

Recording 18 Outline

- A. What is emotionality?
 - 1. Emotionality is angular energies in your mind.
 - a. Angular energy interferes with other energies that are angular.
 - b. In our mind there are a series of linear, nonemotional states called feeling states.
 - c. They are a pure state of awareness, a pure perception.
 - d. Most people only have emotionality.
 - e. In mysticism we are trying to bring down the emotionality and convert angular energy to linear energy.
 - a. Then we can see clearly.
- B. Experience is almost negligible; how we distort it in memory is important.
 - 1. Akashic records contain our distorted memories.
 - 2. Need to go past this to the "Room of Books."
 - 3. This is the pure experiences of mankind.
 - 4. Why do two people have widely different reactions to the same dog?
 - a. It's not the experience but the interpretation of the experience.
 - b. This colors all future experiences. People cannot see what ought to be seen.
 - c. We don't remember the experience, only the emotional distortion of the experience
- C. One negative experience immediately distorts at least 8.3% of your life.
 - 1. If you have 12 experiences that are negative, you've distorted your whole life.
 - 2. Each experience belongs to a different category, one of the 12 categories of self-awareness.
 - 3. That's the danger of having a strong prejudice.
 - 4. A "bad" experience unconsciously changes how we regard who or what the experience involved, and what they symbolized as well.
 - 5. The conscious mind no longer can change this.
 - 6. There are no good or bad experiences.
- D. Entering the astral via the dream state, in a meditative state, vs. in the trance state, the so-called "outside your body."
 - 1. It's not a difference in kind, it's a difference in quality and time dimension.
 - 2. It's not so much these as it is a difference in the depth that one is entering into that mind.
 - 3. You can do things in the astral state that you can't do in the dream state.
 - a. In the astral state you can change attitudes more rapidly, and more thoroughly.
 - b. You go into a true meditative state rather than you think you're meditating.

- c. You can change your personality, change the flow of energy, draw energies in, keep energies out.
 - d. Yogically speaking, you can change your environment.
- E. When people move from one sublevel to the next, is it based on an astrological progression?
 - 1. No. Where you are has nothing to do with where you are aware of, or what you are aware of.
 - 2. We don't become more aware because of a progression.
 - 3. What is crystallizing now, so-called the natal chart, is not what you are, but rather where you were.
 - 4. Anything you want, think you should do, is karma from the past. Beware. This pressure can also come from others.
 - 5. Moving from one sublevel to the next is really a matter of the horizon of awareness.
- F. We want to gain some control over our three "bodies" and our five koshas or sheaths.
 - 1. You have the dense body, called the physical body, the subtle body, called the astral body, and a super subtle body, called the causal body.
 - 2. Koshas or sheaths link the bodies together.
 - 3. They are called Mayakoshas, maya simply here meaning transitory, because they change from incarnation to incarnation.
 - a. Annamaya kosha means food temporal sheath.
 - b. Pranamaya kosha is the energy temporal sheath.
 - c. Manomaya kosha is the temporal mind sheath.
 - d. Vijnanmaya kosha is the temporal knowledge sheath.
 - e. Anandamaya kosha is temporal bliss sheath.
 - 4. We are concerned with the Pranamaya kosha which draws in and disseminates pure energy.
 - a. We want to stimulate this sheath to stimulate the physical body, so there is more energy for the astral body.
 - b. Then you can utilize this subtle body more fully, so that you can remain aware as you're using that body.
 - 5. The chakric tree runs up the spine.
 - a. Chakras are circular discs, or discus.
 - b. Gods have these in a lot of Indian literature. They are powerful spiritual weapons.
 - c. The discus is a way of activating a given chakra within you or within any being.
 - d. You want to stimulate the four upa chakras, or little chakras.
 - e. They're easy to stimulate because their functions are rather limited.
 - f. They are located in the hands and feet.

- g. They are depicted differently in Eastern and Western religions.
 - 1. Go back in time to understand religions. Try to find the core concept.
 - h. There are three giant “string” chakras that are called Naga chakras.
 - 1. Ida, Pingala, Sushumna.
- G. We want to stimulate the upa chakras to get a directional release of energy.
- 1. The energy goes from the Pranamaya kosha to the astral body, to begin to activate that astral body.
 - 2. When the energy is flowing, you want to regenerate it to the Mars chakra.
 - 3. When the energy gets to the Mars chakra in full force, you will be harmlessly expelled from your body.
 - 4. If you have a bad transiting Mars, or a bad progressed Mars, or a bad natal Mars, beware. Timing is everything.
 - 5. It is important that you be nonviolent, because if you are not, problems can arise externally when you start stimulating the Mars chakra.
- H. A chakra is a mass energy converter
- 1. We are trying to move from materiality and gross energy levels to a subtler level within your consciousness.
 - 2. Historically it’s called projection into another world, which really is a projection into another realm or sub-realm.
- I. As long as you have your chart in front of you, you will rapidly understand what has manifested.
- 1. When you get out, particularly the first time, try to remember when you came back.
 - 2. In your dream journal or spiritual diary, note the city, the time, the place.
 - 3. Look up where the Moon was, where the Sun was, where the Ascendant was at the time it happened.
 - 4. Try to find a correlation between the cosmos, and the microcosm and the event.
 - 5. It will help you to align the probable events, that if your attitude is right can cause you to move out again with a greater degree of success.
 - 6. It’s important to be conscious of when you leave your body and when you come back.
- J. Stimulating the ethereal body by stimulating the upa chakras.
- 1. There are several techniques.
 - 2. The covering method, the brushing method, and most valuable, the stirring method.
 - 3. How to perform the stirring method.
 - a. Massage and exercise your fingers.
 - b. Start with the right hand.
 - c. Stir clockwise with your fingernail.

- d. Recognize that you're releasing energy from the etheric body that normally is not released.
 - e. After you do that for a while, almost instinctually you'll say that's enough.
 - f. Go over and start stimulating the subtler, upa chakra, Mars chakra, which is the left hand and part of the Idic patterning.
 - g. Do the same thing here. If you keep this up for a few minutes, many people will begin to feel different sensations.: the fingers may vibrate or tingle; tingling in the spine; chills going up or down your back; a flash of heat; heart starts palpitating, there's a breathing pattern change.
 - h. That means you're really ready to move from the upa chakras, to the central chakras of the spinal column.
 - i. If you don't feel biological sensations, increase circulation to your feet by massage.
 - j. Next, start sending the energies and pulling energy up the spine, naming the chakras as you go.
4. The koshas
- a. Visualize five little triangles, make two lines like the trunk of a tree, and in the trunk of the tree, at various levels, make five little triangles, one at the base, one at the top, and three in between. These are the five koshas.
 - b. The bottom triangle is the Saturn chakra, the food sheath that controls your body.
 1. Shelly calls it a stomach on two legs. Don't fast too much, don't overeat.
 2. If we listen to the body, we'll be fine. If we listen to the mind, which is not a stomach, we immediately get into trouble.
 - c. On one side of the trunk is what we could call the psychological dimensions of the koshas. And on the other side the physiological dimensions or physiological states.
 - d. If you take the food sheath and the energy sheaths, and hook them together, to one side is the conscious mind. And to the other side is wakefulness. If you tie the mental body with the knowledge body, on one side is the subconscious mind, and on the other side is the dream state.
 - e. Above that, almost linked to itself, is the Annamaya kosha, the bliss sheath. On one side is the unconscious mind, and on the other is the deep sleep state, the meditative state, no dreaming.
 - f. Above the five koshas are on one side the superconscious mind, and on the other side super consciousness. We're dealing with the conscious mind linked to the subconscious mind.

- g. The unconscious mind is everything that exists. We are trying to tap the unconscious mind.
- 5. The four key steps needed to successfully release the astral body from its physical body.
 - a. Producing, at this moment of projection, a clear, tranquil mind.
 - b. Producing a deeply, deeply, deeply, really deeply relaxed physical body.
 - c. Producing a focused mindset.
 - d. Utilizing a projection technique.