

Recording 23 Outline

- A. Karma is not good or bad.
 - 1. We may perceive it as pleasant or unpleasant; it's attitudinal.
- B. Karma and merit
 - 1. You get karma because of intent and action.
 - 2. If you did something unconsciously you are mystically responsible.
 - a. Subconscious intent may be way down in your subconscious Saturn chakra, your Mars chakra.
 - 3. Karma is when the ego does something. Merit comes when the ego is not involved in the action.
 - a. That's pretty hard and there's not much merit around.
- C. What is the difference between going to the astral in a dream or meditative experience, and going because your body dies?
 - 1. When you go through the dream or meditative state, your astral body is hooked to your physical body by the silver cord.
 - a. You can move with a greater degree of awareness and control, and come back to your body when you want.
 - 2. When your body dies, the silver cord is broken.
 - a. When the average person dies, they feel guilty and apprehensive.
 - b. When the silver cord is broken, the fixation of the astral forces are at that point predetermined.
- D. Near death experiences
 - 1. It's hard to say whether it is an astral experience or a fear dream hallucination.
 - 2. Most people find the near death experience an absolute disaster.
 - 3. Some people pick up thought forms from what they have read and heard, and see what they expect to see.
 - 4. You have to get rid of your objective subjective real solar world in order to see what is really there. And you probably won't like what you see.
- E. This world and the entities therein are here only because we consume other entities.
 - 1. If you take that omenology from the biological to the psychological level, it might imply that most people continue to live because they consume other people's minds.
 - 2. We're trying to structure the entirety of the universe by what men think. It's ridiculous.
 - 3. Religionists say we rule the world and we can do what we want because we're the supreme. And we even look like God.
 - 4. Get rid of your culture, not destroy it but transcend it.

5. Then, when you go to the astral, you have a possibility of seeing the true structure of the universe.
 6. It puts us in 110th position on the bottom.
- F. It's not good to be a mystic in this world of men.
1. Mystics who have said mankind is not the greatest have been burned at the stake
- G. If you want wisdom with a capital W, if you want truth, reality, you must dissolve away your ego momentarily.
1. Once you have that split second into infinity, you have a memory.
 2. Most yogis and mystics are spending their whole life contemplating and thinking about one experience that had lasted maybe a nanosecond.
 3. If you're really, really, really serious about trying to find what it's all about, you have to give up your humanity.
- H. Is astral projecting, projecting out into the astral, or going deep within?
1. They are both the same. The astral is within you.
 2. There is no out there, and there really is no in there. There just is.
 3. When you go out through your Sun center, it really is like a skyrocket, so you have the impression that you are "out."
- I. Words are meaningless.
1. Some teachers will not even speak.
 2. They sit with their disciples, and they pick up each others' vibrations.
 3. Words are meaningless and they can be quite misleading, but they're all we have to communicate with.
 4. The poets are best with words, the rhythm is important.
 5. It's mantra.
 6. Music and painting also have a power words don't have.
 7. These are extensions away from the frozen Mercury chakra, frozen mind called words.
- J. Bouncing projection technique
1. Stimulate the upa chakras in the hand and in the feet.
 2. When you feel a subtle rush or change in the breathing pattern or the physical, biological sensation in your body, move to the center of your spine.
 3. Find the center of consciousness in the spine.
 4. You start and you go up through the center of the spine, symbolically, to the top of your head and then back to the base of the spine.
 5. Bounce back and forth from the coccyx to the top of the head, and find a rhythm that is comfortable.
 6. Next, bounce out through the top of your head maybe 3 inches. And bounce back down through the bottom of your spine 3 inches. Get a rhythm going.

7. Bounce out of your head for maybe 6 inches, and now out of the bottom of the spine, and keep doing that. Keep extending, maybe in 3 inch or 6 inch increments.
 8. When you reach the awareness that you're bouncing off the ceiling, feel how the room looks from the ceiling.
 9. Some people experience going out and going back in; it's not important.
 10. Slow down the bounce and stop, and come up to the Ajna chakra level. You're really at the pineal, halfway between the Moon chakra and the Sun chakra.
 11. Move forward from the center, to the Sun chakra, back through that pineal gland, the center, to the Moon center.
 12. Now you're bouncing back and forth, Sun center, Moon center, Sun center, and finding the rhythm.
 13. Now extend out 3 inches in front of you, and 3 back, and you that for a while, now 6 inches in front, 6 inches in back, and you're back and forth.
 14. Now it's a foot out in front of you, a foot out in back, and you bounce that way back and forth.
 15. And all of a sudden after a little while, you bounce against the wall. And again you're trying to feel what does the room look like as you bounce off the wall?
 16. And then you just basically keep that up, and you find which is more comfortable for you, bouncing wall-to-wall, or ceiling-to-floor.
 17. You will slowly find did you have pulled your center of consciousness outside your body, and you are aware out there.
 18. With any technique, once you're out, only stay out for 5 or 6 seconds, or you will become unconscious and will not remember what you experienced.
 19. Kriyananda did not use the ceiling because it was too low.
- K. Additional technique: associate your breathing with the movement of the astral body.
1. You're inhaling and your astral body is shrinking.
 2. You're exhaling and now your astral body is expanding.
 3. And you simply get that rhythm that the astral body's moving out a little bit, moving in a little bit.
 4. But as you begin to get deeper into your awareness and your breathing pattern, with each exhalation the astral body gets bigger and bigger, and shrinks back and gets bigger and bigger, and shrinks back and gets bigger and bigger with your breathing pattern.
 5. At some point when you breathe enough, the astral body will fill the room, or the house, or the block, and at some point break free from the body.
- L. Other techniques and tips
1. Be as unhassled as possible.
 2. Learn to induce immediate relaxation.

3. The mind must remain conscious.
 4. Some people cross over by visualizing a person who meets them; Kriyananda recommends a dot or something inanimate.
 5. Another technique is to visualize a staircase and begin climbing it.
- M. Summary of everything said about the astral and breaking free from culture, thoughts, etc.
1. Everything has an aura, force field, magnetic field, gravitational force.
 2. If you are attuned to that magnetic field you will be drawn to it, and it will be drawn towards you.
 3. If you have magnetically the opposite pole, you will be repulsed by it and it will be repulsed by you.
 4. The aura is a protective mechanism.
 5. All entities have thought forms, they think or emote.
 6. The thought forms you think will draw you to things, to people, and therefore to events similar to those thought forms.
 7. You must learn to control your thought forms. Linear thought forms are stronger than angular ones.
 8. In the astral you radiate the magnetism of your humanity, and at a certain point it prevents you from going further.
 9. There's a barrier that becomes very hard as a human being, to get into some of those Venusian, Mercurial, Lunar, Solar higher planes.
 10. Don't be loyal to humanity. But obey the rules. Become other than you think you should be. Transcend, transmute, adjust and acclimatize to the world you're in, the astral world.
- N. Worries about the astral
1. Can your body be taken over while you are out of it?
 - a. No, to most people and most entities, your body is a pool of maggots.
 2. Can you get lost?
 - a. If you did get lost you'd black out shortly, and the karma would draw you back to your body.
 - b. The silver cord attaching you to your body can only be broken when your karma is finished.
- O. Are you afraid of death?
1. If you are, even slightly, it will be very hard for you to go out of your body.
 - a. The bouncing technique helps because you can "put your toe in the water" and pull it right out again.
- P. Key points from Kriyananda's years of teaching.

1. Every night when you go to sleep, your astral body leaves your physical body, whether you dream or not.
2. Go to sleep slowly.
3. Imagine that your astral body is hovering above your physical body.
4. Imagine that your astral body is standing at the foot of your bed.
5. In your daily life, work, play, do duty without exhausting yourself.
6. Put the body into deeper and deeper relaxation, but keep the mind awake.
7. Get rid of your emotionality. Emotionality distorts your perception and your dream.

Q. What to do when you are out

1. It doesn't matter how short a time you are out, you will know it.
2. The next step is to move around while you are out.
3. Believing you can exist in an unembodied state, you can start exploring.
4. Come back while you are still aware and can remember what happened.
5. If you wake up after blacking out, don't assume you were not out.
6. Remain quiet and see if you remember.

R. Lucid dreaming

1. One is aware one is dreaming and it's very vivid.
2. Usually you're doing the same thing in your inner astral world as you do in the physical world.
3. If you're there and lucid, then go up. Go higher.
4. Visualize something, a sound, a symbol, that is higher than your daily work routine.
5. Venus is a good symbol as most people have no true higher Venusian feeling in their lives.