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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 06th of July 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was detailing on the topics of the Lord Principle, the nature, the descend of Lord into creation and still remaining unaffected by nature.

Each being is a divine entity but when he descends into mind, body and senses, he forgets his original identity. It is like we differentiating between the space outside the house and space inside though space is one. We think that the inside space belongs to us once the house is built. Similarly the being thinks I AM and forgets that he is THAT I AM. As a result, he is bound by the qualities and nature.

When the being remains in Buddhi, remembering his original identity, he can remain an observer and witness all the thoughts that come to him. He does not run after each and every thought. He remains like the silver screen which remains unaffected by the various kinds of movies that are projected on it. If we indulge in the thoughts that come, without witnessing them, we are stuck in them. We lose our original identity. We feel that some fate has spoiled our lives and so on. But you are the sole cause of everything that happens to you. That is what Lord Krishna tells in Bhagawadgita. It is in your hands whether you want to indulge or whether you want to remain a witness. When you constantly remain a witness, you gradually realise that you are THAT. You first understand that you are THAT and remember it and then gradually you even realise that you are THAT.

When you remember this truth and align with it, you gain control over your lives. You will realise that everything in this creation happens as per Divine will and you do your part in it. Then your life will be very comfortable and splendid.

So first make it a point to keep recollecting that you are a divine entity and each one around is also a divine entity. It should become a habit. This habit comes easily when you start it at a young age. Don't we do those things which we did regularly from our childhood, very easily? It is all about constant practice. This recollection is most important. If you do many rituals and meditations without this basic recollection, it is fruitless. Rituals and meditations are given for you to remain in Divine Alignment. If they become a casual practice, without any Divine alignment, then they are useless.

Never think that just by doing rituals, meditations, etc. you will reach the Lord. It is not possible until and unless you are in constant Divine alignment.

One of the practices given for remaining in Divine alignment is to see the Lord in all. He who practices that constantly is the true aspirant. He sees the play of the Lord in everything. With that recollection, transformations start happening within and without. This is what Master CVV also said. He asked you to sit and observe. When you sit and observe, he starts working in you and causes related transformation. But we even fail to sit and observe.

If we cannot recollect that everything that is visible is Divine, it means that you do not have devotion. You call that Divine by any name. We have too many names but all names represent one principle. So until you are able to see like that, do not call yourself a devotee. You can at the least call yourself as the one trying to become a devotee. That too if you are making some effort to practice in that direction.

The one who sees in that manner, he does try to find or think of the causes behind the incidents that happen. Why did it happen like this? The only answer is "it is Divine play". Devotees even think any mistakes that happen through them as Divine play and also any unexpected events as Divine play. They accept everything without any complaints and they also bear the consequences coming of such events taking them as Divine play. Hence they are not affected by anything.

This is a direct path to see the Lord. The one who knows his true identity, knows the Lord and can see him. Once you realize yourself, you also realise the Divine. It is a state of ultimate bliss. That is the bliss that Prahalada enjoys. His name itself suggests that. Same is the case with other devotees like Ambarisha, Narada, Dhruva, etc.

If you are too much engaged in the objective world, you cannot go inside. You may be inspired by hearing some speech but it does not translate into action because of excessive indulgence in objectivity. So this is practice that we should get into. It is the way to know yourself and know the Lord.

Here Kapila gave very deeply subtle concepts which are very difficult to digest. Devahuti, our representative, asks for more details now. She asks him a doubt.

The being is bound by the 5 elements and 3 qualities because he is born into them. It is difficult for him to overcome the nature. So Devahuti asks Kapila give an even more detailed process to be followed to overcome the binding of nature. She asks him for a code of conduct to be followed.

Kapila then gives these steps.

- 1) Try to regulate the mind to work without looking for a cause.

We generally do any work for some profit. Do it because it is your duty but not for profit. Why do rivers flow? Why does the sun give light? Why do trees give fruits? They do not have any profit in it. Their selfless work results in goodwill and benefits others. We should follow their example. If you are a doctor, go to the clinic to help people be healthy. Do not go to clinic with an intention to earn money. The biggest problem of present humanity in Kali age is that people do only for profit. They always look for profit.

There is another secret here. People do some work attributing some cause for doing it or do it thinking it is for themselves. But the truth is, whether you attribute the work to that cause or not, the work happens through you. In creation, certain activities are allocated to each one of us and nature ensures that you do them somehow. The cause we attribute is just for our satisfaction but has no bearing on our doing the work. Don't we see people who did not want to do something but still end up doing it? It is because the force comes from within when the work is to happen through you. One needs to contemplate on this aspect to have a deeper understanding. I was spellbound when I came to know this aspect of creation, almost 30 years back through a book of Master EK.

Master EK gave a bookmark once – “Those, who work for others without any cause, will be happy in their life without any cause.”

If you keep working without any cause and without looking for any profit, you will be very happy in your life. There need not be any reason for your happiness. The nature cooperates with you. It also leads you to divine. Even you pray to the Lord expecting something in return, you can never reach Divine. Why should the Divine grace you, if you just think about yourself?

Also if you observe closely, there is no real cause to your activities. It is the nature that makes things happen through you based on your personality. We, later, try to associate cause to the activities that have already happened but the cause is not really present before the event. So do not look for a cause in everything.

Those who work without any profit will enjoy a comfortable life without any cause. There are many who are not happy even after earning millions, huge property, power, fame, etc. So happiness and comfort is not in something that which we accumulate. Happiness is in being causeless.

2) Observing the thoughts that one gets

This is introspection. What are the kind of thoughts that you are getting? Are you feeling proud? Are you feeling jealous of someone? Are you prejudiced against anyone? Prejudice comes with pride. So all this is thought pollution. The more the thoughts of criticism that you get, the more you are polluted. It is strong egoism. It affects you strongly.

So this is the 2nd step which should happen on a daily basis. Every night, check all the thoughts that you got that day. Identity the thoughts that are hindrances to a clean mind and pure heart and try to eliminate them. But trying to eliminate them will lead you into more and more such thoughts. So Master EK suggests here that instead of trying to eliminate such thoughts, read the stories of ones who had a clean mind and pure heart. It automatically cleanses your thoughts. Your petty opinions on others disappear. You can read the story of Rama, you can read Bhagavatam or story of any devotee. This should be the last activity before you sleep. As a result, your mind is occupied with Divine thoughts.

Instead if you see some action or violent or ghost movie and sleep, your thoughts remain such. And energy follows thought.

3) To stabilise oneself in Bhakti Yoga

It is not having belief in the Lord. That is not sufficient. You should remember that everything is Divine. You will then not be critical of anyone. That is what even Master CVV instructed to see HIM in all. It is one of the 3 principles of his Yoga. Just doing prayer is not sufficient. Seeing the Lord in all important. We may be able to see HIM in inanimate things and animals but we fail when we come to humans. If a person is very close to you, you only remember that closeness and not the Lord. If you do not like someone, you remember only the cause for dislike but forget the Lord.

You should read the life stories of Great Devotees and Masters and you should be able to enjoy them. Some read for the sake of reading but do not enjoy the content. It should not be for the sake of gaining knowledge. If this reading with a good intent happens on a daily basis and you follow their teachings, great transformation happens in you. If you keep on reading without any practice, it is useless.

You cannot say that you have gained knowledge by reading many books. Suppose you go to a hotel and the waiter gives a menu card. If you read all the items given in the menu and leave the hotel, does it mean that you have eaten everything? What you eat is only counted, just reading is useless.

So Kapila has started again from beginning, detailing the steps to be practiced, on being questioned by Devahuti. There are 2 more steps given which we will discuss in the next class.

-Swasthi