

Recording 23 Study Questions and Answers

1. Why do we get karma?
We get karma because our personality acts and reacts. It's what we do and the reason why we do it, there are two levels: intent and action. And that intent is intent of our being, which may be way down in our subconscious Saturn chakra, Mars chakra, semiconscious, unconscious.
2. What is the difference between karma and merit?
Karma is when the ego does something. Merit comes when the ego is not involved in the action.
3. What is the difference between going into the astral in your dream state, and going because the body dies?
If you go in your dream state, your astral body is hooked to your physical body with a silver cord. You can return to it whenever you want. If your body dies, the cord is broken and you cannot return. The average person fears they are going to hell, and so the fixation of the astral forces is predetermined.
4. How does Kriyananda describe the "near death experience"?
As a cultural experience. It differs according to who you are. It also can involve picking up thought forms from books or other peoples' descriptions. For most people, it is an absolute disaster.
5. Why are this world and the entities in it, here?
Because we consume other entities. If you take that omenology, and take it from the biological level to the psychological level, it might imply that most people continue to live because they consume other people's minds.
6. What is wrong with trying to structure the entirety by what men think?
When we go to the astral we will not see it as it really is, only as we believe it to be. It's not about the glorification of man. And it's not about the glorification of God, because God is a man concept.
7. For how long do we need to dissolve our ego in order to have a transcendent experience on the astral?
Momentarily. And once you have that split second into infinity, if you allow me to say into infinity, you have a memory.
8. How do we start removing our humanity?
Study history. Read/watch the news. It's not a very noble world we're living in, and it never ever has been.
9. What is the difference between projecting out into the astral, and going deep within?
No difference. The astral world is inside you. But when you go out and come back in, it feels as if you are going/returning from somewhere else.
10. Why do some teachers refuse to talk to their students?

Because words can be a game. Instead, their attitude is, sit here and my vibration will pick you up in time, yours will pick me up in time, and we'll nod occasionally, recognizing that we know that something's happened.

11. What people are best at communicating with words?

Poets, because they create rhythm which is mantra.

12. Should the bouncing technique be experienced as a mental technique?

No. The secret is to feel you're moving up and down your spine. It's just not energy going up, it's just not your thought going up and down.

13. When you are bouncing off the ceiling, what are you trying to do?

What you're trying to do is to feel what the room looks like from the ceiling rather than from your physical eyes.

14. Where is the pineal gland?

If you take two points at the side of your head, and two points in the front and back, where those lines intersect is the pineal gland. It's halfway between the Moon chakra and the Sun chakra.

15. Having tried both, should you bounce ceiling to floor, or wall to wall?

Keep doing whichever is most comfortable for you.

16. What is the goal of bouncing from ceiling to floor or wall to wall?

You will slowly find did you have pulled your center of consciousness outside your body, and you are aware out there. You're simply bouncing your center of awareness, you're making yourself aware that it can move. And as you do that enough times, continuously, you will find that very easily, you can just bounce a few minutes, and bounce up to the ceiling. You're out.

17. Where are most of us frozen?

At the Mars chakra.

18. Once you are out, how long should you stay out?

Only five or six seconds.

19. Why should you limit your time out?

If you stay out too long, the psychic energy that it has taken for you to get outside the confinement of your body sense will rapidly diminish and you'll become unconscious. You usually lose the memory track of what you did when you were out there.

20. Did Kriyananda find that a low physical ceiling negatively affected use of the floor to ceiling bouncing technique?

Yes. He did not use that technique. He recommended that, if you wanted to use it, to spend some time outside.

21. What is the twofold secret of Kriya projection?

Learn to walk this world as relaxed and as unhassled as possible. Learn to produce in your physical body, instantaneously, at your will, a deep, physiological relaxation. But, with enthusiasm and interest, the mind must remain conscious.

22. What is the difference between being asleep and being entranced?

To fall asleep is to have the body to go to sleep and the mind to follow. To be entranced is for your body to fall asleep and your mind to remain awake.

23. What did Kriyananda think the problem was with imagining a loved one or other person to be drawn out of the body?

When you start dealing with people and Gods and angels and so forth, you're going to trigger a lot of subconscious emotionality, and a lot of preconditioned religious thinking. But you can always correct it after you get up there. Kriyananda preferred to use a point or triangle.

24. Why must we control our thought forms?

Everything has a rounded, magnetic, gravitational force field. And if you are attuned to that magnetic field you will be drawn to it, and it will be drawn towards you. However, if you have magnetically the opposite pole, you will be repulsed by it and it will be repulsed by you. The aura is a protective mechanism. There are things on the astral that are hard to come into contact with, because your vibration or magnetism is quite different from it. The magnetism that you're radiating is your humanity.

25. How can we reach the higher astral planes?

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.

26. When you are on the astral, can someone come in and steal or inhabit your physical body?

No. To most people and most entities, your body is a pool of maggots. No way do they want to step into it, you're safe.

27. Can you get lost on the astral and not be able to come back?

No. If you did get lost you'd black out shortly, and the karma would draw you back to your body. And the silver cord which keeps you hooked to this physical body will only dissolve when your karma's finished. Nobody can cut it or snap it or twist it.

28. Why does fear of death make it difficult for you to cross over?

Crossing over is too much like dying. And that will tend to push you back here.

29. How can the bouncing technique help?

It's like putting your little toe in the water and pulling it right out, and you put it in and pull it right out. And pretty soon you say, that's not so bad, and you put your foot into it, and you pull it out, and put it in -- you adjust to it. And you can enter in fully.

30. How can you increase your ability to dream?

Imagine, visualize, that your astral body is slightly hovering above you already, which it will do after you fall asleep. And then try to imagine it going to stand up at the foot of your bed at your feet. If you can get that imagery of that astral body being 90° from your lying down body, it will sustain the awareness within the dream state.

31. What is the most important thing to do to improve your dream state?

Get rid of your emotionality. Emotionality distorts your perception and your dream. The dream in the sense of the dream you're dreaming, and the dream that you're hoping for.

32. Once you successfully get out of your body, what is the next step?

To move about.

33. If you have a lucid dream, how should you try to improve the experience?

Go up. Go higher. If you visualize the symbol of Venus, this will take you to a higher state in the astral.