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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 20th of April 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshee was revealing the Lord principle and the Divine nature and then the descent of the Lord as 4 states into the nature. We discussed the 4 states in lot of detail.

We understood that the Lord, though descends into nature, is not affected by the nature. All the changes happen within the nature and the Lord stands above those changes as the non-changing one. He has no qualities of his own and his qualities are just the qualities of nature reflecting through him.

The beings feel that they exist because of their relation with nature. In the absolute state, there is no I AM feeling and one stands above nature. It is what is called Samadhi state. In that state, he becomes THAT. There is no experience in that state. In sleep, we exist in that state. We do not know that we exist in sleep. But do not think that Samadhi and sleep are one. Samadhi state has to be consciously attained but sleep comes with the help of nature. So Samadhi is considered higher to sleep.

So each of us is a spark of Divine which has descended into nature and we feel I AM. It is localization of the universal consciousness. It is like the wave emerging from an ocean and still present on the same ocean. The wave cannot exist without the ocean though it appears separate from the ocean.

That localization of ONE consciousness is called Ego. To again realise oneself as THAT I AM is Yoga. He who knows himself as THAT I AM at all times is the real knower. One who remains in alignment with THAT knows what he has to do and activities happen through him. If you think yourself as separate I AM, you get the question "What am I to do?" There is no such question to the ones who remain in alignment with THAT. So, all prayers are aimed at recollecting ourselves as THAT I AM at all times.

The one who remains in alignment with the Lord at all times is protected. He need not take care of himself. Others have to take care of themselves and may get stuck in nature. Nature will not bind you specially. It is your own ignorant acts that bind you in the form of nature.

We do many activities and think that we are the doers. Are we really the doers? The Lord is the real doer among all of us. The devotees remember that Lord does everything through them. That is why grand

acts happen through them. The devotee just observes and experiences. That is why he is never worried of the activity and its results. In any case, they remain detached.

We see super-natural deeds happening through such devotees. When by the touch of Jesus, a blind man gets eyes and when that man addresses him as God, Jesus tells "I am not God. I am just a Messenger of God. It is he who granted you vision through me. He did this through me to grant me fame. It is his compassion." Jesus knows that the act was not his but it is work of the Divine presence within him. Such is the case with almost every true devotee.

When we think we are the doers, we get stuck in the 3 qualities of nature. We try to attribute some cause for the results of our activities. Generally if the result is positive, we attribute it to ourself and if the result is negative, we attribute it to others or something else. It results in bondage. When the feeling of I AM becomes strong, we get lot of desires.

But the fact is we do not really exist. This life is a dream. While in a dream during sleep, we think that it is real and only when we come out of the dream, we understand that it is just a dream. Not only that is a dream, this life is also a dream of longer span of time. One who goes into a higher plane knows this to be a dream. We may leave this dream any moment and we should be prepared for it all the time. Every night, we should prepare ourselves for our departure from this dream. Are we ready for that? Once we depart, all this becomes a dream. Just like we cannot remain in a dream forever, we cannot remain in this dream (life) forever. Why, then, do you need to get so obsessed with this dream? A series of lives that we undergo is nothing but a series of dreams. In a dream, generally we do not have any control over the series of events that happen. Only the one who realizes that he does not exist and that he is a spark of divine, has a control over the dream he dwells in.

If in this series of lives, you remain with the Lord, the flow happens without affecting you much. We cannot escape the flow of creation. The fruits of selfish deeds of the past have to be borne now. You cannot escape them. All the problems that we face in present are nothing but the fruits of our past actions. If you accept them and face them, they are neutralised. If you escape now, they come back in a bigger way in the future. This is law of acceptance.

So this life of ours is a dream and we keep moving very busily in our dreams. We spend all the time in fulfilling our objective sensuous desires. We set many long term objective goals and make plans to achieve them and keep working for them relentlessly. We do not have time even for thinking about ourselves. Our routine keeps pulling us into the world. Such is the pity state of affairs of most of us in the present day world. To protect oneself from the great mire of desires, we should touch upon devotion.

A true devotee remains in complete alignment with the Lord at all times. It is very strong bond that cannot be broken. In such devotion, you are protected. Devotion is regarded higher to Yoga. It is infinite love towards the Lord. The devotion of Hanuman towards Rama is such. Even his breath, when heard

closely, chants the name of Rama. The love of Gopikas towards Krishna is such. Everything is Krishna to them. They do everything in HIS presence. Can we lead a life in such a manner? Such ones are never disturbed in any situation. Devotion automatically leads you to detachment. To have devotion, you should first know what Divine principle means. That is why Kapila revealed the Divine principle first and is now speaking of Devotion.

The first step towards devotion is to see the Lord in all. It may be any person or any object. We should practice it. Instead of seeing the divine, we first remember the opinions we have of the other person. Then it does not become devotion. Just doing some prayers or rituals daily will not make you a devotee. What are you doing rest of the day also matters. If you start practicing to see the Lord in all, gradually your likes and dislikes disappear. When your likes and dislikes dissolve, you stand detached. Yama and Niyama are also given as practices during this process.

First is non-violence. You should not hurt anyone in thought, word and deed. Then speaking the truth. It means that there should be alignment between your thought word and deed. Do not think one thing and speak another. Next is Brahmacharya which means purity of sex in thought, word and deed. Then there is non-covetedness. Do not try to steal anything from others. Some try to earn money without making any effort. It amounts to stealing. Do not take anything from others as far as possible.

Then we should have non-possessive attitude. Then there is practice of cleanliness. If you practice all these, you remain happy at all times. It is a natural state. Then there should regular self study. It is both reading the books and it also means self-introspection. What are the thoughts that you are getting? How is your speech? How are your actions? Is there any transformation in us? Then final step is to see the Lord in all. All these are called Yama and Niyama. By the practice of all these, detachment happens naturally. To such a one, moksha (salvation) is assured. First devotion towards the Lord is established and then moksha.

So try to work out these 10 as much as possible. They are the first 2 steps of the Patanjali Yoga sutras. They should be worked out carefully.

(One can refer to the teachings of Master on Patanjali Yoga and even the book “Teachings of Lord Sanath Kumara” for greater detail on Yama & Niyama)

Kapila gives even more details on devotion. It is very good and attractive to read but what matters is the practice. Try to practice as much as possible. We will continue in the next class.

-Swasthi