energy. It interrupts the fluidity coming up from the base, and overplays the constricting mental energy coming down from the top. Instead of moving outward, the energy turns against the self.

Self-esteem comes from a realistic sense of the self. Initially this comes from the body and the physical identity. Next it comes from the second interior star and our emotional identity, which brings aliveness to our experience of self, and keeps us happy and in touch. Thirdly, self-esteem comes from trial and error as we reach out, take risks, succeed and fail, and in doing so, gain a realistic sense of our own abilities. Through self-discipline, we hone our skill. These form the foundation for self-esteem.

Breaking Powerlessness

Power, like any muscle in the body, must be developed consciously. In keeping with the well-known expression, “Knowledge is power”, most powerless is the result of ignorance about how to behave effectively. It may be simply lack of awareness or attention. Increasing our awareness increases our power. Therefore, such things as meditation can help. As we raise energy up the spine, and as this energy pierces this third layer, feelings of power will naturally ensure. However, mere meditation is not enough. The following are some simple concepts related to the development of the third interior star:

Braking Inertia – Do something different. Give up being safe and your power will awaken more quickly.

Avoid Invalidation – Criticism can sometimes be detrimental, especially if you are a sensitive person who takes it to heart.

Wiring and Resistors – Make sure that your energy travels in complete circuits.

Effort and Resistance – Both effort and resistance are tiring and wear down our energy.

Braking Attachments – Energy that is directed toward something that is not manifesting is energy that is “hung up”, caught, or otherwise useless.

Attention – Attention focuses energy. Pay it when it needs to be paid.

Grounding – We must be able to direct our attention to the here and now in order to manifest power.

Anger – Releasing blocked anger in a safe and effective way can sometimes help to unblock the third interior star.

Increasing Information – Knowledge is power and the more we learn, the more we can do and the fewer mistakes we theoretically make.

Love – Love is the unifying force that ties us all together, inspires us, and gives us strength to keep us going.

Laughter – Taking things too seriously can really make us lose touch with our power.

Take Care of Yourself – If you don’t, no one else will.

Interior Star 4: Love



- Love
- Air
- Breath
- Balance
- Relationship
- Affinity
- Unity
- Healing

Symbols and Correspondences

- Sephira: Tiphareth
- Planets: Venus
- Archangel: Raphael
- Sanskrit Name: Anahata
- Meaning: Unstruck
- Location: Heart
- Element: Air
- Function: Love
- Inner State: Compassion, Love
- Tarot Suit: Swords

The Heart Of The System

Now that we have ignited the fires of our will, taken control of our life, and burned through our subornest blocks, we can allow our fires to subside a bit. As they turn to warn embers, we turn toward our center, warmed, cleansed, and ready to embrace the next level of awareness.

From the solar plexus, we are thrust into a new and different realm. From the realms of the body and manifestation, we move into the softer touch of spirit. From the focus on the self and its desires and actions, we embrace a larger pattern, and dance our small part within the great web of relationships. We transcend our ego, and grow toward something greater, deeper, stronger. As we reach for the heavens, we expand.

We have now reached the central point of the Interior Star System. Even in our language, the heart refers to the center of things, the essence, the kernel of truth, as in “to go the heart of the matter”. This is our spiritual center, our core, the place that unites forces from above and below, within and without. The task of Interior Star four is to integrate and balance the various aspects of our being. In so doing, it brings a radiant sense of wholeness to the entire organism, an acceptance of the exquisite interpenetration of both spirit and matter. Within this sense of wholeness lie the seeds of inner peace.

The heart interior star is the center of love. As spirit and matter are combined, Shiva and Shakti are united within the heart. In their eternal dance of creation, their love radiates throughout all existence, giving it the permanence that allows the universe to continue. In the form of Vishnu and Lakshmi, the Preservers, they rule over the middle part of our lives, bringing us steadiness and continuity. Their love can be thought of as the “binding” force that holds together all the building blocks of which life is made.

The love we experience at the level of the heart interior star is distinctly different from the more sexual and passionate love of the second interior star. Sexual love is object oriented – the passion is stimulated by the presence of a particular person. In the fourth interior star, love is not dependent on outside stimulation, but experienced within as a state of being. In this way it radiates outward, bringing love and compassion to whatever comes into our field. It is a divine presence of empathetic connection, rather than an extension of our need or desire. Hopefully, through the force of the will, our needs have been fulfilled or transcended. Love can emerge with the deep sense of peace that comes from the lack of need, with a joyous acceptance of our place among all things, and the radiance that comes from inner harmony. Unlike the changing nature of the second interior star with its transitory passions, love from the heart is an enduring quality, external and constant.

Anahata – The Still Center Point

In the body, this interior star relates to the cardiac plexus and rules over the heart, lungs, and thymus gland. Just as each interior star can be seen as a disk of swirling energy, so, too, can the entire body/mind be seen as a star. If we follow a path from the crown interior star, spiraling through each center, we find that the heart is the end point of the spiral – the center, the destination. The heart is indeed a center of peace.

The element of the fourth interior star is air, the least dense of our physical elements so far. As an element, air is commonly associated with knowledge and things that are expansive and spirited. Air represents freedom, as in the birds that fly. Air represents openness and freshness, as in the airing of a room. Air represents lightness, simplicity, and softness. When we fall in love, we feel like we are walking on air. Air implies spaciousness, which is achieved through letting go. When we cling too tightly to what we love, we suffocate our beloved, which is like depriving them of air. We talk about needing space when we want “room to breathe”.

Lastly, air represents breath, the vital process through which our cells are kept alive. The Hindus call it prana. In yoga philosophy, prana is referred to as a vital energy in and of itself, a basic unit from which all life is made. This energy represents an interface between the physical world and the mental world. The mind can influence the body through the control of breath. Likewise, control of the breath can quiet the mind.

Love

Love – of all the words in the English language, this four-letter word probably has the most meaning. So basic to the soul of each one of us, love becomes the precious essence governing each of our lives. How do we find it? How do we maintain it? How do we share it? And beyond the power of words lies the question, “What is it?”

Love, like power, is something we all want and need. Few ever feel they have enough. Many live in fear of it. Nearly no one understands it. Yet we all search for it and gauge our lives by it when it is found. What is this mysterious force? Why does it have such power in our lives?

In entering the fourth interior star, we transcend ego in order to loosen our self-defined boundaries and merge into the ecstasy of love. There is no greater way to invite love than to offer it first. Since it is something we all want and need, we gravitate towards those with whom we feel safe and appreciated. To offer loving energy, whether as verbal compliments, empathetic acknowledgments, or physical nurturing, invites similar energy to be returned. Those who seek money or power are often merely seeking a way to receive love, usually in the form of admiration or acknowledgment. Going straight to the acknowledgement can bypass some of the less functional ways we behave in order to find love.

Love and approval are basic to our personal growth, as they promote self-acceptance – a necessary step to loving oneself. As young children we are conditioned and taught by approval, or lack thereof, from our parents. This feedback shapes our first ideas of who we are.

Opening the heart interior star expands one's horizon for sharing loving energy. People of differing backgrounds are more likely to stimulate growth than those who are the same. The greater our understanding the greater our capacity for love. The heart interior star perceives the world in its unity, not its separation.

Learning to love takes energy on many levels. We need all of our interior stars functioning in order to create and maintain it. We must be able to feel, we must be able to communicate, we must be able to have our own autonomy and power, and we need to be able to see and understand. Most important, we need to relax and let it happen.

Love is not a matter of getting connected, it is a matter of seeing that we already are connected within an intricate web of relationships that extends throughout life. It is a realization of “no boundaries” – that we are all made of the same essence, riding through time on the same planet, faced with the same problems, the same hopes and fears. It is a connection at the core that makes irrelevant skin color, age, sex, looks, or money.

More than anything, love is the deep sense of spiritual connection, the sense of being touched, moved, and inspired to heights beyond our normal limits. It is a connection with a deep, fundamental truth that runs through all of life and connects us together. Love makes the mundane sacred – so that it is cared for and protected. When we lose our sense of connection with all life, we have lost the sacred, and we no longer care for and protect that which nourishes us.

Relationship and Balance

At the level of the fourth interior star, we step out of the minute cycles of the lower stars and gain an overview of how they function together.

As between each of the interior stars, the primary difference between the third and the fourth is one of awareness. Through the creation and repetition of pattern, the organism becomes self-aware. Our lower interior star activity has influenced and created consciousness. We have acted according to our instincts and emotions, learning from our mistakes. Our learning becomes ever more complex and is stored in the higher centers as concepts, memory, and logic, to descend downward again, where our consciousness can influence our actions.

Relationship is the interface between matter and information, and plays a part in all the levels that lie between. In fact, all information could be regarded as awareness of relationship. These patterns give us the concepts which form the basic structure of our thoughts, communication and perception. They are the foundation of who we are. The fourth interior star level of consciousness perceives the world as an intricate web of relationships, bound together by the force of love.

Once we perceive objects and their activities as relationships, we begin to perceive the perfection, balance, and eternal nature of these relationships. Relationships endure when an overall balance is maintained. They end when one or both partners feel the relationship has gotten out of balance and does not have the capacity to return. This can be due to an imbalance of taking and giving, and imbalance in basic life force, in spiritual evolution, money, sex, power, housework, childcare, communication, or any of the other elements that play out in the arena of relationship. It must be remembered that this balance is dynamic rather than static – it fluctuates over time. It is the overall totality that must contain a basic parity if the relationship is to survive.

Balance within ourselves gives us the best shot at maintaining balance in our relationships with others. Inner balance allows us to perceive and enter the equilibrium within the ordered patterns of the mandala, which then becomes a point of openness and stability. Neither the mind nor the body, nor any single chakra can do it alone. It must be done with the fullness of the heart as the center of being.

Affinity

Affinity is a term used in chemistry to describe the tendency of one substance to enter into and remain in combination with another substance. This occurs because of an intrinsic fit within the atomic structure of the substance.

The result of affinity is bonding. When two substances with affinity for each other come together, they bond, forming a more permanent connection. Each has something the other is lacking. On a simplified level, it is the attraction of opposites seeking to balance themselves.

Human bonding can be so similar to chemical bonding that we often refer to it as “chemistry”. We may not always understand why we feel drawn to someone, but the feeling is there, nonetheless, and it is often irresistible.

Affinity can also be seen as a vibrational quality. When we are “in affinity”, the harmonious state we feel gives coherency to everything we say or do, like the tones of a scale in harmonic resonance. We radiate love because we have created a coherent center within ourselves, which in turn harmonizes the surrounding circumstances.

If there is strength in numbers, it is only when those numbers are united. We have many composite parts to ourselves. Our very strength lies in the unity and harmony within those parts. Only then are we able to effectively give to others. If those parts are all turned into the center – the heart of the organism – they then are simultaneously turned to each other and enter a natural state of affinity.

Healing

To heal is to make whole. If the heart interior star is the integrator and unifier, then it follows that it is also the center of healing. Indeed, love is the ultimate healing force.

Healing is the restoration of balance to an organism or situation. It is believed that all disease, whether caused by germ, injury or stress, is the result of an “imbalance” that then fragments the organism and destroys its natural resonant affinity.

Opening the heart interior star and developing compassion, connection, and understanding for those around you naturally gives rise to the urge to heal. The realization that we are all on dictates that we cannot advance alone while others are ailing. We find we must take the time to heal others as we advance along our path. This brings into balance the lure of spirituality and the need to remain in the physical world.

Helping others also arises from a simple state of compassion – the center of the heart interior star. Through nonjudgmental compassion for others, we cannot help but reach out in a healing manner. Our vision of the balance of all things underlies anything which is not in harmony with that balance. It is as natural as straightening anything which is not in harmony with that balance. It is as natural as straightening a picture on a wall.

Breath – The Heart of Life

Breath is related to the element air and is one of the primary keys to opening the heart interior star. Air is also the most distributed element in the body. Unlike food, which takes hours or even days to digest, each inhalation of air immediately enters the bloodstream.

The breath is one of the few things in the body that comes under both voluntary and involuntary control. Involuntarily, the breath contracts when we are afraid – a carryover from survival instincts, when holding the breath helped us remain undetected by dangerous creatures.

The Hindus believe that breath is a gateway between the mind and body. Whole systems of yoga have been built on breathing techniques, called pranayama, which are designed to expand consciousness and purify the body.

Interior Star 5: Sound



- Ether
- Sound
- Vibration
- Communication
- Mantras
- Telepathy
- Creativity

Symbols and Correspondences

- Sephira: Gevurah, Hesed
- Planets: Mercury
- Sanskrit Name: Visuddha
- Meaning: Purification
- Location: Throat
- Element: Sound
- Function: Communication, Creativity
- Inner State: Synthesis of ideas into symbols

Gateway to Consciousness

From the first cries of a newborn child to the harmonies of a symphony, we are immersed in an infinite web of communication. Communication is the connecting principle that makes life possible. From the DNA encoded messages of living cells to the spoken or written word, from the nerve impulses connecting mind and body to the broadcast waves connecting continent to continent, communication is the coordinating principle of all life. It is the means by which consciousness extends itself from one place to another.

Visuddha – The Purifier

The Interior Star of communication, commonly called the throat Interior Star, is located in the region of the neck and shoulders. The associated element of the fifth Interior Star is spirit. It is in the fifth star that we refine our awareness enough to perceive the subtle field of vibrations known as the etheric plane. This plane is the vibrating field of subtle matter that functions as both a cause and a result of our thoughts, emotions, and physical states.

The Subtle World of Vibration

Ether can be equated with the all-encompassing and unifying field of subtle vibration found throughout the universe. Any vibration, be it a sound wave or a dancing particle, is in contact with other vibrations, and all vibrations can and do affect each other. To enter the fifth Interior Star is to turn our consciousness into the subtle vibrational field that is all around us.

In the same way, we experience the overall vibrations of a person or situation, even though we may not know the minute details. We can tell if something is off. The sum total of vibrations includes all levels within it. In the fifth star, as we refine our consciousness, we begin to perceive these subtle vibrational messages.

Even the most solid aspects of matter are constantly vibrating at high speeds. In fact, it is only by this constant movement that we perceive the emptiness of matter as a solid field. Operating from the fifth Star, a person becomes aware of things on a vibrational level. The effect of the more “abstract” plane upon our consciousness is subtler than that of the grosser actions, yet is no less profound. Unfortunately, most of us are not consciously aware of our actions and reactions on this plane.

Resonance

All sounds can be described as wave-forms, vibrating at a particular frequency. Sympathetic vibration or simply resonance is where two wave-forms of similar frequency “lock into phase” with each other, meaning that the waves oscillate together at exactly the same rate. The resulting wave has the exact same frequency, but increased amplitude.

People living in the same household become rhythm entrained to each other. Women living in the same house begin to menstruate at the same time. Couples married for a long time start to look a like and their speech patterns become the same. Cultures also become rhythm entrained, also.

This is a very important concept for the fifth Interior Star. If we are unable to entrain with the vibratory frequencies around us, we cannot experience our connection with the world. If we cannot entrain, we cannot communicate.

If simple vibration can move matter into coherent, harmonic patterns, resonant vibrations can only deepen that affect. When we truly resonate with something, it affects us deeply. Our own vibrations may trigger a new thought or vibration in a resting source, awakening consciousness in another. We can choose to contribute “good” vibrations or “bad”; those in harmony with the vibrations around us, or those out of phase, in disharmony.

Mantras

The word for mantra comes from “man”, meaning mind and “tra”, which means protection or instrument. Thus a mantra is a tool for protecting our minds from the traps of non-productive cycles of thought and action. Mantras serve as focusing devices for making the mind one-pointed and calm. The mantra is designed to awaken the mind from the habitual sleep of ignorance.

Telepathy

Telepathy is the art of communicating across time and space without using any of the five senses. There are relatively few people adept at this form of communication, yet it is something we all respond to on a subliminal level. With a well-developed fifth Interior Star this type of communication becomes accessible.

As we learn to refine our Interior Stars, calm our minds, and quiet our thoughts, the fabric of our consciousness becomes smoother and smoother. Our vibrations become steadier and our perceptions more direct. In this state it is far easier to become aware of the subtler ripples of vibrations in our energy field. The quieter levels of telepathic communication become apparent when the grosser vibrations of our lives are no longer creating interference.

Telepathy could be defined as the art of hearing the whispers of another’s mind. In order to do this, we must be quiet within our own minds. Most of us, by nature, have a party going on inside our own heads. We’re accustomed to using technologic devices to send our messages beyond the limits of our voices. We’re not accustomed to listening for the subtle stirs in the ether that can bring us communication across time and space.

Creativity

Communication is a creative process. The more adept we are at this art, the more creative the process becomes. While many people have associated creativity with the second Interior Star (since that's where babies are created), it is really a form of expression related to the fifth Interior Star. Creating life in the womb is not a conscious process. The emotional states of the second Star may fuel creative impulses, but it takes will and abstract consciousness to create.

The process of creation is a process of inner discovery. In creating a work of art, we open ourselves to the very mysteries of the universe. We become channels for spiritual information.

Interior Star 6: Light



- Light
- Color
- Seeing
- Intuition
- Visualization
- Imagination
- Clairvoyance
- Vision

Symbols and Correspondences

- Sefira: Hokmah & Binah
- Planets: Jupiter & Neptune
- Sanskrit Name: Ajna
- Meaning: To Perceive, To Command
- Location: Center of head, slightly above eye level
- Element: Light
- Function: Seeing, Intuition
- Inner State: Inner Perception
- Level of the Soul: Neshamah
- Archangel: Raphael & Tzafkiel
- Tarot Card: The Empress
- Hebrew Letter: Dalet

The Winged Perceiver

Darkness and light have intertwined to bring us one of the greatest of gifts of consciousness – the ability to see. The gift of sight allows us to behold the beauty of creation. Seeing gives us the ability to instantaneously take in enormous amounts of information about our surroundings.

It is the gift of seeing, both inner and outer, that is the essence and function of Interior Star Six. Through our perception of special relationships, we have building blocks for both memory of the past and imagination of the future. Thus, this star transcends time.

The “brow” interior star, as it is often called, is located in the center of the head behind the forehead – either at eye level or slightly above. It is associated with the third eye, an etheric organ of psychic perception. The third eye sees beyond the physical world bringing us added insight.

The corresponding element of this interior star is light. Through the sensory interpretation of light we obtain information about the world around us. How much we are able to see depends upon how open or developed this chakra is, including, to some degree, the activity of our normal eyesight.

Unlike the five lower stars, which are located in the body, the brow chakra is located in the head. Therefore, its nature is more mental than any of the previous chakras. Our visual perceptions must become translated into

other forms, such as language, actions, or emotions, before they can be tangibly shared. As we become more mental, we leave behind the limitations of time and space and enter a transpersonal dimension.

Interior Star six corresponds to the pineal gland. The pineal gland, sometimes called the “seat of the soul,” acts as a light meter for the body, translating variations in light to hormonal messages relayed to the body, through the autonomic nervous system.

Light

At Interior Star Six we encounter a higher, faster vibration than that of sound. Here is the part of the electromagnetic spectrum that we perceive as visible light. Visible light consists of wave packets called photons, which exhibit either wave-like or particle-like properties, depending on the method of observation. Because wave-like or particle-like properties, depending on the method of observation. Variations in frequency give us different colors.

Color

Color is the form through which we perceive light. Color is produced by different frequencies in the wavelengths of light. Light is produced by the excitation and de-excitation of electrons within the atom. Color carries very definite psychologic effects: Red physically stimulates the heart and Blue can cause calm and tranquility.

The Holographic Theory

Karl Pribram, neuroscientist, has a theory that the mind is like a hologram. A hologram is a three-dimensional image formed by two intersecting laser beams. There are many remarkable things about holograms. Their information is stored omnipresently. If it breaks into pieces, each piece is capable of reproducing the entire picture. They are also non-spatial. This theory is fundamentally different than other models of brain activity where information is stored in specific locations. Some scientists believe that the entire universe is also holographic in nature.

Seeing

It has been estimated in the sighted person ninety percent of our information comes through our eyes – more than through any other organ or sensory means. A large portion of our memory and thought processes are also coded with visual information.

The physical eyes see by focusing reflected rays of light onto the retina. The focusing is done by the cornea, which takes a larger pattern of light and reduces it, inverted, onto the retina. When light hits the cells of the retina, a chemical reaction occurs, triggering nerve impulses. These impulses are then conducted along the optic nerve to the brain. No actual light enters the brain.

It is not really our eyes that see, but our minds. The eyes are merely focal lenses for transcribing information. It is the mind/brain that interprets the electrical impulses coming from the eyes.

Clairvoyance

The most significant aspect of consciousness at the level of the sixth interior star is the development of psychic abilities. The term clairvoyance means clear seeing. This is seeing that is not muddled by the opaque world of material objects normally defining our limited sense of space and time.

We can think of the third eye as a mental screen upon which we cast our slides for viewing. The process of clairvoyance is one of specified visualization. It is a matter of being able to call up relevant information on demand, regardless of whether it has been previously known.

The sixth interior star transcends time. We need not limit accessible information to what we have learned in the past – we can also retrieve information from the future. Clairvoyance is a matter of seeing the inner relationship of things – the fitting of the part into the whole. It is done by searching for the cross-point, or interference patterns between our question and the piece of information that best fits the space we have created for it. Through meditation, visualization, and training, we can develop our abilities to perceive the subtle difference between.

Interior Star 7: Thought



- **Consciousness**
- **Thought**
- **Information**
- **Knowing**
- **Understanding**
- **Transcendence**
- **Immanence**
- **Meditation**

Symbols and Correspondences

- Sefira: Keter
- Planets: The Gilgalim (cycle)
- Sanskrit Name: Sahasrara
- Meaning: Thousandfold
- Location: Top of Head
- Element: Thought
- Function: Knowing
- Inner State: Unification
- Level of the Soul: Neshamah
- Archangel: Metatron
- Tarot Card: The Fool
- Hebrew Letter: Aleph

The Thousand-Petaled Lotus

In Eastern tradition this Interior Star is pictured as a thousand-petaled lotus, blooming at the top of the head. The Crown Interior Star is the means through which we read understanding and find meaning. It is the center that connects us to divine intelligence and the source of all manifestation.

The Crown Star represents the ruling principle in life – where the order and meaning of all is perceived. It is the true essence of awareness. It is the intellect and belief systems and it is also the awareness of the divine.

In Sanskrit, it is called Sahasrara which means thousand-fold. When one reaches this level, the seed of their soul has sprouted from its roots in the earth, and grown upward through all the elements to the source of all – consciousness. Its ultimate state of consciousness is beyond normal reason, beyond the normal senses, and beyond the limits of the material world.

The element of this star is thought. The function of this star is knowing. We can reach into the infinite body of information through this Interior Star. The seventh Interior Star relates to what we experience as mind, especially the awareness that makes use of the mind. The mind is the stage for the play of consciousness. It can bring comedy or tragedy, excitement or boredom.

Through watching this play of thoughts, our mind assimilates experience into meaning and then constructs belief systems. Physiologically, this relates to the brain.

We may think of consciousness as invisible, but we can look around us to see the man-made objects around us to see the incredible versatility of consciousness in manifested form. To see consciousness look around at both man-made and natural objects. This is all manifestations of consciousness. Higher consciousness is the awareness of higher or deeper order. Higher consciousness can also be called cosmic consciousness and refers to the awareness of a cosmic or celestial order.

Consciousness

Each interior star is a manifestation of consciousness at different layers of reality. We need to look inside and find the awareness within. Consciousness is a faculty that all humans have. It is what makes us alive. It has enormous capacity for regulating the body, playing music, speaking, drawing, reciting poetry, remembering things, solving a puzzle, experiencing pleasure, loving, yearning, etc.

The self maintains a storehouse of memory, a set of belief systems, and a capacity to take in new data, while somehow integrating all this information into a coherent sense of meaning. This search for meaning is the driving force of consciousness and the search for the underlying unity of experience. When our own lives have meaning, they become part of a larger structure. Meaning is the pattern that connects. Meaning links the individual to the universal.

Types of Consciousness

Awareness implies the focus of attention. To open awareness we must notice where our attention goes. The first kind of consciousness is focused on the world and things in it. This is cognitive consciousness. The second type is transcendent consciousness. It interfaces to a realm beyond the world of things and relationships. Cognitive consciousness requires that awareness be focused on the finite and particular, sorted and assembled in logical order. Transcendent consciousness requires opening beyond cognition.

Information

Through our experience we build a matrix of information within our minds. Each bit of information we receive gets incorporated into the matrix. It grows more complex and periodically reorganizes itself, finding higher levels of order. How we view the world and our belief systems are built from this. From a Sophian Gnostic perspective we must continually look at the matrices and question the belief systems that we have created. We do not want to create dogma, but instead to become more aware.

Transcendence and Immanence

The crown interior star is the meeting point between finite and infinite, mortal and divine, temporal and timeless. It is the gateway through which we expand beyond our personal self, beyond the limits of space time and experience primordial unity and transcendent bliss. It is also the point at which divine consciousness enters the body and descends bringing awareness to all the interior stars.

We have two flows of complimentary spiritual states: transcendent and the immanent. The most characteristic quality of transcendent consciousness is emptiness. Transcendent brings liberation from the traps of illusion so that we can enter into a state of bliss and freedom. Immanence is the awareness of the divine within, where transcendence is the awareness of the divine without. Immanence brings us intelligence, illumination,

inspiration, radiance, power, connection, and finally manifestation. True self-knowledge is to understand that transcendence and immanence are complimentary and one.