

Treasures Study Guide: Superconscious Living 5/31/79

Archive Date: 5/31/79

Treasures offering date: March 2018

Key Points

- Swami Kriyananda did the first Joy Tours in 1978. In the spring of 1979 he launched the Superconscious Living classes. This talk is one of the first he gave.
- In challenging times, the more we can focus on superconscious living and be examples of it, the better.
- “Our culture today almost conspires to make us subconscious.” The conscious mind is easily influenced and pulled down to the subconscious state.
- When you are in the superconscious mind you are very awake. You are aware of everything that is going on. You can see the possibilities in every situation. In addition to this awareness, you can feel a flow in life that makes everything begin to happen in the right way.
- When working with the conscious mind only, the tendency is to look from the outside - in. The superconscious mind works from the inside - out.
- Try to contact God as often as possible, even in the most mundane things such as trying to fix something. You can ask, ‘God, give me the answer.’
- Einstein discovered the theory of relativity in a flash, but it took him years afterward to explain the theory so that others could understand it. He didn’t produce the theory by logic, he created it from intuition.
- We need to live superconsciously so that our intuition can flow. We can do incredible things when we do them with concentration and inspiration. A simple flower arrangement, when done with intuition and inspiration, can come alive.
- Everyone has a unique world of his own, a unique way of expressing himself, but underneath these separate worlds or expressions, we are all united. When you focus on how we are all united, a sense of empathy grows, and can lead to the knowledge and direct experience that we are all one.
- Try to look at people from the inside - out. You can seek to know a person and really understand who he is. Then you can look at that person with empathy rather than judgement.
- Have a giving attitude rather than a taking attitude.
- Change yourself if you want to help change anybody else. The more you have that consciousness from within, the more you will find that whatever good you are able to do in the world, will be accomplished. You owe it to yourself to live superconsciously.