

## Recording 11 Study Questions and Answers

1. What is the only way to get to the superconscious mind?  
*Through the subconscious mind.*
2. What are the three kinds of wishing powers?  
*One is to wish freely, which really is to wish one's own wishes, which is very hard to do. The second is wishing to carry out other wishes of other people. And the third is simply not wishing at all. Kriyananda calls it defeatism.*
3. If your life is in chaos, what is the cause?  
*The fundamental vibration of your being is vibrating what it should not be vibrating. It's not vibrating feeling, it's vibrating emotionality.*
4. In yoga, what is who you are?  
*Who you are is the Atma, which symbolically in yoga is at the Ajna chakra, the Sun center, which is simply a compilation, amalgamation of the last six incarnations. It's the totality of the last six incarnations and whatever part of this incarnation it is.*
5. What is the goal in changing the vibration at the Ajna chakra, the Sun center?  
*The goal is to vibrate nobility. Noble thoughts come to us from every side, the Vedas say.*
6. If you hold a feeling at the Ajna chakra, in time all things will change. But what happens in the meantime?  
*You have to live through the karma that's in the state of precipitation and wisely, patiently prepare.*
7. What does it mean to get your house in order?  
*There can only be one master, one source, one dream, one goal that is the hub of your life, and all other things from that point need to follow from that hub.*
8. What will happen if your words are insincere?  
*That insincerity will affect strongly your Mercury chakra, disturb it, emote it, angulate it, and you will not be able to see, read, understand the intellectual implications of your life and the symbols in your life. internally and externally.*
9. What is more valuable than being of service to other people, according to Kriyananda?  
*One is not just to service the beautiful women and the rich men. Beyond that, just don't service human beings. Beyond that, service all life forms. And even beyond that, which is hard to grasp, is to heal the world in which all these beings live within.*
10. If you decide that obtaining large sums of money is right for you, what should you do when the money comes?  
*Do good with that money, not just for you but for the people around you, for the things you value. That's very important.*
11. What did Sri Shelliji advise Kriyananda about asking God what do to?  
*You know yourself better than God knows you. Even better than God, you know yourself better than He or anyone else. Ask yourself.*

12. What is truthfulness?

*What you think you should speak. What you speak you should do. What you do should come from what you speak, what you speak should come from what you think. What you think should come from a feeling state.*

13. What will happen if you don't remain enthused?

*Your mind will wander, you will become confused, and you will lose any sustained self-discipline.*

14. How did Sri Shelliji summarize his teachings?

*Meditate, meditate, meditate.*

15. What is the number of nature?

*10*

16. What is the number of man?

*12*

17. What is the number of God?

*15*

18. The value of learning is to attune to what is important to you. How should you attune?

*Without expectation, and just be, exist, in which at that moment the life divine flows into you and what you could not conceive, could not imagine, manifests.*

19. What is the problem?

*I am the problem for me, you are the problem for you. We're standing in our way of seeing what Yogananda called the bliss. What Shelly called the knowledge, the secret. What Kriyananda called the life.*

20. What is the value of laughing and having fun?

*It is as close as the average human being gets to the bliss of being, or to life itself.*

21. What did Shelly tell Kriyananda about eating the piece of bread?

*That piece of bread tells you where you're at. If you conquer that piece of bread you'll have conquered your life. If that piece of bread conquers you, life will conquer you.*

22. What moves us from our ego to our seventh house?

*The repetition of a small thing. There are in the movement from ignorance to truth, from self-awareness to life awareness, a series of very small steps that independently look insignificant, and maybe any one by itself is -- except to get from one step to the next, you have to step on that step. And so it's the cumulative steps that lead you to the Heavenly Hilton or to the high place of heaven, take your choice.*