

Recording 8 Study Questions and Answers

1. If you want to change your life, what must you do?
Begin to consciously do something. Say something. Think something.
2. In crossing over, why do we want to go higher in the chakric system than where we already are?
If you're at the Mars chakra, this desire realm which most of us are semiconscious of, and you cross over into the astral, you're just crossing over into the same force fields of the body realm into the mind realm. And so what you will see is only what you want to see.
3. What is the true goal in going across, and the level of difficulty in reaching that goal?
To get across is easy. To remain conscious as you cross over is not easy. To see what you see and not to distort it is really hard. And to bring back the undistorted experience back into your conscious mind without distortion is really, really hard.
4. What should we do to make it easier?
Perform Sadhana 24 hours a day, every day of your life.
5. Why does the "same" thing appear different to different people?
They are looking from a different viewpoint.
6. What chakra is best to see the world from?
The Solar chakra.
7. What are the "Gods" and "demons" of the vision state?
All things are of your mind. And whether you want to call them the wrathful Gods or the other type of Gods, they're only figments of your imagination. Creations of your mind states. Manifestations of the inner karma that you're releasing, and now becoming aware of.
8. How can you tell if your mind is in harmony?
Watch your dreams. If they're confusing or are nightmares, you're not in harmony. Balance your dreams first before you cross over.
9. What will happen if you cross over when you are not balanced?
When you cross over, there is a quality of the astral experience that is very "gluey" indeed. It will stick to your mind. And if it's a "bad trip," it's not easy to shake off. Sometimes even if it is a good experience it is hard to shake off.
10. Why did Kriyananda's "cosmic realization" while on the astral ruin him as a teacher?
He learned that everyone is exactly where they want to be. They do not want to change.
11. What is the purpose of taking Kriyananda's test using phrases?
Far more often than we realize, the mind plays helplessness as a tool to manipulate people. And so the mystic says, grow up and pick up your responsibility. Grow up, and become part of the solution not part of the problem. Grow up, and pick up your dharma. Grow up and help others to mature.

12. What is the purpose of the five levels of organizing the pathway of self-revelation?
It is a convenient way of ordering the data required in gaining an understanding and the practice of discovering the universe which you live within. And to recognize that which you see, you become. That which you think you become. That which you fear you become.
13. What is the problem with lacking self-confidence?
If you do not have self-confidence because you have bad self-imagery, with that usually is the feeling "I don't deserve it." And therefore you can't have it. You yourself will lock it out of the flowing of the energy from the unconscious mind. At times some of that good oozes out, and one is unaware that it is good or that it is meaningful. It is not the experience, it is the interpretation that we give the valuation to. Self-confidence is the basis of self-transformation.
14. Why does Kriyananda say he created the "kindergarten," or "madhouse" in Chicago?
It was a small microcosm of the universe. So that without doing too much damage to themselves and to others, disciples could find themselves or find others, or see others and say "my God, I don't want to be that way." And to become other than they were.
15. Is the goal that if we become happy we go no further?
The goal is to move from me, me, me, I, I, I, mine, mine, mine to at least occasionally thinking about our loved ones. And the world around us and our civilization. And what our civilization is doing with the rest of the world. At some point we have to step even beyond the earth and mankind.
16. What will happen if we cannot expand our horizon of awareness in this way?
When we go across into the astral, we will wind up in the astral of men. And it'll be as it is here, filled with violence, greed, power plays, confusion, the abused and the abuser, etc. We want to go somewhere else, above the realm, so that we can see the world more fully, understand life more completely.
17. For what duration do you need to cross over to a higher level, such as the Venus chakra?
A millisecond is enough to lock it into your memory. You can come back and spend the rest of your life dissecting it, analyzing, crystalizing, pumping meaning into it, putting it in the crossword puzzle or the picture puzzle. You don't have to go over forever. You don't have to be detached forever. But you have to have the ability to be balanced, detached, centered, at least for a millisecond of time while you cross over.
18. Why is karma an impulse?
You can ignore it and it will pass.
19. What else is karma, according to Kriyananda in this recording?
Karma is the thought that you can't think when you need to think it. You have a problem. If you can think the solution, there's really no karma. If you have a problem and you can't think of the solution, that truly is the karma.

20. How can we perform positive self-sacrifice that creates a happier life, without giving our lives to others and having no lives of our own?

Start by asking, how did I get into this situation? What is to be learned? The inner voice may give you a deeper insight into what is to be done. And finally, the inner evaluation point which evaluates the voice of conscience and the inner voice.

21. What is duty?

That which we do not want to do. A method of building merit for eventual enlightenment.