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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 28th of September 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

We were discussing the teachings of Kapila Maharshi to Devahuti. In those teachings, Kapila Maharshi is giving the steps of practice of Yoga. The principle of Yoga remains the same whether given in Bhagawadgita or by Patanjali or by Kapila. Grand Masters give different paths to be practiced by aspirants based on the practice done by them and based on the experience of the Divine they had. After the 4 Kumaras, the first Grand Master to be born on earth is Kapila and still continues to be present on earth and he continues to grace those who recollect him. Earth can also be considered as our own body. So Kapila can be visualised to be present in us as well. There are aspirants who could gain his presence on earth.

So here Kapila was giving the steps of practice which we have been discussing for the past few classes but as forgetting is the nature of the mind, I will read the steps that we discussed upto now, once again and then continue.

Each being has certain responsibilities after taking to a human body. He has to take care of the body, his family members including spouse and children. Also one should make a living by doing acts which are in tune with one's nature. Do not indulge in acts which are not in tune with your nature just because it gets you more money. Then you cannot be satisfied and it also results in fear at times. There are some who just work by using their body, mind and senses. There is another category where people use their intelligence to do business to serve the needs of the society and earn money. There is another category of people who protect the people, rule them and ensure their welfare. There is another category of people who indulge in acts of service and live as per the divine will. They keep spending time in activities like discoursing on Scriptures, service, etc. and they do not have any bodily attachments. It is all depending on one's inherent nature.

Suppose there is a person who is very timid. He works very hard, studies very hard and become a police officer. If necessary, he has to catch robbers, murderers, etc. but by nature he is timid. So he carries out his professional duties with fear in mind. He will not be able to perform his duties in the right earnest. He cannot protect others. It should not be so. So avoid doing things which are not in tune with your nature.

Another instruction given is one should lead a life as per the Shastra (rules & regulations) prescribed the Ancient Scriptures. If you don't know, you can consult someone who knows. Especially, do not indulge in acts which were given as don'ts by the Scriptures.

Do not perform your professional duties looking for money. Just accept whatever comes to you by sincerely performing your duties. Master MN used to be a lawyer. He never asked fees from any of his clients. He just accepted whatever the client wanted to offer. He never demanded any amount. He was a great inspiration for me and I followed the same in my professional life as well. I used to tell my clients when they ask about my fee, "First let the work happen. Then you can give something based on your satisfaction." Do not link everything with money. There are people who demand money first and then start doing. You should have the courage and faith in nature that everything that is due to you comes to you if you are oriented towards your action.

Whatever is due to you based on your past good deeds comes to you irrespective of your present action. So don't worry of earning money. Just do what is to be done by you.

Wealth does not come in the way we think it comes. The present mankind has a wrong understanding of how wealth comes. So you remain oriented towards the karma (action) that has to be done by you. Try to be as useful to others as possible. It may be physically, emotionally, intellectually or monetarily. There were people who lead their whole life just discoursing Scriptures like Ramayana. Their facilities like food, etc. used to be taken care of by some families who were inspired by their discourses. They offer whatever they can and that person used to take whatever is needed to sustain himself for that moment and rest was distributed there and then itself. There was no concept of accumulation because he had the courage that the Lord or nature would take care of himself.

The life of Potana, who wrote Bhagavatam in Telugu, is such an example. He was a great devotee of Shiva. Rama appeared before him and told him to write about Krishna and as a result he wrote Bhagavatam. What is there in the names, Shiva, Rama and Krishna are all ONE. So Potana lead his whole life in writing Bhagavatam and he and his family was taken care of by the Lord.

When Master EK and I visited France, we stayed in the house of a lady. That lady used to place 5000 francs in a cover in our room. Master EK asked me "Is this lady thinking that we do not have enough money?" One day Master EK told her "Why are you keeping this money? Do you think I don't have money? I am the emperor of my own kingdom. I would offer my whole life but never take anything from anyone." Hearing Master's words, that lady broke into tears and said "Master! I know you. I never thought that I can buy your teachings with that money. Whatever you taught me is far greater and valuable to the money that I offered to you. I just offered to you just to express my happiness to you." Master EK then turned toward me and smiled indicating me to that she is such a devoted lady. He wanted to show that to me.

Master EK was an invisible millionaire. Whenever he required money, it used to come. And even if he had a very less amount in store and when someone came to him needing money, he used to immediately give that money without a second thought. That he is how he demonstrated this quality to us and as his followers, we should atleast do a part of what he did.

So never work for money. If you lead your life for others, you will be taken care of. You must be prepared to do even the smallest of acts. No act is small if it is service. You may be polishing or repairing shoes or making pots. Is not repairing others shoes a service to them? If one's service is not recognized by anyone, such a one is recognized by the Lord. If your service is recognized by anyone, then the Lord does not care much because you have already received the fruits of your service in terms of recognition. Devotees consider that service with no recognition is best kind of service. So keep serving without any recognition your whole life as long as your body and mind support.

When I once went to Spain, a person came to me with a bag. I asked him "What can I do for you?" He then opened his bag and put out a number of items which are used for polishing shoes. He said "I came to polish your shoes." I was surprised because he appeared like a very learned person. I asked "Why so?" He said "It is my duty." I said "I polish my shoes myself and so they are always clean." He said "Even then I want to polish them. I came them from a very long distance to do this. My Master told me to do this act." I became very alert hearing those words. I then said "There is a rule for me to allow you to do this. You should allow me to polish you shoes." He then said "I do have the permission for that." I did not concede until he accepted to my condition. He then cried. I immediately consoled him and allowed him to clean my shoes. After cleaning of shoes, I asked him "Is you Master, Master Count St. Germain?" He told yes and left. Master St.Germain make his disciples do such kind of acts. I later came to know that he is professor in a University and he is a disciple of Master Germain. I told you this story because there is greatness in cleaning someone else's shoes. I helps control your ego.

You can get wealth in future based on your present deeds of service. Do not think that wealth is only money. Health is also wealth. You will be bestowed with good health. The intelligences in you cooperate with you to lead a better life. So all such kinds of wealth are bestowed by your acts of service. With such wealth, you can lead a happy and comfortable life. Without comfort, what is the use in accumulating material wealth? You can never be happy and comfortable with material wealth unless you are comfortable in the mind.

So this instruction tells us to do what is to be done without expecting anything in return. This instruction is very important Yoga aspirants.

The next instruction is to remember that whatever is given to you or comes to you is given by the Lord and nothing belongs to you. This body is given by the Lord and whatever is required to sustain it will also be given by him. Remember this.

Next instruction is one should be inclined to take blessings of Great ones or Great Masters as far as possible. It helps to keep your ego within limits.

Next instruction is one should be inclined to wish others who you know when you pass through. It may be even a smile.

Next instruction is one should never hurt others. Your behavior should never be harsh towards others.

Next instruction is one should wear sufficient clothes and cover those body parts which are to be covered. Wearing small nickers should be avoided. This has become a fashion at present. People even move in public places wearing insufficient clothing. It does qualify as civilized behavior.

Another thing is one should not make sounds while eating. It is also not civilized behavior.

Another thing is one should avoid hugging in public. Even unnecessary shaking of hands should be avoided. This is very important aspect of Science of Vibration or touch. Every touch involves transmission of energies from one to another. You don't know what kind of energies you are taking with unnecessary touching.

Also avoid indulging in unnecessary conversations or criticisms. Avoid drinking alcohol.

In this manner, many aspects of day to day behavior are given which help in coming out of objectivity and related desires. Only then you can move towards subjectivity and immortality. Otherwise you just die like every normal person. You should know the exit door otherwise you will be pulled out. If you just remain in objectivity, you get stuck in many things and you cannot come out easily when the time of departure come. It will be a huge pain when you are pulled out of the body.

One should have aspiration to be liberated from their physical, emotional and mental places. Only such one can remain immortal. Rest are stuck and die. The ways to attain immortality are given in the Scriptures, taught by many Masters and even demonstrated by great Masters like Ramana Maharshi, Master CVV, Ramakrishna Paramahansa, etc. Master CVV and Master MN even gave the dates of their departure in advance. We do not know our dates of departure like them. So we should be prepared to leave any moment. Every night should a preparation towards the final departure from the body. This practice is very important for an aspirant of Yoga. First you need to have aspiration and then you need to practice. Every night, one should submit oneself to the Lord or to a Master and ask him to lead us in the path to immortality.

I will tell one more instruction and conclude for today. One should eat clean food and in minimal quantity. Eating clean and purified food is very important. Any cooked item after 3 to 4 hours of cooking is not pure. It is dead food. There is no purpose in eating it. If you cook in the morning and eat

at night, it is not good. If you cook today and eat that tomorrow or day after, it is horrible. The body's health fades away and lot of Tamas (inertia) accumulates in the body.

So who cooks the food and who serves the food are also important. Where you are eating is also important. I gave all these details in section "Food" of Mithila book. You can refer to it for more details. You may not everything that is said but at least a part of it can be adopted. So eating clean food in minimal quantity is important.

-Swasthi