

Dear Student,

Welcome to How to Become a Practicing Astrologer. You should have received your Part I materials. This program will change your life in the most wondrous ways. I wish you good fortune in your esoteric studies. Remember, you are in control.

YOU CONTROL YOUR OWN SPEED

There's little point in setting rigid rules for learning as each student has his or her own method for best combining the recordings and the written materials. A great deal depends on whether the student has frequent short periods for study, or fewer and longer learning sessions.

As a basic plan, I suggest that you spend at least 45 minutes a day in serious study. The first 15 minutes should be spent in summarizing the previous day's work, and 30 minutes should be spent with new material. Remember that the new material is built upon with the old data.

One of the great benefits of this program is that you can study whenever and wherever, and as long as you wish because you are neither subject to the pressures nor timetables of classroom study.

RELAX AND ENJOY THIS PROGRAM

The Temple of Kriya Yoga's enrichment system is based upon a twofold-learning pattern:

- A. The method of subliminal learning, and
- B. The method of conscious coherent study.

Of these two learning patterns, the subliminal absorption should come first. Therefore, when listening to the audio recordings only, always relax as much as you can. Become as comfortable as possible. Your degree of subliminal absorption and learning are directly related to the degree of your relaxation.

After you have listened to a recording during deep relaxation, you might wish to then listen to the recording while taking short notes. Later you can read over the written material and take short notes in the space provided.

Finally, use your Astro-Flashcards. Carry them with you. Throughout the day, just glance at them. You will be pleased and surprised as to how easily it is to obtain a basic understanding of astrology.

A second method that is somewhat less effective, yet still very effective, is to play the recordings in the background while you are doing mechanical tasks such as dressing, washing, driving, falling asleep, etc.

ORDER OF STUDY

The proper order of learning for most people is this: To hear it, then to see it, and then to understand it. Thus you might find these suggestions helpful:

1. Listen to the introduction recording, then read the introduction lesson.
2. Then when it is convenient, study a whole part of a lesson, or a whole lesson. In short, try to break down your learning into complete units. It is easier for the mind to grasp and retain the complete units of data.
3. When there are things to memorize ... memorize them before seriously going on in your studies.
4. At various points in the course there are self-help and self-evaluation tests that you will take. If you do not do well, go back and study again and memorize the needed materials before proceeding further in your studies. Remember, learning is a matter of repetition. Some students need more repetition than other students.
5. Thus, remember to review the key material often. Go over this material in your head frequently. If you get stuck or confused regarding something, send an email or letter to the Temple of Kriya Yoga and ask for help ... that's why we are here. Be sure to note in your email or letter the page or the recording number that is giving you a problem.

DON'T LOSE CONFIDENCE IN YOURSELF OR YOUR ABILITIES

Do not be concerned with the amount of material before you. There is not that much to learn. It truly is not as much as it looks. It just takes many, many words to express an idea or concept clearly.

If you cannot recall much at first, you will have absorbed much more than you think because the audio and the visual impressions provided by this program will have entered your subconscious mind. You will find these concepts springing up into your conscious mind at various times during the day and night. They will take root and you will eventually be able to recall the data at will.

NOT QUITE A BEGINNER?

Students who already have some knowledge of astrology will actively benefit from this program. Follow the same procedure as outlined above. Your previous knowledge will allow you to advance more quickly, more easily, and thus allowing a free flow of material from your mind to those that you are helping. The language of astrology is like learning a language; to know it is one thing, to have a free flow of that language is quite another thing. Thus you will find this program quite helpful.

If you are a beginner or not quite a beginner, another final concept is important. Do not for any reason rush the early lessons where you are learning the vocabulary of astrology. Perfect your basics before moving on. No matter how advanced you are you can only benefit by playing these recordings. Play them in the background, more than once while doing your everyday chores. Or better still while you are in a state of deep relaxation.

Please keep in mind that the purpose of this program is to allow you to freely draw upon the esoteric concepts so that you can become a practicing astrologer, and thus be a great help to other people.

When you have worked through this program you will have a very thorough knowledge of astrology, and will be able to make yourself understood and of great help to others, and to your self.

Now and always, I send forth to you a special blessing:

May you be blessed so that you might be a great blessing to others.

Yours in the Dharma,

Goswami Kriyananda