

Recording 7

- A. Continuing discussion of the teachings of the last 57 years
 - 1. If you understand words, you'll understand your problem.
 - a. The word "religion" really means to return back to yourself.
 - b. Using symbols, you can direct the power within you.
 - 2. There's only you, your environment, and your inner reaction
 - a. In each environment you need a different set of rules.
 - b. First, you need to know who and what you are.
 - c. What the ego accepts, it will open and pour into your unconsciousness, or allow things to flow out of your unconscious.
 - d. Get rid of your prejudices, loyalties, concept of good and bad, and unconscious patternings will flow in.
 - 3. Things we must attain to live a sane life
 - a. Appropriate rest, exercise, breathing, diet, play, work.
 - b. Appropriate rest is most important.
 - c. Find a method to bring relaxation, for instance Yogoda and slowing down breathing.
 - d. Be content in who and what you are. A spark of the divine flame. A dewdrop from the ocean of existence.
 - 4. Self-discipline
 - a. Quiet time, prayer time, meditation time, mantra time, journaling time, keeping a record of your dreams, your thoughts, your emotions, your problems.
 - b. Intercessory prayer may help others and definitely helps you.
 - c. Pilgrimages, or just traveling allows you to see humanoids in a greater perspective.
 - d. Do good by trying to encourage people to believe in themselves, to strengthen themselves, to encourage them psychologically.
 - e. Detect what your mind is denying.
 - 5. What is your vehicle?
 - a. Vehicle to truth, happiness, the other side, enlightenment. It is the mode and means by which you're going to go from here to there.
 - b. What are the obstacles?
 - 6. Two limiting pieces of karma will stop you from getting what you want
 - a. You can't think it.
 - b. You think you don't deserve it.
 - c. You will usually hear about what you haven't thought, and you need to physically do what is needed to become worthy.
 - 7. Who are you?

- a. You think you are what you're holding in your memory track, which is distorted by your filters.
 - b. Need to become aware of your mind.
 - c. Wisdom is greater than truth, love or God.
 - d. Our actions are caused by an erroneous thought stuck in our mind.
8. Mysticism asks not how to get to the other side, but why go there
- a. There's no such thing as a single cause
 - b. Keep questioning what is in your mind.
 - c. The thought that got to you first has the most force.
9. You can't blame others for the life you are in; it's caused by your karma
- a. You chose your mother and to a certain extent your father.
 - b. You become mother or father to make you aware of the imbalances within you.
10. The levels of the mind
- a. In mystical psychology there are various levels to the mind, and each has an ego patterning that is struggling to manifest as the center of your being.
 - b. Most of us are in the semiconscious realm, the lower part of the Mars chakra.
11. Most of us are our bodies
- a. We're trying to step above this body intensity to remain a body.
 - b. The mental body is even more dangerous, because it can step outside itself.
 - c. A human being is an entity that wants to take everybody else and make them unto himself.