

## Recording 18 Study Questions and Answers

1. What are nonemotional states called feelings, or a feeling state?  
*A pure state of awareness, a pure perception.*
2. What do most people have instead of feeling states?  
*Emotionality, angular energy.*
3. What are we trying to do in all schools of mysticism?  
*Bring down the emotionality. To try to take the emotion and convert it from angular energy to linear energy so there will be no interference inside our head, your head, one's head. And consequently we can see clearly.*
4. What is more important than experience?  
*It's not the experience that we have that's important, it's really almost negligible. What is important is we have the experience, and we color it, our filters. Our interpretation of it is distorted and that is what we store as so-called memory.*
5. What kind of memory is in the Akashic records?  
*Distorted, colored memory.*
6. Where is true uncolored history found?  
*Past the Akashic records, in what Kriyananda calls the Room of Books.*
7. What does emotionality do to our memory banks?  
*It's not the experience that the person had, it's their interpretation of the experience. And that is what we log in on our memory banks and use that data to interpret any future experience, which means it gets worse and worse and worse. And so you move down into what symbolically we call Kali Yuga. The red age, the heavy age. And that's not good, because people then cannot see what ought to be seen.*
8. How does Kriyananda translate avidya?  
*Forgetting.*
9. What happens if your mind says something is a bad experience?  
*A massive number of things are unconsciously linked to it, so that you have built a barrier. This means your mind cannot go where your conscious mind wants to take you. It goes where the unconscious mind drives you or goes away from what it drives you away from.*
10. What is the difference between entering the astral in a dream state, in a meditative state, or in the trance state, the so-called outside your body state?  
*It's not a difference in kind, it's a difference in quality and time dimension. It's not so much these as it is a difference in the depth that one is entering into that mind. You can do things in the astral state that you cannot do in the dream state.*
11. What does it mean that many women are born with a horizon of awareness?  
*They have impulses and they say, nah, nah, I'm not going to listen to it. You do not have to listen to the karma.*

12. Why do we die and become reborn?  
*Because of dissatisfaction with our past lives.*
13. What should we do if something appears in our mind and we strongly feel we have to do it?  
*We should not do it. Anything you want, anything you think you ought to be, anything you think you should do – danger. It's karma from the past.*
14. If you want to renunciate the karma from the past, how should you do it?  
*If you decide that you want to move on and not relive the karma from the past, you must move on harmoniously, joyfully, sweetly, contently, meaningfully, and obviously with great, great skillful means.*
15. If you have a transcendent experience, what is its value?  
*It is the pivotal point for reorganizing probably six or seven incarnations. It is the thing that will allow you, despite the fact that the karma might fire, not to respond to it.*
16. Why are the five sheaths called mayakoshas?  
*Maya here means transitory, because they change from incarnation to incarnation.*
17. What happens as the prana energy feeds the body?  
*As it feeds the body, the consciousness, the awareness that we're so interested in, is fed and is held alive, awake, aware in the physical body.*
18. Why do we want to generate more energy into the Pranamaya kosha?  
*We want to generate more energy in that sheath, and stimulate it in such a way, over and above a way of stimulating it, that is stimulated to stimulate the physical body, so that the astral body will be stimulated. For only one reason: so that you can utilize this subtle body more fully, so that you can remain aware as you're using that body.*
19. What are upa chakras?  
*Little chakras.*
20. What should you do when studying any religion?  
*Go back to the original texts. Try to find the core concept. And then you can see it develop, and become distorted. Or more accurately, being applied to practicality in one's life.*
21. What is a naga?  
*The trunk of the elephant.*
22. What are Ida, Pingala and Sushumna?  
*String chakras.*
23. Where are the most important upa chakras?  
*The four most important are the ones in the palms of your hands, and two on the arch of your foot.*
24. When you stimulate the upa chakras, where are you trying to regenerate the energy?  
*To the Mars chakra.*

25. What happens if you stimulate the Mars chakra and you have a bad progressed, transiting or natal Mars?  
*If you do not control the Mars before you activate it, it will cause Mars conditions: cuts, bruises, accidents, fights, etc.*
26. When you go out, why should you record the time and place in your spiritual journal, and then look up where the Moon was, where the Sun was, where the Ascendant was at the time it happened?  
*You can try to find a correlation between the cosmos, and the microcosm and the event. It will help you to align the probable events, and if your attitude is right can cause you to move out again with a greater degree of success.*
27. What is really important when you first start going out?  
*The awareness that you are consciously leaving your body.*
28. What is the most important method of stimulating the upa chakras?  
*The stirring method.*
29. What should you do if you are working with the hands and you do not feel any biological sensations?  
*Massage your feet. Increase the circulation to the soles of your feet.*
30. What should we do with regard to food intake and fasting?  
*If we listen to the body, we'll be fine. If we listen to the mind, which is not a stomach, we immediately get into trouble.*
31. Describe the two categories of koshas located on each side of the trunk.  
*On one side of the trunk is what we could call the psychological dimensions of the koshas, of the sheaths. And on the other side the physiological dimensions or physiological states.*
32. What is the subconscious mind?  
*Everything that exists.*
33. Can you control the Stargate?  
*There is no way that you can open or close it. It has a mechanism of its own that is trans-human. It's not controllable by human mind.*
34. Why is the Stargate closed?  
*We need to stop being judgmental.*
35. What are the four key steps needed to successfully release the astral body from its physical body, or from your physical body?  
*1) Produce a clear, tranquil mind. 2) Produce a deeply relaxed physical body. 3) Produce a focused mindset. 4) Utilize a projection technique.*