CD #2—The Path of Preparation and Practice

I. Preparation and purification (PIP)
- A. I stands for integration
- B. Threefold process
  1. Purification of what you think, speak, and do
  2. Three levels but really one process
  3. Super-subtle to subtle to gross
- C. Vital to prepare mind, body, and spirit
- D. Purification necessary
  1. Gross body is organism that functions with impulses
  2. Impulses produce either health or disease
  3. If pure will function better
- E. Not a competition - should be directed toward the goal

II. Purification
- A. Purification of the body is the beginning
  1. Pure water
  2. Pure air

3. Pure food
- B. Foundation is mind preparation and mind purification
  1. Body follows the mind
  2. Remove excessive desires
     a. Relates to emotionality
     b. Develop quiet mind by removing greed and emotions
  3. As mind prepares itself, can see more clearly
     a. Broadens horizon or awareness
     b. See body in different way
- C. Tongue
  1. Link between body and mind
  2. Think a thought, but unless it is spoken, the body cannot hear it (mantra)
  3. Purify tongue
     a. Speak noble, positive thoughts
     b. Repeats cycle - affects body, affects mind, etc.
- D. Mind reaches higher level
  1. Point of stillness

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2. Can see clearly
    a. What should be done?
    b. When it should be done
    c. How it should be done
3. Removing emotionality
    a. Purify mind of confusion
    b. Clarity of thought results

E. Try to become mature
1. See where you are
2. Know where you have come from
3. Where do you want to go?
4. How do you get there harmoniously?

F. Relates to lifestyle
1. How you live
2. What you do for livelihood?
    a. Must have meaning for you
    b. Do it with skillful means
3. Purification of body means:
    a. Sleep more
    b. Work harder
    c. Play harder
4. Purification of mind - threefold level
    a. Study
    b. Convert knowledge to wisdom
    c. Must share blessings

III. Tarka

A. Daily tarka
1. At end of each day
2. How did I respond today and how will I respond tomorrow?

B. Monthly tarka
1. At new moon
2. Personality, actions, reactions, attitudes

C. Yama and niyama
1. Do what ought to be done
2. Generate positivity out into world
3. From us, to our civilization, to life divine

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D. What are you seeking?
   1. Be specific
   2. Why?
   3. What are you trying to accomplish?
      a. Bring it to subtle level
      b. Eventually to life divine (purified of everything)

E. Has to come back to you
   1. Realize what you are, where you are, is result of all you have done, thought, spoken
   2. What is question I am not seeing?
   3. Whatever goal we have, always something in the way
   4. Get out of your own way

IV. Preparation

A. Simple lifestyle changes
   1. Not radical at first
   2. Meditation, food, exercise, breathing

B. Shat Kriyas
   1. Neti pot
      a. Once monthly (i.e. at new moon)
      b. Use clear, pure water
   2. Cleaning tongue
      a. Gently every morning
      b. Be aware of daily differences

C. Shadow people
   1. People in your head and your interpretations of them
      a. Battle of thoughts
      b. Transcend thoughts
   2. Neti, neti, neti
      a. Thoughts are tied to emotions
      b. Transcend them into feeling state
   3. You and your mind are only enemy

D. Everything that happens to us is karmic
   1. Neither bad nor good
   2. Only thoughts

E. If body is highly toxic, mind will malfunction

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1. Mind is not only brain - also nerves, etc.
2. High voltage electricity flows on surface
3. Receive incorrect impulses if phlegm on surface of nerves, etc.

F. Purity allows mind to think more clearly
1. Use tarka to see what must be done
2. What are you seeking and why?
a. Where are you and how to you get there from here?
b. Be specific

G. Karma
1. Attitudinal karma - change your attitude
2. Soften negative karma and build good karma

H. Establish a kriya practice
1. Set foundation
2. Purify body, mind, and tongue
3. Subtle and super-subtle training
a. Moksha and enlightenment are ultimate goals
b. Other worthwhile goals more easily attained

I. Tarka
1. What is most disastrous piece of karma from this lifetime?
a. What did you learn from it?
b. What did you fail to learn from it?
2. What is the constantly recurring karmic problem in your life?
a. Why haven't you solved it?
b. What did you fail to learn (or learn) from it?

V. Karma
A. Moving from where you are to where you want to be
1. Do not upset family, work, etc.
2. Make changes little by little
3. Allow yourself and others time to adapt
4. Must benefit others

B. Earth life is spiritual life
1. Put divinity back into earth life
2. Do not try to save world - improve yourself
a. Improve personality,
b. Be more loving, kind, gentle, wise

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C. Recognize all paths as legitimate

VI. Summary
- A. Preparation and purification
  1. Turn inward and upward
  2. Accept responsibility for your creation
  3. Initiation - moving from childhood to maturity
     - a. Improve your personality
     - b. Comfort with body (weight, flexibility, purity)
     - c. Proper work
- B. Three levels of purification
  1. Thoughts, words, and actions
  2. What are you trying to accomplish?
     - a. Is this harmful or helpful?
     - b. If harmful to others, will be harmful to you
     - c. If helpful to others, will be super helpful to you
  3. Body builds on mind; mind builds on spiritual level
- C. Purification and preparation of mind
  1. Study
  2. Create lifestyle harmonious to you and others
- D. Establish consistent time and place for daily practice
  1. Morning, evening, or both
  2. Ritual of the sun (AM) - prepares you for the world
  3. Ritual of the moon (PM) - prepared you for your inner world
  4. Sun/moon eventually merge into sushumanic balance
  5. Get up 1/2 hr. to 1 hr. earlier so are not rushed
     - a. Take time to eat (AM-king, PM-prince, eve.-pauper)
     - b. When you play, play, when you work, work, when not doing either, sleep
     - c. Go to bed 1/2 hr. earlier
- E. Today is the day
  1. Can change tomorrow today
  2. Can change the past with attitude today
- F. Tarka
  1. What did I learn?
  2. How can I use what I have learned?
- G. Build the foundation - enjoy today

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CD #3—The Three Jewels

I. Tarka - What are you trying to accomplish? Why?
   A. Many looking for God
      1. What is beyond God?
      2. Many "Gods" and concepts of God
      3. Mysticism - looking for something beyond God

   B. Four jewels above the head of God (only 3 are spoken)
      1. Wisdom
      2. Compassion
      3. Non-violence

II. Wisdom
   A. More than knowledge
      1. Understanding the order of the universe (vritta)
      2. Attuning to that order
   B. Story/example
      1. Do not listen to someone else
      2. Listen to yourself
   C. Order of universe differs from time to time, i.e. winter/summer
      1. Has a cyclical nature
      2. What part of the cycle are you in?
      3. Everyone is different and has own internal vritta
         a. Vritta of time and place
         b. Need measurement for vritta

III. Compassion
   A. Everyone is on the path
      1. Doing what they need to do to get to next level
      2. Consciously or unconsciously
      3. Allows us to be more tolerant
   B. Recognize that they have to change it themselves
      1. Attitude - climbing the ladder of karma
      2. Judgmentalness is self-destructive
      3. Problems are hard if we do not know the answer

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C. Brings about non-resentment and non-violence

IV. Non-violence
- A. Violent when we are not satisfied
- B. Everyone is where they need to be to move on to next step
- C. Shift of attitude energy back to self
  1. Remove resentment, jealousy, envy, greed, hatred
  2. Remove emotionality
  3. Last to leave is greed
- D. What we can do to prepare and purify ourselves
  1. Be aware of others' successes
     a. Be genuinely happy for another's success
     b. Goal not just to attain happiness, but sustain it
  2. Karmic attitude
     a. Be happy for others
     b. Bless all enemies
     c. God wants us to be happy

V. Three jewels above the head of God
- A. We are after the 3 jewels
  1. God is carrier of jewels
  2. "God" is state of consciousness
- B. Why do you want God?
  1. To be happy
  2. Be happy first and see what God you get
- C. Attunement
  1. Yoga means yoke
  2. Body must attune to pace of mind and vice versa
  3. Body and mind must attune to spirit
     a. Spirit is vibration, vritta of life
     b. At some point, internal clock merges with universal clock

VI. Attunement to life
- A. Attune to what is within us
  1. Become harmonious within yourself
  2. Makes you more compassionate with others

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B. Attune to what is around us
   1. They do not have to attune to you
   2. If cannot be more flexible, be rigid joyfully
   3. We live in their world, they do not live in ours

C. We are always placed where we can learn what we need to learn
   1. We choose what we want to learn
   2. Choose what and where with skillful means

D. Work on yourself and your karma, but help others too
   1. Turn part of awareness to those around you
   2. How can you help them without interfering?

VII. Conclusion

A. If you say you want God, ask why
   1. Really want gift - God is carrier
   2. For mystic - not God, but jewels above head of God
   3. There is just life

B. Attunement
   1. Each entity is immortal and is carrying memory tract
   2. Soul is not immortal, spirit is immortal
   3. Exoteric
      a. People are running away from world
      b. Run to God
   4. Esoteric
      a. Goal is to find vritta of God
      b. Emulate the divinity

C. Numerical significance
   1. Nature is 10
      a. Five chakras and each have male and female
      b. Chakras times male and female = 10
   2. God is 12
      a. Nature (10) plus sun and moon
      b. Sun/moon are knower and known
   3. Attune to nature so we can transcend nature and have our self-awareness
      a. Produce sushumanic state—neither solar nor lunar—neither male nor female
      b. Beyond 12 (God) to infinity

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4. Attune to Nature
    a. Will collapse in no-thing, transcending into causal plane
    b. Bindu of yogic existence from which all else springs

D. We are here to feed, not to be fed
1. Those who feed are fed
    a. We are fed what is important to be fed
    b. Not what we want to be fed
2. Attune
    a. Those around you
    b. Nature
    c. God
    d. That which is beyond God

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CD #4—The Law of Karma

The Nature of Karma

I. Everything that comes into our lives results from our past thoughts, deeds, and words
   A. The actions of today produce the karma of the future

II. People are the bringers of our karma
   A. It is important to surround oneself with noble thoughts and beings because our karma activated by those around us

III. Karma is only an impulse
   A. Life is a response to karma
   B. Attitudinal karma is vital

IV. Each incarnation carries with it the samskaras of previous karma
   A. Attitudinal karma can alter samskaras
   B. We have a lot of control over our reactions to our karma
   C. We respond according to our nature

V. Our states of consciousness fluctuate constantly
   A. Timing is important
      1. Many things influence us at any given moment
      2. There is never only one cause
   B. There are three bringers of our karma—animals, people, forces of nature

VI. We are the bringers of other people's karma
   A. Resist the impulse to bring negative karma
   B. Guard your tongue

VII. Karma functions on two levels
   A. Internal and external; mental and physical
   B. Can manifest physically but not affect us physically (attitudinal karma)

VIII. Three types of karma
   A. Karma of all lifetimes
   B. Karma of this lifetime

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C. Kriya-mana Karma (Karma generated by free will and self-awareness)

IX. Danger of not understanding karma
- A. Externalizing karma/blaming
- B. Must draw it inside and take responsibility

X. Karma Fires on Several Levels
- A. Saturn: confinement
- B. Jupiter: greed/excess
- C. Mars: fear
- D. Venutian: love/possessiveness
- E. Mercury: mind/viewpoint/attitude

XI. Formulation of Karma
- A. Karma has intensity, force, and duration
  1. IxD=F
  2. How we magnetize our karma determines the factors of our lives
  3. The karma of this lifetime that does not fire will mutate to a more subtle level in another lifetime
  4. We can control the placement of karma
  5. The karmic of this lifetime composed of karma of last six lifetimes
  6. The force (F) of this lifetime is spread over the duration (D) of the life
  7. By applying intensity (I) of mind force, tarka, will, meditation or any mystical technique, we can neutralize karma in a shorter time
- B. Karma is not fate; it can be altered
  1. Awakening of consciousness allows us to control our karma
  2. The macrocosm in which we live is reflected by the microcosm that exists within us
  3. Macrocosm is controlled by imposing self-discipline within the microcosm
  4. We affect change from within

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CD #5—To Thy Own Self Be True

I. Lack of Contentment
   A. Control of the mind is essential to neutralize karma
      1. Two approaches: internal/external, Mars & Saturn
      2. Self-discipline
         a. Yama and niyama
         b. Mind control patternings
      3. Ahimsa: Non-violence on 3 levels—mental, verbal, physical
      4. Santosha: Contentment
         a. Direct all energy towards achieving contentment
         b. Lack of contentment leads to perpetuation of karma
         c. Examine one's life to discover areas of discontent
         d. Two approaches to attaining Santosha—renunciation and detachment

II. Self-Discipline
   A. Impose order (ritta) on your life
      1. Establish order in routine tasks
      2. KIS-MIF (play & exercise)
   B. Be aware of attitude towards your actions
      1. Beware of shadow people
      2. Limitations psychically, financially, socially are controlled by shadow people
      3. Replace shadow people with more positive images.
   C. Organize Life
      1. Make a wish list
      2. Prioritize the wishes
      3. Work through the simplest to the most complex
   D. Satya: Truthfulness
      1. The mind lies to the mind and we become angry when others do not believe our lies
      2. We respond to untruth that we have created for ego satisfaction
      3. Do not lie to yourself
      4. Keep communication honest and clear
      5. Admit what you want and open yourself to the possibility

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III. Bringers of our karma
    A. Others fulfill our karma
        1. Gatherings (satsangs) stimulate and test our karma
        2. Having other realities around us keeps us balanced

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CD #6—The Laws of Consciousness

I. Law of Consciousness
   A. Existence is Sat-Chit-Ananda knowledge/wisdom—mindstuff/being—bliss
   B. Becoming more aware—How do we improve our level of awareness? How do we sustain it?
      1. Become aware of our environment—see the ritta, the order and see what cycle we are in
      2. Why become more aware of what is around us?
         a. To protect the mind/body complex
         b. To bring about greater attunement and harmony between the external and internal
      3. Awareness leads to development from immaturity to maturity
      4. We first start looking for the ritta around us, then we take that principle of self-awareness and turn inward to see the inner universe, which causes us to ask "why" we are where we are in our lives.
   C. Awareness is a magnetic field— that which we hold in our mind we will draw ourselves toward
      1. We pull our mind/body complex to so many different shores that we often cannot anchor to any one
         a. One-pointedness is one of the goals.
         b. The problem is that we do not learn to concentrate and there is no continuity in our thoughts
      2. The Law is that what is held in the mind, the mind and then the body go there.

II. The Law of Self-Awareness
   A. Twelve aspects, twelve states of consciousness, the Horashastras, the twelve zodiacal signs.
   B. There is a pattern to these awarenesses
   C. We are born with one of these laws more prevalent
   D. Memory tracts are gravitational— precipitate down into the physical

III. The Law of Self-Conscious Awareness
   A. Described by the position of the Sun, Moon, and Ascendant
      1. Vary in strength and make up primary keys to unlock memory tract of the past

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2. Three laws of self-consciousness are the three primary forces from past lifetimes, expressing the three key desires and needs from the past that need to be balanced

B. Twelve signs are the tasks we need to do, the twelve pieces of karma to work through
   1. As yogis, we look to clear mentally—manifesting karma on the middle plane (super-subtle, subtle, gross)
   2. We do not see that all is lent to us in this lifetime
   3. Lift the energy, move out of the physical plane into the mental, out of the mental into the astral, out of the astral into the causal, and at sometime out of the causal
      a. Points within the chart reveal heavy karmic configurations

C. Whole goal of Kriya Yoga and Kriology is to become aware of these karmic problems and to work them out internally before they precipitate down

D. Karma is preconditioned located energy
   1. Two types of energy: linear and angular
      a. Linearity is self-existent
      b. We try to make our nature linear so that the angular energies of nature (our karmic forces) will not impose themselves

E. The goal is to have linear, balanced self-conscious awareness

IV. Summary

A. Law of Consciousness — the law of gravity, the law of magnetism

B. Law of Self-Conscious Awareness – Twelve fundamental awarenesses which reflect where the consciousness has been focused in the past.

C. Law of Balanced Self-Conscious Awareness — moving from unawareness to awareness to self-awareness to balanced self-awareness

D. Kriology is the techniques and procedures that allow you to evolve your nature so that you can see the patterns and cycles of your life

E. Balancing out self-conscious awareness; getting rid of angular energies (emotionality)
   1. Look at the mind/body complex and ask what is out of balance and how can I bring it more into balance without upsetting the world (non-violence)
   2. Work on balancing out the self-awareness you have; look at needs and karmic patterns to soften them; to be therefore less destructive to yourself in your life.
   3. Get out of your own way and you can accomplish anything!

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