

## Recording 8

1. If you want to have new experiences, you have to change your life. In crossing over, you want to cross over and upward.
  - a. If you don't move upward, you'll only see what you want to see.
2. The universe within you is the unconscious mind.
  - a. There's a barrier between the unconscious mind and the loca where all planes of existence exist. You have to walk through the barrier.
3. To get across is easy, to remain conscious and remember what happened is hard.
  - a. To do that, you need to prepare your life with sadhana.
  - b. It's about growing up, polishing, maturing, it's about wanting to see it as it is.
  - c. Then to utilize it for good not for harm, which is truly a challenge.
4. All philosophies are true, and all are false.
  - a. It's a matter of viewpoint.
  - b. Its' best to see the world from the Solar chakra, rather than the Venus or Mars chakra.
5. All things are of your mind.
  - a. Figments of your imagination
  - b. Creations of your mind states
  - c. Manifestations of the inner karma that you're releasing, and now becoming aware of.
  - d. Neither good nor bad, they are not outside forces.
6. Watch your dreams to learn whether your mind is in harmony.
  - a. If you have nightmares, confusing dreams or no dreams, your mind is not in harmony.
7. Balance your head, heart and Mars chakra first before you cross over, because there is a quality of the astral experience that is very hard to shake off, especially with a "bad trip."
  - a. Work on your dreams for a few lifetimes.
  - b. Remove your pride, arrogance, greed and fear. These will take you where you need to go to grow, but it will be shock therapy.
  - c. Remove negative emotions so your memory track will be clear.
8. Test using statements "I had to," "I choose to," etc.
  - a. The word you choose determines your action or inaction.
  - b. Far more often than you realize, your mind plays helplessness as a tool to manipulate people.
  - c. Grow up, and pick up your dharma. Grow up and help others to mature.
9. The five levels of self-revelation.
  - a. If you were symbolically a palace, there would be five levels to the palace.

1. The walls would be made of self satisfaction, in the positive sense of the word.
  2. The foundation would be self analysis.
  3. The ceiling would be self sacrifice.
  4. And the whole palace itself would be made of self revelation.
  - b. The five levels are related to the five lower chakras.
  - c. That which you see, think and fear, you become.
  - d. All these five levels are manifesting at the same time
  - e. Each person seems to emphasize one chakra over the other chakra, feeling the other four are unimportant.
10. Self confidence is important
- a. If you feel you don't deserve it, you can't have it.
  - b. If the ego feels it's bad, it won't allow the good karma to manifest.
  - c. You're trying to move from manhood, womanhood, to divinity, maturity, life.
  - d. From self-confidence comes awareness of the need for self-discipline.
11. Is the goal about happiness alone?
- a. Try to develop a broader horizon of awareness beyond the mind body microcosm.
  - b. Try to think of your loved ones, the world around you, and civilization.
  - c. Eventually step beyond the earth, beyond mankind.
  - d. Otherwise, when you cross over you will be in the astral of men.
  - e. You want to go above that, to see the world more fully and understand life more completely.
12. To really bring back knowledge, you have to go to the realm beyond the Mars chakra.
- a. To do that you have to transcend this world, not allowing hatred, greed or confusion to polarize you.
  - b. You just need to cross for a millisecond to that which is above us, in the Venus chakra for example.
  - c. Then it will be locked into your memory.
13. To transcend our culture and cross to another realm than the human one, we need to overcome our mother and father.
- a. Their worst traits and strengths are in you, and you can choose which impulse to follow.
14. Karma is simply an impulse that we can choose to ignore.
- a. Karma is the thought you can't think when you need to think it.
  - b. If you have a problem and can't think of a solution, that is karma.
  - c. We need to open our horizon of awareness.

15. We are all universes unto ourselves.
  - a. There's very little we can do to help others unless they want to be helped.
  - b. Most people are enjoying their pain and their ability to manipulate others with it.
  - c. Go beyond your humanity and see what is needed.
  - d. Shelly said, dream sweet dreams of nothingness.
  - e. Self sacrifice is the sacrifice of the ego-self that allows the ego to open up.
  - f. Energy is directed toward a wiser, saner life for you and those around you.
  - g. But if you dream the dream of happiness and they don't, worlds collide.
  - h. Ask yourself, why am I here, and what is the lesson to be learned?
16. Don't give your life to others and forgo any life of your own.
  - a. If you do that, you have damned these people.
  - b. Don't entrust your life to other people, or to god or guru.
17. The inner voice may give you insight about what is to be done.
  - a. Most of us walk the path of duty.
  - b. What you don't want to do is your duty.
  - c. If you want enlightenment, you need to play the waiting game: build duty, build merit.
  - d. Be as little of the problem as you can, be the solution of your life and others' lives.