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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 11th of May 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was discoursing on the topic of Yoga in association with Devotion. Without Devotion, complete awareness of the Divine cannot be gained. Scientific practices will not help if there is no devotion. Yoga happens through devotion (bhakti). Even the Master CVV Yoga we are in, should be followed in association with devotion. Without devotion, any activity that you do will not give you a divine experience. Devotion means to remain in alignment with the ONE Divine principle that is all permeating and to see THAT in all. Only then it is true devotion. Just doing some activities in the name of Lord without divine alignment and for the sake of fulfilling our desires cannot be called true devotion. In devotion, you have love towards the Lord. It is possible for the ones who constantly practice to see the Divine in all. One should have dedication, intent and perseverance in that direction. One should have sraddha (deep interest).

Belief towards the Lord should transform into love towards the Lord. Liking is higher to belief. If you love God, you will not forget him but in belief, you may forget him. That is the difference. In love, generally you forget everything else. It leads you to infinite love. It happens when you see the Lord in all at all times. The one consciousness that is working in the background of all should be observed constantly. It is one of the principles in the path prescribed by Master CVV. He advised us to see HIM in all throughout the day.

Just by being in temple or some holy place the whole day, you do not become a devotee. Where you are does not matter? Whether you are with HIM or not matters. You should not see the behavior in others but see the background consciousness which is common to you and everyone else. It is what is called "Antaryami Aradhana" - the worship of the All Permeating ONE. Wherever you are and whatever you are doing, you should remember HIM. It is Ananya Bhakti (Devotion).

The Lord speaks about this devotion in the 12th chapter of Bhagawadgita. The invocation "May the light in me be the light before me" means the same. It is to see the ONE light or ONE consciousness in all. A true devotee is not satisfied until he is able to see THAT at all times in all. What is the effort being made by you to see the light daily? That shows your aspiration.

One of ways to remain in alignment with the Divine is to follow your pulsation. So there are 2 ways given are to follow - the thread of consciousness and thread of life. To see the one consciousness in all and to align with the pulsation in you.

When this devotion becomes stable in you, detachment comes naturally. You are not stuck in your relations because you see HIM in all your relations. HE becomes everything to you. You should not reject your relations in the name of Lord because HE is everything. If you are rejecting something, you are rejecting the Lord in that. So see HIM in all your relations. Then you will not get stuck in your relations. You remember that all your relations are temporary. They began in this life and end in this life. Everyone comes individually and has to go individually. All the relations are mostly linked with the responsibility you have towards them. You experience that relation by discharging your responsibility towards them. You cannot determine anyone else's life. You can just perform your responsibility towards him/her and let him lead his life.

So Kapila here tells that practicing to seeing the Divine in all is one of the foremost steps in the path of Devotion. That devotion leads you to detachment. Detachment does not mean you reject someone. You need not reject or disrespect anyone because everyone is a Divine Entity. Each one belongs to ONE light and each one has his own life. Relations come and go in each life and the only one who remains with you at all times is THAT ONE. So be with HIM. See HIM in all situations.

We should recollect this aspect again and again because we will definitely forget it. You can even make it a point to note down in a book when you could and could not see the Divine. It is one of ways to practice better. We may be able to see the divine when everything is comfortable and favourable but you should be able to see the Lord even in times of failure and uncomfortable situations.

A true devotee cannot be recognised by his attire but by his speech and behaviour. He always remains at poise and there is a list of qualities of such a devotee given in Bhagawadgita which you can refer to.

So the point is to practice this in a dedicated manner with all perseverance. Remain in his presence (remembrance) as much as possible.

One of the ways suggested here is to read the stories of the Lord and his devotees in your free time. What you do in your free time shows your interest. If you are interested in this direction, you spend your free time in reading the stories or devotees or the Lord or some Scripture. So not waste your free time in some useless chat or watching television and so on. If your interest is this, utilise your free time in this direction.

One, who is able to see the divine in all, can wish everyone with the same affection. He will not have enmity towards anyone. He remains silent most of the time. Divine recollection happens silently. Your lips need not move when you recollecting the name of the Lord inside. Some people move their lips to

show off that they are chanting something. Even your tongue need not move. Recollection can happen in the mind. When this recollection becomes constant, silent prevails. Some take a vow of silence as practice and strongly suppress their speech but when you are in Divine alignment, silence is natural.

So, a list of qualities of a devotee is given here. The foremost is to see the Divine in all which you can began with and rest follows naturally. Just hearing this is not sufficient. You should practice it with perseverance. Hearing is also important because it inspires you to practice.

Another quality is contentment. Remain contented with what you have. Suppose you did not get breakfast today. You should not feel sad. There are many who never have breakfast at all. You may be living in a small house but do not feel sad about it because there are many who do not even have a house to live. You may not be able to see properly due to old age but do not feel sad because there are people who are blind their whole life.

You read the story of Harishchandra and you will know about true detachment. He used to be the Emperor of the whole world but due to his fate he had to live in a cemetery loses all his riches. Imagine that situation. What would you do if such a thing happens to you? People would surely die now days if such a drastic change happens. The stories of Harishchandra, Rama, Nala and Dharmaraja demonstrate true detachment and contentment in life.

As an aspirant, one should be contented with what he has. What you deserve will definitely come to you; not more not less. You should not ask "Why I am not getting something else?" You do not know your past which determines your present. If at all, your past is shown to you, you will lose your mind. So do not worry about what you do not have. Be satisfied with what you have now. Do not worry about the future. There is no measure of satisfaction for a one who is not satisfied. There are people who are not satisfied even after earning millions. When will they be satisfied? Never! That is why being satisfied from inside is very important, otherwise you always complain and can never be happy. We become very sad when we lose something. A devotee is never agitated when he loses something.

There is the story of a wife and husband who were great devotees. One night, a burglar come to their home and steals many valuables. He even tries to take the ear rings that the lady was wearing. He removed them on one side and then when the lady turned to the other side, he ran away in fear. The next morning, the lady tells her husband that a burglar came and took away many things. She tells "he must be very much in need of them". He took one of my ear rings and I wanted to give him the 2nd one as well but he ran away. They saw the Lord in that burglar. That is why they became great devotees. If we read such stories, we know our status.

Another quality is eating only as much required. One should not feel heavy after eating. It should always be so. It is said eating 7 times with your hand is sufficient. In any case, eat only that is required.

Another quality is to remain "Alone". It is not to leave everyone away and remain lonely. It is to see the ONE in ALL. ALONE = ALL in ONE. Be alone but not lonely. You can remain alone even in the presence of 10 people. You need not go away somewhere to remain alone. Narada moves in all the planes and sees the Lord in all beings. That is why he is said to be Alone.

Another quality is to remain in meditation at all times. "Let the whole day pass in meditation". It is not closing your eyes and sitting somewhere the whole day. It is to recollect and see the Lord in all. It equates to meditation. It is the natural way to experience the omnipotent and omnipresent Lord. Otherwise you are stuck with some name or idol thinking it only to be the Lord. It is sheer ignorance.

If you lose an idol of Lord, does it mean that the Lord is absent? That is what Saint Tyagaraja felt when the idol of Rama was lost. He felt very sad but through that sadness, he realized that Rama is not just in the idol but is present everywhere and then the idols come back magically. He did not then reject them. He continued worshipping the idols but with a realisation that Lord Rama is all permeating.

So in this manner Kapila prescribed some practices relating to Devotion and Yoga. Only by practicing them sincerely, we move towards the Lord, otherwise we remain in some glamour.

-Swasthi.