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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 18th of May 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was discoursing on the topics of Bhakti (Devotion) and Yoga to Devahuti. He was giving a list of disciplines that need to be practiced as a Devotee.

One should see the Lord in everything and all times and only such a one is said to be in meditation at all times. That recollection should become natural. This meditation is true meditation and comes to your use. Simply meditating for a short period during the day will not help you much. When there is uncomfortable situation, you get disturbed and cannot remain stable because our meditation is not constant at all times. If you cannot see the divine in all, there will not be much of transformation even after doing many rituals, prayers, reading scriptures, visiting holy places, etc.

For great beings, meditation is in their nature which means that they see the Divine in all and in all situations. Whatever you see, the first thing that should come to your mind is the Lord. Only then one can be called a devotee. Then you see everyone equally and respond with everyone in the right manner according to their behavior. Generally we respond to others based on our like or dislike or opinions towards them.

So our constant effort should be to see the divine in all. It should become a continuous activity. It is like a 24/7 activity. The form of Lord that you visualise may be as you like. There are no restrictions but remember that all names and forms belong to one Divine principle. Even all the prayers and rituals that we do are different ways to remain in Divine recollection. If we are stressed by those activities instead of remaining in Divine recollection, we better stop them.

So, "Let there be a double channel in you". One channel is to see the objective world around and another channel to see the Divine in the background in the same world. To such one, everything becomes divine. He may be in a movie theatre or a market place but in reality he is with HIM. People are resorting to many ignorant practices in the name of meditation and devotion but they fail in the primary aspect of seeing the Divine in all.

As we move in the world, we see many things. What do you see? Are you seeing only the object or also the background basis of it? If you see both, it means that both your eyes are working properly and it results in the emergence of a third eye.

So do not remain in the glamour of meditation. It is good to close your eyes and visualise the Divine for sometime but what happens after you come out of it also matters. Many of us fail to see the Divine even in meditation.

Try to see the Divine in the outer world, and then when you sit with closed eyes, Divine alignment is possible. If you see a Cricket Match the whole day and sit in meditation, only the things relating to Cricket match come to your mind, during meditation. So there is no meditation.

Firstly, start your day, when you wake up, when your awareness emerges, by remembering the Lord and then get into activity. Throughout the day, try to see the Divine in everything. This is straight forward path. Everything is THAT. It is the mantra.

Then our nature becomes stable and composed and equanimity prevails. We see everyone equally. Our opinions and relations with others do not prevail in our correspondence with them.

When this state becomes true, the Lord starts acting through you. He speaks through you and works through you. Your whole life becomes splendorous. You need not look for anything else in life when this state becomes stable. It is a natural state of Samadhi.

So Kapila Maharshi is telling us that meditation is not sitting with closed eyes but seeing the Divine in all at all times. It is the thing to practice and everything else follows.

Another quality is never being jealous of anyone in any manner. There will always be people who are better than you in every aspect but generally, we fail to accept it. Yadavas thought that Krishna is just a common man like them and never recognized his greatness and it resulted in their downfall though being very close to Krishna physically. Jealousy is a natural quality among majority of the humanity and it strongly pulls you back. In the last class, it was told that we should be satisfied with what you have. Now, it is being told that one should not feel jealous when someone is better than other in some aspect. See that better aspect in that person as a Divine manifestation. The more you feel jealous, the more you are tested in that direction. Such ones always see something better in others and feel sad about it. They can never be happy and to such ones there will be no progress in the path. Also many feel sad when their neighbour has more wealth and comforts than him. It is another disease to be checked.

When you see beautiful person or object, if you see the Divine in it, then you feel happy and there is no jealousy. If the divine graces, anything can happen and anyone can do anything. It has nothing to do with the individual. You should see the divine manifestation in it but not feel sad about it.

Once a person was going to Master CVV for initiation and on the way, he felt whether Master CVV is the right person to initiate him. Immediately, a mad man on the road speaking to dog, after throwing it a piece of bread and the dog comes near it and smells it but does not eat it, tells "Eat it as you came upto it. Why do you doubt it?" That words of the mad man struck this person and he felt that it was a message to him coming from Divine that he should doubt after having come so long. So the Divine can speak through anyone and act through anyone. Anything is a possibility and so be prepared for all possibilities.

So seeing the Divine in all your relations and strangers is the practice given here. When you see the Divine even in people who hate you, they stop hating you. It brings about a transformation in them.

Another quality that one should have is compassion and sympathy. Be sympathetic towards the ones who are lower to you and make an effort to uplift them. If you are intelligent, you should help the ones are not as intelligent as you. Generally intelligent people try to use or exploit the ones who are not intelligent. Similarly, if you are strong, you should help the weak. If you are rich, you should serve the poor. If you have excess food, offer it to those who do not have anything to eat. It is no use in serving someone who is self sufficient. Help the needy. As a social activity and act of respect, we exchange clothes, food, etc. but all that cannot be counted as service because we are self sufficient. Helping the needy ones is only counted as service.

Also Service should be associated with sympathy and compassion. Do not serve just for the sake of service. Having sympathy is also important. Sympathetic and Compassionate service cleanses your heart. The Lord actively resides in the hearts of such ones. For such ones, path becomes clear and very easy to tread because the Lord himself leads such ones. Your heart gets cleaned as much as you serve those who don't have basics of life. "A clean heart" becomes true then.

These qualities were discussed many times in the past and here they are given once again. There are some more qualities given here which we discuss in the coming classes.

Next aspect is not to have strong attachment towards the body. There are people who spend lot of time and money in the care-taking of their bodies. There are even people who think they are the body themselves and they are animals as written by Master EK. We will discuss this in detail in the next class. So remember that you are not the body and it has been given to you with yourself as the basis.

-Swasthi