

Recording 7 Study Questions and Answers

1. What does the Latin word “religion” mean?
To return back to yourself.
2. Whether you’re here now in this world, in the dream world, in the Samadhi state, or in the astral, what remains consistent?
There’s only you, your environment, and your inner reaction.
3. What is the value of the ascendant or ego self?
It is the gatekeeper to your unconscious mind.
4. What should you do when painful memories from the past flow in?
Adjust, adapt, acclimatize, and keep the gate open.
5. What is the most important of the things we need to attain?
Appropriate rest: the ability to relax.
6. What solutions does Kriyananda mention?
Yogoda and slowing the breathing and brain. Be content with who and what you are.
7. What are some activities of self-discipline?
Quiet time, prayer time, meditation time, mantra time, journaling time, keeping a record of your dreams, your thoughts, your emotions, your problems. And reflecting on them, tarka-ing. Fasting. Intercessory prayer whether it works or not.
8. When you pray for someone, what are you doing mystically?
Generating a thought form.
9. What is the value of pilgrimage or traveling?
It expands your horizon of the human mind.
10. What is doing good?
Trying to encourage people to believe in themselves, to strengthen themselves, to encourage them psychologically.
11. What is denial detection?
You look at your mind, not at you but at your mind, and you see what your mind is denying. And don’t judge it good or bad, this is simply me. So if you see it, then maybe you can do something about it, little by little.
12. What is the only really limiting factor to a person’s achieving their dreams?
They think they don’t deserve it.
13. What must you do to make yourself worthy, according to Shelly?
Physically do that which you consider necessary.
14. Who does a person think he or she is?
What they are holding in their memory track.
15. What happened when Aristotle asked how is it possible that rice could grow in water?
The birth of science. The movement from “why” to “how.”
16. What is the error of monotheistic thinking?

There's no such thing as a singular cause causing anything.

17. What do you do with "first thoughts"?

You try to read and read and read and study and examine and watch and observe and reflect. You try to build a patterning to see more extensively on a broader horizon what's happening in your head and what's happening in your world and what's happening in the universe. And then you try to change it.

18. Did your mother or father "pick" you?

No, you picked your mother.

19. What is the great monster, and why?

The body mind or the mind's body, because it can reach outside itself.