

Recording 1

- I. Introduction
 - A. Do not forget the title.
 - i. Entering the astral and the dream states, remembering to enter the astral via meditation, contemplation, Samadhi and the dream states.
- II. Once Upon a Yogi Time – Guru, Disciple and Fish
- III. Kriyananda's philosophy
 - A. No philosophy, just lots of questions
- IV. The Pathway
 - A. Must be followed consciously
 - B. Lifestyle by which you move beyond words and human values
- V. Stepping stones along the pathway
 - A. Mother, father, society
 - A. God
- VI. Transcending the stepping stones
 - A. Only way to finish the path
 - B. Moving from dependency to independence
- VII. Don't stop at the astral world
 - A. It's a subtle form of the earth plane
- VIII. The erroneous concept of god
 - A. Life divine is the real source of all being
 - B. Religion of the closed book vs. mysticism
- IX. Blockages
 - A. Western - money, power, tempt not God
 - B. Eastern – lust, fear, social duty
- X. Liberation