



PROGRAM E-1
Introduction and the Mind States – PART ONE
Method: THE AFFIRMATION

SHELLIJI SAID TO ME IN THE 40'S WITH HUMOR: "Everyone is 'insane,' except you and me, and I'm beginning to suspect you."

Yes, everyone's subconscious is 'insane' whether you call it: crazy, neurotic, psychotic, depressed, self-destructive, hateful, angry, jealous, greedy, power-orientated, or restless. In yoga we say that the mind is 'imbalanced.'

The goal of life is to be happy, but what exactly does this mean?

It means to return to sanity so as to become 'sane' again.

This Training Program is about awakening and walking The Path so as to become SANE, and thus happy.

This Path is composed of three spiritual configurations:

Basic Objectives
Basic Methods
Basic Concepts

This produces the **c.om.c** procedure. The emphasis is upon the OM, *your objectives and methods* -- the tools for obtaining your life's objectives.

Thus, The Path is a procedure that is walked by means of *awareness* . . .

You have three common states of awareness: the awakened state, the dream state, and the dreamless state.

In yoga these are referred to as Pingala, Ida, and Sushumna.

In the waking state you function with your physical mind-body complex. In the sleep state you function with your subtle body, and its astral mind, in which the mind creates a mental world.

In the awakened state and in the dream state our mind is filled with agitations and conflicts. Thus, our mind is emotional and disturbed.

In the dreamless state, the mind is at rest, and is having few or no conflicts, because the mind's emotional and thinking processes are at rest.

The Awakening is a revelation that there is a fourth state, which transcends the three lower states: the awakened state, the dream state and the dreamless state.

It is by understanding and practicing various yoga techniques that you move beyond the mind states, and enter into the awakening of consciousness.

The subconscious level of the mind is eternally accepting suggestions from internal and external states.

By self-observation you come to understand your mind's reactions to these suggestions—most of which are detrimental.

The spiritual life is a life-long, continuous practice of self-observation and positive adjustments.

The elimination of constrictive suggestions is achieved by self-observation, reflection, and the utilization of esoteric methods.

As you move into everyday activity with greater awareness, as you move into the sleep state with awareness, you will have the revelation that 'death' is unconsciousness, and that 'life' is consciousness of consciousness, and not consciousness of the mind states.

Yoga techniques permit you to move into the spiritual realm, gaining a quieter mind, revealing that the spiritual life is a life of meditation, in which you gain and sustain the quiet mind. This allows the mind to reveal itself, allowing you to observe The Truth with allowing the mind to manifest its aversions and its prejudices.

The goal of kriya yoga is to attain a 'balanced state,' and bring that state out into your everyday life.

The ability to accomplish this is possible only if you free the mind from becoming, or remaining, a slave to

the mind's desires, and fear produced by past negative suggestions.

Freedom is, and has always been, a state of mind, or more correctly— a state of consciousness.

These internal states are given added force and magnitude by the mind's repeated re-enforcement of the negative suggestions — verbally, non-verbally or symbolically.

Self-observation of what's in the mind with alertness, in a detached way, frees you from the dominating forces of the mind's cravings and fears.

It becomes harder to sustain self-observation because entering deeper into the mind states, one tends to lose consciousness. Thus, it is more difficult to remove constrictive suggestions, which is needed in order to transcend the mind, and enter into Consciousness.

Transcending the mind states you realize directly that consciousness is prior, in time and causation, to the mind, and that mind is prior, in causation, to the physical body.

To obtain this state of consciousness, you need to constantly observe the mind, and with detachment, gracefully remove, or neutralize, all past constrictive suggestions.

Whatever life-style you are following, whatever the duties you have, keep to the Goal: The development of deeper, clearer self-observation of what is in the mind, with profound detachment.

In so doing, and in correcting the mind's constrictive actions, you will eliminate psychological confusion. This leads to clear thinking, and thus to correct mind action so as to become sane, and thus attain Enlightenment, which I will define later.

What is an Affirmation?

Affirmations are powerful statements that when you say them, or think them, they begin to become subconscious thought patterns that create a new, inner life energy that produces a more fruitful and productive life.

Research has shown that people have approximately 48,000 thoughts in a day.

That means you have about 3,000 thoughts each hour of your waking day, or about 50 thoughts each and every minute.

That means the mind is releasing about a thought each second . . .

Furthermore, and this is the vital part: research has also shown that most people's thoughts are only 20% constructive, while 80% are destructive and constrictive!

Yogis and psychologists believe that these negative thoughts originate in the subconscious, meaning that they are below our conscious level of awareness.

Psychologists think that these negative thought patterns had their birth in the first few years from interaction with caretakers and also its environment.

Yogis and mystics recognize that these events are the re-birthing of past life karmic patterns.

When you make conscious affirmations, you 'feed' positive thoughts into the subconscious.

Thus, in a short time the affirmations are picked up by the subconscious, and begin to automatically send back positive energy to the conscious mind. This positive energy of the affirmation neutralizes the negative thought patterns in the subconscious.

It's like my mother said to me 80 years ago, "Kriyananda, be careful of what you wish because you will get it."

However, she forgot to tell me that this was true for all humans.

Yes, we create our lives by what we think. However, by the time we become aware of what we are thinking, the subconscious mind has already been fed and programmed by other people's hopes, fears and beliefs.

This is where affirmation comes in: If you do not re-program your subconscious mind, then you will become an extension of other people's karma!!

Thus, use affirmations to overcome your past constrictive karma, and move to freedom.

Be aware that your conscious thoughts, positive or negative, do get carried over into your subconscious, fortifying the thoughts in the subconscious.

Thus, thinking positive thoughts strengthens your pool of positive energies in the subconscious, causing you to think stronger, positive thoughts.

But, also, thinking negative thoughts strengthens your pool of negative energies in the subconscious, causing

you to think stronger, destructive thoughts.

The proper use of affirmation will transform and neutralize the negative energy.

Yes, affirmations are tools for overcoming negative thought patterns in the subconscious.

Negative thought patterns are like physical bad habits that you wish to remove.

The way we remove a bad habit is by replacing it with a positive habit. The same is true with negative thought patterns. The best way to remove a negative thought pattern is by replacing it with a positive thought pattern. And for a negative physical habit, we have to practice doing a counter positive physical habit – again and again.

This is where affirmation becomes helpful. Affirmation will positively affect your thought patterns, and thus your physical actions. This will positively improve your life.

Many people do not know that the mind is constantly having a conversation with itself. There are many names for this process. One is called 'self-talk.'

'Self-talk' can be composed of positive thought patterns, or it can be composed of negative thoughts patterns.

Almost all self-talk patterns are just a random flow of thoughts, with no direction in mind, no goal in mind.

Nonetheless, every thought pattern has an influence on your pool of karma.

Positive thought patterns reach and release positive past life karma.

Negative thought patterns reach and release negative past life karma.

These subconscious thought patterns arise in consciousness, and affect the way we consciously think, speak and act.

If you are constantly speaking positive words you will release the positive pool of karma from your subconscious.

However, if you are constantly speaking negative words you will activate and release the negative pool of karma.

(Speaking negatively about another person or a group is using negative words.)

Affirmations are short positive statements that improve the energy in your subconscious.

By continually using affirmation with confidence and assurance you can overcome the strongest negative thought patterns.

Some affirmations will manifest quickly. However, there are some affirmations that take longer to manifest because resistance is encountered as a result of conflict with your personal opinion.

Each soul emits an energy vibration, primarily through its thoughts, emotions, and feelings.

By changing undesirable thought patterns, you change the events in your inner life. Thus, you become a deliberate creator of your destiny.

Practice is important. Practice is vital. It's just like doing a workout. If you work out daily, for short periods, you will build muscle strength, and your body becomes healthier.

In exactly the same way, by short daily practice of affirmation, your mind and your life will become healthier.

To get the most out of your powerful affirmation, say it many times in the day. Think of it many times a day. And then say it many more times a day until it becomes an automatic, subconscious thought pattern.

Think about what mental or physical habits you need to overcome to produce a happier life, a wiser life, and find deep, profound wisdom.

Make a list. Prioritize your list of things that you need to improve in your mind.

Now, reflect and ask yourself one vital question: which is the most vital and important change your mind needs. Then choose one and only one goal.

It's necessary to concentrate on that one affirmation at all times.

That one affirmation must be made automatic and totally subconscious before you can meaningfully move to the next level of evolution via affirmation.

Thus, you need to carefully choose that first affirmation.

Repetition is the secret to establishing an effective affirmation method of spiritual evolution.

There are a number of ways to utilize affirmation:

Once you have picked your affirmation, write it out on a number on 'post-it' notes, or small cards.

Now, leave these small notes everywhere, in key places where they will be seen several times throughout the day.

If you live with a large family, you might want to write the affirmations in symbolic code. When asked what they mean, say, "It's for making the family more harmonious and happy."

Now, each time you see one of the cards, mentally repeat the affirmation. Say it a few times.

These affirmations should be the first thing you think about and say upon awakening, and the last thought you think before falling asleep.

Thus, it is vital to choose your first affirmation wisely.

Independent of this, at least four times a day, you should go into *formal affirmation*.

Close your eyes, shut out the rest of the world for a few seconds, and relax. Then relax even more so. Now quietly think about and re-affirm your affirmation.

If you are alone, repeat the affirmation aloud. Repeat the affirmation just loud enough to hear it with your ears. This will empower your affirmation.

Feel the feeling of that affirmation.

Another way to empower your affirmation is to carry your affirmation in your pocket, wallet or purse.

Better still, each morning before leaving your dwelling, write it out and pin it next to your skin. This will reinforce the affirmation by way of added tactical suggestions.

It is often asked, "Can something so simple be effective?" The answer is a clear, "Yes"

Once it is understood how affirmation works, there will be no doubts about the energy field behind affirmations.

There are several reasons why affirmation works.

One of the key concepts is the realization that the subconscious mind cannot differentiate between what is real and what is not real.

The human brain does not function with the concept of 'reality.' That is exactly why most people become upset by just thinking about something, even if it is not true.

Whether an event or condition did or did not happen is not important. What is vital is what the mind believes.

This is why people get upset when they think that someone said something—even though they did not.

Thus, when working with affirmation you are continually verbalizing a message to your subconscious.

When done with repetition, your subconscious mind will regard it as true.

When that happens, your subconscious mind will manifest what it perceives as true, to become a reality.

The key point is that you can establish any concept by practicing affirmation correctly. Thus, you start a positive cycle. This is why affirmation works.

According to the ancient mystics, and modern science, everything in the universe is energy. Thus, your thoughts are made of energy. Use this energy wisely.

OM

Shanti & Prem,

Goswami