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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 10th of October 2014, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was giving the steps of practice of Yoga to Devahuti.

Last week we discussed about the aspects of taking food which should be pure and also it should be taken in minimal quantity. The place of cooking, the person who cooks, the person who serves and where you eat should also be clean.

The present day is humanity is suffering from many diseases because some of the primary aspects relating to food, cooking and intake have been ignored. There are great ones who could heal diseases by offering food in the right manner. The energy in the thoughts of the person who cooks and serves is induced into the food that is being cooked. Also one should take food with a thought that it is Divine in nature and it should be taken with devotion and interest.

If polluted food is taken or food is taken in a polluted place, the effect of the negative energies carried by that food remain in the body for almost 14 days. It affects the quality of the personality and induces lot of Tamas (inertia) in the body, if not taken in the right manner. So in what manner food is cooked and in what manner it is taken has a lot of bearing on the quality of the body and thoughts that one gets.

There is another aspect here. Even if the food may not be of good quality, if it is served with devotion, it is fine. We can find such examples in the lives of Rama and Krishna. Krishna one's goes to the house of Vidura and only Vidura's wife was present. Krishna asked her that he wanted to eat something. She brings some bananas and starts offering them to Krishna with lot of devotion. She was so absorbed in devotion that she was offering the outer peel to Krishna and throwing away the inner fruit. Krishna ate without complaining. When Vidura comes, he was shocked to see what his wife did and then Krishna said "What is offered is not important when it is offered with devotion?" So this is another aspect.

Also it is important that one takes light foods as far as possible. Vegetables which grow above ground should be preferred over those which grow underground. It is because the latter have the quality induce inertia in the person. Green vegetables should be preferred. Vegetables like onions should be avoided as far as possible because they also induce lot of Tamasic (inertia) quality in the person.

So there are some of the primary aspects relating to intake of food which are very important for a Yoga aspirant. If they are not followed properly, they act as a hindrance to us in the path of Divine realization.

There are even people who take sunlight as their primary food and other foods are taken in very minimal quantities. Sunlight is the lightest of foods available on the planet. Next comes air. Respiration at a place where there is no pollution in the atmosphere also comes under food intake in a light manner.

The next aspect is one should try to avoid going to any place where you have no duty. Do not disturb anyone with your unnecessary presence. Also do not indulge in useless chat in your free time. What you do in your free time is also important. Most of them watch television in their free time. Also if you watch television with lot of sound, it disturbs the ambience of the house. The vibrations of the home are disturbed by such sounds. Your house gets polluted. A Yoga aspirant should avoid polluted places as far as possible and if the house itself is polluted, you have failed in the basic aspects itself. All these aspects relating to your life should be observed and re-organised in the right manner. Otherwise one just remains in an illusion that he is into Yoga practice which, in reality, is false.

One should also have time for himself in seclusion. At least one hour a day should be kept aside for introspection and self-study. You can have such a time only if you do not indulge in unnecessary activity. Kapila is simply telling us not to disturb others and not to allow others to disturb you. Otherwise you cannot be in Yoga. The required changes are to be made if you have that aspiration.

Any activity which affects your peace of mind should be avoided. Especially crowded places should be avoided. It may be even a holy place. You should not go there purposefully if it is very crowded. Visit to such holy places should happen naturally as per Divine will and not on personal intent.

Another instruction is one should not hurt anyone with their words. In fact, violence of any form should not happen through you. Also you should not try to dominate or force anyone with your words. We do so with people who are younger to us and people working under us. It is not right. A great one is so free from this nature of violence that he even induces that nature of his into the surroundings and even wild animals living in those surroundings lose their violent nature and live in peace with other animals and humans.

So all these aspects are relating to purity outside and inside. Once more and more purity is established in you, many good things and energies start accumulating around you.

If you have no violent nature, even your enemies start becoming friends. If you have no thieving instinct, wealth starts accumulating around you. If you cheat others and earn money, that money will hurt you someday definitely. It is how it is with nature. Once upon a time, we had homes when Naga snakes used to stay in the Puja room. It is possible when one has no nature of violence left in his body and mind.

There was once a Master who lived in Nilgiris about 25 years back. 2 aspirants came to him and wanted to stay along with him. That Master said "If you can stay, I have no issues." They were surprised but accepted. The Master used to wake up at 4 am daily. The disciples also woke and one of them goes to the kitchen to make some coffee and was shocked to find a Naga snake sleeping there. He immediately comes to Master and complaints. Master says "It will not hurt you. You just do your work. They stay here just like you stay." Such were the energies around him. The snakes even used to walk along with that Master. The name of that Master is U.G.Krishna Murthy.

We should do things in a manner where a Master or Divine will come to you. Your behaviour should be in such a manner. Just begging before the Master or Lord will not help much. If you live without any regulations and as you like, you cannot expect Masters to come and meet you. So all these steps given by Kapila are important if you have Divine aspiration.

The next instruction is one should keep only the wealth and things which are necessary to him and rest should be distributed to the needy. There was one Master who used to distribute away everything that he had at the end of every year. It may be money, things, food, etc. At the beginning of next year, he was free from everything. He lived in such a manner for 78 years. Do we have the courage to live in such a manner?

Once it happened that a person came running to that Master and said "I need 7.5 lakh rupees (0.75 million) immediately, otherwise I will be put in jail tomorrow." Master then said "I will bail you out of this but from tomorrow you should live as told by me. I will not spare you if not." The disciple agreed. The Master then said "There is some money under my bed. Check how much it is and take it." There was exactly the amount required by that person and Master gave away all that amount without fear that he did not have anything left. So there are Masters with such a courageous attitude.

Another instruction is one should avoid speaking false just for the sake of pleasing others. If your truth hurts others, just avoid telling it. Remain silent in such instances. Either speak the truth or remain silent. You can tell the truth even if it hurts the other person if that person has complete faith in you. It is for the sake of helping that person correct himself. Master EK used to do so. He used to scold others with an intent to uplift the other person. It was not with an intent to hurt him.

Lot of training is required to always speak the truth. Remain silent if you cannot speak the truth. If you speak false just for your benefit or for pleasing others, it will rip apart your inner energy system. It is result in your gradual downfall. Some say that it is very difficult to live without telling lies, in the present times. Even if it is difficult, you should follow it if you wish to remain in the path. If you just speak lies for your convenience, you just remain objectivity and there is no subjective life for you. To the one who takes to the penance of speaking truth at all times, he gradually gets a power that whatever he tells becomes true. Things manifest of his words because of the sincere practice that he did to stick to the truth.

The next aspect is one should have fiery aspiration for practice. You will be able to follow all these instructions only when you have such an aspiration.

One should worship the Lord on a regular basis. It may be in the form of an objective ritual or an inner alignment with the Lord. You can perform a ritual whenever possible and rest of the time you can remain in Divine alignment. You can take a Divine form and worship it on a regular basis. Also you should worship all the devas at different planes on a regular basis. With that, you gain their cooperation. If you worship a form of Virat Purusha (Cosmic Person), say Shiva or Vishnu or Ganapati, you gain the cooperation of all the devas at all levels. The cooperation is both in your objective life and also in your Yoga practice. Even Rama used to worship the Lord on a daily basis in the form of a ritual.

Master EK gave us rituals for this purpose. You can do Shodashopachara Puja on the daily basis with all the 16 types of offerings. If you cannot do it objectivity, you can even visualise doing the same ritual in the mind. You can visualising offering all the 16 types of offerings to the form of Lord within you.

The next instruction is one should take to a vow of silence. It is not possible by just not speaking anything. If there is constant recollection of Divine within, you remain silent naturally in your mind and speech. You only speak when required. You get only thoughts which are useful to you. If you are in constant Divine recollection, all your obstacles in life are eliminated. Recollection of Divine means recollecting that I AM THAT I AM (SO-HAM). It is a mantra that is happening within you at all times. It need not be uttered because it is always happening. Such a one speaks only when necessary. Though such a one great acts happen without much of his intervention. Generally, un-regulated speech is cause of most of our problems in life. Krishna tells Pandavas that they have to live in the forests for 13 years because of them losing control of their speech in Dritarashtra's royal court. Otherwise they would have been no necessity for Mahabharata war. It is because of the vows that Pandavas have made in their anger.

There are 6 more steps given by Kapila which I will discuss in the coming class. These are all the primary aspects relating to practice of Yoga. One needs to note them, recollect the regularly and try following them. Kapila has told 18 regulations. Try to follow atleast some part of the instruction though not completely. There will be definite improvement in your lives. Without following them, there can be no real progress. There can be no meditation happening. If you do prayer for 1 hour and live without any regulation for the rest of 23 hours, all the energy that you have gained during prayer is completely lost during the rest of the day. So what is the use of doing prayer, if you do not know how to live?

We will continue in the next class.

-Swasthi