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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 25th of May 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was giving many practice related aspects relating to Bhakti Yoga.

Ones who are strongly attached to their bodies and their relations suffer from bondage. This is the statement given by Kapila and Master EK explained it in detail.

As beings, we are all units of consciousness that have emerged from the divine. Due to the magic of nature, the ONE universal consciousness has disintegrated into many units of individual consciousness which are all localized. It is the work of maya that ONE becomes many and each one thinks that he is different from the other. After the localization, there are many other veils that cover the ego which make us feel even further separate. As a result, we forget that I AM THAT I AM. Very few remember that truth. Rest of us forget our true identity and we start identifying ourselves with our names, forms, countries, religions, regions, etc. Though we discuss this aspect many times, we keep forgetting it again and again. That is illusion.

There are many who feel that we are the body and never ever feel THAT I AM. That is what Jesus meant by saying "I am a son of God and all beings are sons of God". Krishna told the same thing in Bhagawadgita. We may read books relating to this wisdom many times but it is true to you only when you remember it. The moment you forget it, you are veiled by maya.

Those who think that they are their body, have strong affinity towards material wealth and family relations like spouse, children, etc. They are always worried about them and their lives and even intrude into their lives. One cannot control the life of another. Each one has his own karma and his life manifests according to it and no one else can change it or control it. You just have responsibility towards your relations and simply discharge them without getting too much into their lives.

People try to accumulate wealth for their progeny. It will cause strong bondage. If you have, you can give but do not wrongly accumulate wealth for the sake of giving it to your children. It is all because of one's feeling that he is the body. You have only responsibility towards your body and the relations that build out of it but you cannot own it. They are given to you.

You can use them only for good things in life. As this body is not yours, how can you think that the relations that come on the basis of this body are permanent? Reading many books and doing many rituals is useless without knowing these primary aspects of life.

We hold onto temporary things thinking them to be permanent. We can never progress in the path that way. No Grand Master can help if you have such strong bondages in the objective world. They can give you the light of wisdom and inspiration to practice but it is up to you to follow it or not. They cannot or will not force you on the path.

Remember that everyone comes and goes and no one can stay permanently in one body. Even Rakshasas like Hiranyakasyapa and Ravana who did great penance in their desire to stay permanently in their bodies could not live permanently in the body. We are nothing compared to them.

It is respectful if you leave the body willfully; it is not if the body leaves you. So think for yourself if you leave this world respectfully or not. Knowingly or unknowingly, we are into the path of a Master who promised us a respectful departure. It is now up to us to follow him or not. Even after being into such a path, many of us are still after objective things in life. The whole life is lead in earning money, looking after children and grand children, accumulating wealth, etc. We should introspect what is the primary thing in our life. What are we doing?

Here Master EK is telling that one should not spend too much time in taking care of the body. People spend hours together in the day in making up the body, feeding it, etc. Where is the time for you? Do you have any time for your practice? If you do not have time for it, you cannot be called an aspirant. If you spend all your time with the body, your life becomes purposeless. If you get some disease, take some medicine and forget about it. Do not feel sad about it. It will further aggravate your disease.

The disease is to the body, not to you. There is lesson to you when a disease comes to you. It teaches you that there is something wrong with your behaviour and you should change it. So learn from every disease you get. Medicine can give you only some relief. Change in behaviour is the only permanent solution to your illnesses. One illness brings another and they become strong in your body. If too many diseases accumulate in you and you are not able to recover from them, it is better that you depart from the body. But how do you depart? Do you know how to exit from this body? Did you ever think about it? Master CVV came down to teach us that and make us think about it.

Also remember that it is fine if disease affects your body but it affects your mind, you are gone. Bhaktraj Maharaj, a great devotee, used to have some heart related disease and doctors used to check him and say that his heart is not well. He then used to say "My heart is fine; the heart of the body is not well. So I do not worry about it." In that way, great ones see this body in third person. You are the 2nd person and the Lord is the first one. A physical illness in one life may not reappear in the next life but if the illness is to the mind, it will definitely be carried onto the next life.

So, strong attachments are caused due to the feeling that one is the body. Body will become old and its features change with age. The soul will never undergo any changes or become old. People make efforts to conceal their age. Why do we have to conceal our age? It is but natural that ageing of the body happens and one has to accept it. There is also beauty in old age. Why do you think being young is only beautiful? There is a beauty associated with every age that each one passes through.

Also remember that, in life, anything can happen any time. No one knows what will happen to one in the next minute. So you should be prepared to go anytime. Every night you should be ready. It may be even day. At that time of departure, one should be in alignment with the Lord within. But generally when we know that our time of departure has come, we fear a lot and lose our consciousness and unconsciously depart. It cannot be called departure because it happened unknowingly. How can we make our death a normal social movie and not a horror movie? We discuss it many times in many discourses but 'are we following', is the question.

It is not so easy to leave the body because we have developed deep roots into the body and bodily relations. That is why we feel lot of pain when we are pulled out of the body. If we do not have deep roots, we can easily come out of the body. Deeper the roots; deeper the pain.

Our life is like a travel and we have co-travelers joining us in the form of relations. Spouse joins us at around 25 years and later children join. At your destination, you go in your way and everyone else goes into their own way. So do not make strong knots in your life which are very tough to untie at the time of departure.

My father got a heart attack and there were no medical facilities at that time. He knew that time has come for his departure. He called my mother and all our brothers and sister and told my mother, I am going, take care of children. Do not worry, the Lord is there. Those who want to cry can go out and cry but those who want to stay with me, chant Rama's name. That is how my father departed.

We should not be self conscious but we should be conscious of divine. Highly self conscious people cannot take anything lightly even when someone speaks something humorous of them. They have strong pride and they cannot take anything spoken against them. They get angry very easily. The more self pride you have, the more anger you also have. They are like twins. We see the great fall of people like Ravana and Duryodhana due to their strong self pride and resultant anger.

So be conscious of the Divine and have strong affinity towards the Lord. For that Divine consciousness to be established, practices like seeing the Divine in all, chanting of OM, etc. are given. OM is one of the ways to be able to come out of this human body. While chanting OM, you can visualize the Divine light descending into you through a large funnel like thing, from all the space outside. Then you can imagine yourself entering into unlimited Divine light, from limited to unlimited. It should not be a

routine chanting a fixed number of times, the intent matters a lot. Yogis chant OM all the time. They hear OM in every sound.

Our earth is itself like a small seed compared to the whole creation. We are a being among millions of beings on earth. So we are very small. Why do you think big about yourself? Why are you agitated and get angry when someone comments on you or criticizes you? So anger and self consciousness should be dissolved. How does it happen? It is possible when you see yourself as THAT I AM. Dharma Raja, Rama, Harishchandra like people never get angry because they are never conscious of their existence. They only see the play of creation all the time and are not affected by it.

They get angry consciously when required to fulfill some activity but anger never overtook them. Rama had to get angry to kill Ravana.

Always remember that there is ONE greater to you and he is elder to everyone. You are always small. People used to wear, and even now some wear, a cap like cloth or a turban which symbolizes that there is someone above you all the time. When you are not conscious of yourself, there is greater chance for the divine to descend into you and function through you. Only such ones become the mediums of the Lord.

So remember this and we will continue in the next class.

-Swasthi