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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 15th of March 2015, at Visakh.

(for private circulation to WTT members)

Canto 3:

Kapila Maharshi was giving the path of Bhakti Yoga to Devahuti. He told that recollecting the Divine qualities helps greatly in remaining in poise and to remain in Divine alignment. Also he told that one should only relate to the good qualities in others. Now is giving the steps of Bhakti Yoga more in detail.

Bhakti is to remain in Divine alignment and realizing HIM in us. We can relate to him in us through consciousness and pulsation. He is present as those 2 in us. They are the basis with which we can live and work. Without either of them not present, one cannot function through this body. So aligning with consciousness and pulsation helps us to remain in Divine alignment. We can easily feel their presence and we should relate to the Lord through them as we can feel their existence. Pulsation happens continuously without our intervention while awareness is present only when we are awake. Awareness is present in us as a lighted form similar to our physical form. It is like the light taking the shape of the electric lamp through which it shines forth. We should constantly observe both of them. These 2 are common to any being in this creation.

We are given many practices in relation to consciousness and pulsation which help us to remain in alignment with them. Awareness is the basis for all the thoughts that we get. We should keep observing the thoughts and try to follow them upto the source where they are coming from. This is given as one of the practices. Another practice is to constantly observe the pulsation. When you are able to observe pulsation and thoughts together, you slowly reach the source, the consciousness and realize that you yourself are that consciousness. You exist as a combination of consciousness and pulsation in this body. Then you gradually realize that you are a Divine projection in this body. Without touching the Divine present in you, you can no way realize the all permeating Divine. If you align with the Divine in you, then you gradually permeate into the surroundings and realize the all permeating ONE.

For all this to happen, it is required that you remain in poise. For that poise, we are advised to recollect Divine qualities as much as possible and try to inculcate them. The recollection itself will give you a blissful experience. If you are not getting such an experience, it means that Rajas

or Tamas is highly dominant in you. If poise is dominant, you automatically get a good experience when you read or listen or see through movies, divine stories. You feel happy in such times because of natural poise in you. You should work to enhance that poise through your practice and activities. You should relate to qualities which keep you in poise.

One of the important aspects to remain in poise is sraddha. Sraddha is required in every work you do. You should do every activity with dedication, right intent and devotion. It may be a simple activity but the right intent matters a lot. It may be brushing of teeth, taking bath, taking food, etc. It should not be done in a lazy and negligent manner. Service should also be done with dedication and devotion. You should not feel that you are great and someone is low and as a result you are offering him or serving him. You should see the Lord in that person and serve him feeling that you are serving the Lord. Then the Lord in the other person is pleased. So do not be negligent in anything you do. It is an important prerequisite to remain in poise.

Also you should not do anything with the body you like just because you have all the freedom. The body should be taken care of properly, it should be given the food which is suitable to it and in right quantity. Give it rest and bath as and when required. Bath twice a day is highly recommended. The clothes you wear should be clean. The body is to be seen as a vehicle gifted by the Divine nature to you. There are many intelligences present in this body working to support the body. There are certain rules to work with it and take care of it. If you have a car which runs of petrol and you pour diesel into its tank, what will happen? It will not run properly and may even get spoilt. You should follow the rules relating to taking care of the car as specified by the maker. The same applies to a body.

Another aspect is relating to the sunrise and sunset times which are very important for a Yoga aspirant. You should spend some time in prayer or meditation or ritual at those times on a daily basis. You should be ready before sunrise and sunset and receive the energies with the right orientation. So you should adjust your daily routine accordingly. You should not be busy at sunset time. Your work should actively happen when Sun is up and should close by the time sunsets. Annie Besant wrote a very good book “Ancient Wisdom” on the daily routine of Aryans. One can refer to it.

Also one should follow a routine relating to food. One should limit taking of food to 2 or 3 times a day. If you keep eating all through the day intermittently at many times, the metabolism happening in the body is disturbed. There are intelligences working in you are disturbed if you eat too many times in a day. Also do not start working immediately after taking food because the metabolism of digestion happening at that time is very high and other activity disturbs it. Take little rest before continuing with your work. So these adjustments are to be made in your life style if you wish to progress in this path. Without this routine, nothing is possible. These things are easy to habituate when you follow them from childhood. It is tough to learn them at later

stages of life. Parents should teach their Children if they want them to lead a good life. If parents do not have a rhythm in their life, then children too will not have it. Also the parents pamper the children a lot now days, in the name of love and as a result they get spoilt. Now days we lost this routine completely and are leading skewed lives. People don't sleep until late night and complain that they cannot wake up before sunrise. We are even advised to move along with people who follow a very good rhythm in life so that we too get habituated to such a rhythm.

Another step advised is daily puja to the Lord. Even greatest of devotees who could see the Lord just by closing their eyes, performed Puja daily. Even Rama used to perform puja daily. Master CVV used to perform puja to Krishna daily until he received the energies from higher planes. Doing Puja daily gives you a discipline and ensures that Tamas (inertia) does not dominate in your life. It may be Shodashopachara Puja or water ritual or fire ritual as per your convenience.

Another thing is self-study. One should constantly observe his thoughts and personality. Self-analysis is very important. You should know what your dominant thoughts are. Then you will know what is unnecessary. There may be many thoughts of certain kind coming due to your past life influences. You should be very sincere in this practice of observation. Observation helps you come out of such thoughts because you cannot observe if you in that thought. You stand separated from your thoughts. Then you can slowly weed out unnecessary thoughts.

Next is Yagna, Dana and Tapas. Yagna is to live a life of offering. You should see how useful you can be to others. Do not just live for yourself. You should keep looking in that direction. You should keep helping those who are younger to you and need your help. Present day education has wrongly taught us to live for oneself and not for others. We have elders in the form of Devas. You should worship them to gain their cooperation and with their cooperation you should help those younger to you. That is why daily puja is recommended. Without their cooperation, you cannot work effectively and efficiently.

Dana is to offer. You should give to those who are in need. You need not offer something great. Offer what you can offer. You should offer as if offering to the Lord. Dana is very important for devotion. All great devotees gave away everything they had without thinking of themselves. Bhakta Tukaram, a great devotee, was given lot of things by the king of the land. He just stored the things needed for that day and gave away everything. A devotee is like that. He who eats and lives for himself is a pilferer. You cannot be a devotee if you do not offer anything to needy.

Then there is Tapas which means fiery aspiration. You should have aspiration which constantly strives to reach the Divine. You should constantly strive to see him in you. If you can see him in you, you can see him in others as well.

We are advised to do Puja because it helps in increasing this aspiration. We do not do Puja because we feel that the prior and after arrangements are too strenuous. But the devotion comes out of those arrangements. The dedication that you show in making those arrangements determines your devotion. All arrangements are a part of puja because they help you remain aligned to the Divine during the process. The Lord is not looking for your incense or flower or lamp. He doesn't need anything from you. They are to be done to increase poise and devotion in you. We do not have time for all this because we wake up late. We wake up late because we sleep late. Getting up early is a basic principle for everyone and it need not be told so repeatedly. I have to tell many times because the days are such that people even do not follow basic principles in life.

Then there will be special or emergency situations that arise. If someone in your house or in your neighbourhood is not well and your help is needed and it is the time for your puja or prayer. What should you choose? If it is an emergency, definitely you should attend to it. It does not mean that you find petty excuses for not doing prayer or puja. For taking a right decision in such situations, you need to have a good discriminative will. A good Buddhi is required. Hence we also worship that our Buddhi is enhanced. One with enlightened Buddhi will know what to do in life. He need not take advice from anyone. He gets advice from within. The more you worship, the more enlightened is Buddhi.

One should constantly strive for the welfare of the family and fellow beings in the form of Yagna and Dana. A father has the responsibility of taking care of his children. If the father dies early, then the eldest son should take care of the family. If the eldest son thinks that it is not his responsibility, it is wrong. If the parents die without all the children settling in their life, the eldest one has to do what the parents would have done. Then he gets the blessings of them because your good work uplifts your parents and 2 more generations as well. That is what Rama showed to us in his life.

A devotee leads such a life of offering. A devotee always has such an intent to take care of others. He is least bothered of his welfare. He always wants everyone to be happy. You can check if you are a devotee or not with this intent.

Another step is one should follow the right procedure while doing puja or ritual. If we chant something and do something else, it is meaningless. It even amounts to even speaking lies. We cannot chant something and do something else for the sake of our convenience. We may chant that we are offering cloth but do something else. We may chant that we are offering ornaments but offer something else. If you cannot offer, do not chant. All this should be taken care of while doing puja. It is matter of your dedication and devotion. You may be doing for a less time or more time but sraddha matters. Do not think that God will get angry if you do not do properly. That is not the right understanding. If you do not do properly, there is no intended transformation

happening in you. Also do not look for some objective results for doing puja. Puja is for your transformation to remain in poise. If you perform with dedication and devotion, transformation is sure to happen.

The next thing is one should not have hatred towards anything. It is a great hindrance to your devotion. Even if the other person may be a very bad person, you should not hate him. You should sympathize with him because he is ignorantly spoiling his life. You should show respect towards your elders, you should remain friendly towards to your contemporaries and you should show compassion towards younger people. All three are important to progress.

Another step is to follow the regulations of Yama and Niyama. We discussed those 10 regulations many times. They are easy to speak but very difficult to follow. They are important for a stable mind.

In this manner, we discussed 8 steps today. Nothing is newly told. We discussed them many times but we keep recollecting because we forget and get into disorder very easily. So the recollection helps us in falling in order. We will discuss 2 more steps in the next class.

Devahuti asked all these things for the sake of humanity. In this manner, we have many Scriptures and teachings coming out of the interaction between Masters and disciples. Vishnu Purana came out due to the interaction between Parasara and Maitreya. Similarly we have the interaction between Sukha and Parikshit and so on.

-Swasthi