

## Recording 11 Outline

- A. The superconscious mind
  - 1. The only way to the superconscious mind is through the subconscious mind.
  - 2. The superconscious mind contains the real wisdom, the real knowledge, the real data, the real history.
  - 3. You have to deal with yourself to be able to get to this higher part of you.
  - 4. Feeling leads to thought, thoughts lead to emotions, emotions lead to action.
- B. Changing your fundamental vibration
  - 1. If your life is in chaos, the fundamental vibration of your being is vibrating emotionality rather than feeling.
  - 2. We can change the vibration by going to the Sun center in meditation.
  - 3. The goal is to vibrate nobility.
  - 4. If you change the fundamental feeling state at the Ajna chakra, everything else will automatically change.
  - 5. The change is not immediate, and while waiting you have to live through the karma that's in the state of precipitation
  - 6. While you are climbing the chakric tree, the lower chakras are trying to change the vibration of the Ajna chakra.
  - 7. There can only be one master, one source, one dream, one goal that is the hub of your life.
- C. The eight helpmates
  - 1. Sincerity: If you speak it, mean it. If you don't mean it don't speak it.
  - 2. Gain genuine conviction as to the value of your goal in life.
  - 3. Be aware that any concept to be practiced must be the correct concept.
  - 4. Compare and balance out your thoughts, your words, your plans of actions so they agree one with the other.
  - 5. Self-discipline requires long and sustained effort, especially if interest lags and thus the mind wanders. Keep yourself enthused.
  - 6. Commit yourself to positive ideals, positive concepts, positive thoughts.
  - 7. Ensure regularity of practice at a fixed time and a fixed place.
  - 8. The spiritual life and walking the spiritual life is a matter of limiting the damage of doubt.
- D. Eloi, Eloi lama sabachthani
  - 1. Sri Shelliji was a mystic and a mathematician.
  - 2. Everything can be summarized with nine letters
    - a. The first line of letters are 816.
    - b. The second line is 357.
    - c. And the third line is 492.

- d. 10 is the number of nature.
  - e. 12 is the number of mankind.
  - f. 15 is the number of God.
- E. The value of patience
1. People will respond to you differently. Flowing into you will be an infinite amount of patience from humanoids, from astral beings, from your God.
  2. What seems to be a little thing can be everything.
  3. The value of learning is to attune to what is valuable to you.
  4. The karma is that we cannot see the solution to our problem.
  5. We're so locked into ourselves, the lesson to be learned is to get out of our self.
  6. We want to go to another realm, the astral, but we haven't done what we need to do here.
  7. We are here to learn to see clearly.
  8. We should live how the highest, noblest thought within us manifests.
  9. Have self-discipline and thoroughness.
  10. It is the individual, insignificant action that builds the karma of our life.