

Recording 6 Outline

- A. Recap of Kriyananda's teachings [this section began in Recording 5]
 - 1. How to reflect on yourself and your life [see Recording 5 outline]
 - 2. How to put your physical house in order
 - a. Have a happy marriage.
 - b. Avoid overspending.
 - c. Do that which will bring your household to harmony; solve every person's problem.
 - 3. Study your Job
 - a. Study your boss's job and help him or her.
 - 4. Be serene
 - a. Become detached.
 - b. Follow your social duty until you can harmoniously get rid of social obligations.
 - c. In the western world there are too many power bases, religions, schools of thought; remember it's about you.
 - d. Patiently work for what you want; you will attain it in this or the next lifetime.
 - 5. Be happy
 - a. Happiness is the result of a sane lifestyle.
 - b. Your life is not your own, but is about helping others.
 - 6. Help those that don't "deserve" it, without interfering
 - a. Do not help while you are feeling a strong compulsion to help; wait until the compulsion is gone.
 - 7. The fundamental first step: Get rid of your emotionality
 - a. Practice Neti, Neti, Neti:
 - b. Do not let one thought control you; always have a counter-thought.
 - c. Emotionality comes because of expectations.
 - 8. Reincarnation
 - a. The ultimate law of creation is the law of desire; most active law for most people.
 - b. Saturn delay factor: you will get what you want, but at a time when you no longer want it.
 - c. This is a blessing; in the astral wishes are immediately fulfilled and this can be harmful.
 - 9. Avidya
 - a. Means ignorance but connotation is forgetfulness.
 - 10. God is not to be worshipped so he'll do us favors
 - a. God is to be attuned to and transcended.
 - b. We should attune to life, the source of existence.

- c. It's about healing others .
11. Remembering means getting rid of emotionality
 - a. Akashic records are peoples' emotionality.
 - b. Room of Books is Akashic records made clean of emotions.
 12. Life has a karma of its own
 - a. We can't subjugate it.
 - b. We can only attune to it.
 - c. Karma, experience is neither good nor bad.
 - d. It's a signpost, a lesson
 13. You are spirit and spirit is immortal.
 - a. Your memory bank is called soul.
 - b. Our memory banks are filled with emotionality that we need to wipe out.
 - c. Then we can pick up the true memory bank.
 - d. Stop lying to yourself.
 14. You have to balance your soul
 - a. What we remember is our interpretation, not what really happened.
 - b. Need to move to a feeling state that has no history or emotion
 15. It's not about God, it's about you
 - a. It's not about sin, it's about karma.
 - b. Karma is self made.
 - c. It's about you and the karma in your memory track.
 - d. We gravitate to our "bad" karma, but we also have much good karma.
 - e. Keep building good karma.
 16. Learn to communicate.
 - a. If you can communicate with yourself, you can communicate with other people.
 - b. Then you can communicate with life.
 - c. Play with foreign languages.
 - d. Get away from idiomatic patternings.
 - e. Study a "dead" language to avoid connotations in your own language.
 - f. The mystic's language is "Symbolese."