

Note: These are personal notes made from Master KPK's Bhagavatam speech recording, translated from Telugu and do not reflect Master's words in entirety. Please use them for reference only. Not for publication.

"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 17th of May 2015, at Visakh.

(for private circulation to WTT members)

Canto 3:

Bhagavatam Canto 3:

Kapila Maharshi was speaking to devahuti on the aspects of after death. Different people have different experience at the time of death. All the wrong deeds that we do in our life time will cause us lot of pain during the experience of death. So living a life as per the dharma, sticking to the duties, without hurting others through thoughts, speeches or actions is highly recommended if one is to have a peaceful departure from the body.

Every being is a Divine entity but when he enters the layers of mind, senses and body he starts acting as per his will, ignorant of dharma and ends up doing bad deeds. They are recorded and come back to us in future. Every act that we do is recorded in space with no exceptions. The accounts are well maintained and depending on our action, a credit or debit entry is made. There will even be no balancing of credit and debit with each other. We have to face pains for the wrong deeds that we did and we will also experience comforts for the good deeds that we did. So you cannot balance a bad deed with a good deed. The only way to avoid pain is to avoid wrong doings. Indulging in lot of bad deeds will result in lot of accumulation of impurity around the being and that impurity is to be removed before he takes life again. So a cleansing process happens and that process is very painful to make us feel that we should not repeat bad deeds again.

Your behavior towards other human beings, animals, plants, will have a strong bearing on what you face after death and in the next life. Remembering that every being is Divine in essence, will help you relate with every being around you in the right manner without creating future consequences. Your life should be sequential and not consequential. If you accumulate lot of karma due to your deeds, you are very much deviated from your nature state of Divinity and it is very tough to come back to that state. You have to face lot of consequences as a result. If you work out your karma very well and neutralise it as far as possible, then you can slowly come back to your natural state. That is why whatever situation you face, you are advised to remain with dharma. If you do not lead a disciplined life in terms of food, sleep, etc. it will lead to diseases which cause you lot of pain before death. So leading a disciplined life is very important.

Your daily rhythm is also very important. If you lead as you like, then you will have to face the consequences yourself. You will have to face hell of experience at the time of death. If you lead a disciplined rhythmic life as per dharma, then you have a heavenly experience of death.

Depending on the strong likes, dislikes, attachments, hatred you have, the time duration of painful experience of death is decided. It is said that an ordinary person, who has neither committed horrible sins nor has done any wonderful deeds will suffer in the "Yatana Sareera" for about 6 days in Yama Loka which is equivalent to about 6 months in our world. So cleansing process happens for that duration and the being is allowed to take birth again. So another opportunity is given to do better.

So everything that you do now has a future consequence if not done properly. There are many instructions given on how to lead a disciplined life.

Proper intake of food is said to be very important otherwise it will give you lot of pain at the time of departure. One needs to take the quality food at the right time, at the right place and in right quantity. We should avoid food taking made at unclean places. If there is no discipline and cleanliness with respect to food intake, the intelligences which are responsible for digestion will be disturbed and they transfer that disturbance to us in the form of "tension". That is why many people lead tensed lives now days. Even improper rhythm with regard to sleep and work will disturb the intelligences within. Even if it is tough in the beginning, we should get into a rhythm. Man, in present times, has an illness in the form of escaping from things and getting results using shortcuts. Saturn and Pluto do not accept shortcuts. They cooperate with you a lot if you are disciplined.

Stickiness, whether negative or positive will appear before you after death. That is why we are advised to be equanimous and seeing the Divine in all and at all times. If many thoughts come to you when you sit in silence, it means you are not at peace within. It means consciousness is stuck in mind and is making you wander everywhere. It makes you do or think, one thing or the other. It cannot remain silent even for some time. Mind is never at peace and consequently you too are not at peace. If there is no duty, it tries to indulge in some useless activity like watching television or getting into a conversation or going out somewhere. So it is like a stray dog. It should become a trained dog.

Another things is exercise. Exercise should be done daily to keep the body in control for the lifetime. Yoga Asanas are given for the purpose. You need not do all the Asanas. Some basic Asanas or exercise is sufficient. If you do not do it when you are young, you gradually lose control over the body when you grow older.

One who is not at peace in mind and who does not do exercise will not get sleep easily. Especially as you grow older, getting into sleep becomes tougher. So having control over mind and body is very important. Now days, people are losing control over body. Even young ones cannot sit on the ground. Everyone wants a chair. Earlier for group livings, everyone used to sit on the floor. Now almost everyone sits on a chair. We are losing the habit of sitting on the ground.

Everyone wants to avoid pain during old age and have a peaceful departure but are our life and actions are in tune with our desire to have a peaceful old age and departure is the question. You cannot just wish, you should translate your life such that peaceful departure becomes a reality. We have the example of Dr.T.V.V.S.Rao garu who lead a highly disciplined life and even till the time of departure he was into service of mankind. He had complete control over his body till his death and he departed very peacefully.

So how disciplined you are now will determine what you face during your old age and death. We should not have strong like, dislikes and attachments. You can experience everything without getting stuck in anything. The problem is we do not experience what we have and we crave for something which we do not have. Why you don't you remain happen with what you are given? If you are facing difficulties in life, they should be seen as consequences of past karma and faced without escape or creating further consequences. That way you can remain happy irrespective of the situation. You should remember that you are cause of what you are facing in life and it is wrong to think that someone else is the cause for your problems.

Depending on one's deeds, even death may not come easily. One may have to face lot of pain even before leaving the body. One loses consciousness over fear of pain and death but the prana still remains in the body and it is called a state of coma. Consciousness cannot come back and prana does not leave and it is a very painful situation. Such a situation comes because of the wrong deeds that you did with your consciousness.

Yoga is given to lead a proper life and also to depart consciously. It is a royal departure. Any other kind of departure is lower to this.

One should read Kapila and Devahuti conversation for this knowledge of death and deathly experience. Other aspects like devotion, renunciation, Yoga, are discussed in other Cantos and Scriptures also but this description is rarely given.

Master EK is giving some explanation here. Suppose there is someone or some situation we do not like and that person or situation comes to our mind. The event is not happening in reality but even if it comes in the mind, it is enough to cause us pain and distress. If there is a situation that you fear and that comes to your mind; that is enough to keep you in fear even though the

situation does not happen. That is how the experience of hell will be. Our mind generally recollects persons or situations we do not like more than those which we like. Mind always recollects unpleasant events, unpleasant persons, etc. The experience is the same whether the event has happened or recollected in the mind. What we relate to before we sleep, comes along with us during sleep. The experience of hell is some after

That is why we are advised to read a Scripture and recollect Divine before sleeping. So that we remain with such experience during sleep or dream. If you see a horror movie before sleeping, then you may face that horror during your dream. This is with regard to dream during sleep. The thoughts that we get relating to situations are the dreams in awakened state. We experience the situation even though it has not happened just like in a dream. One may be relieved to know that it is a dream after waking up but the experience is real as long as you are in the dream. You cannot feel that it is dream while you in it.

People who borrowed lot of money always remains in the fear that the one who has given him the money may come and ask. Once who does not pay income tax remains the fear that income tax officials might come and catch him. They may come or not but he is constantly experiencing the fear of they coming. He is never happy that way. If you hear that someone has got cancer you may fear that you too may get it. Such fears are due to improper training of the mind.

So whatever wrong deeds that you did, you have to face the consequences without fail. There is no way that you can escape them. You can have some respite if you accept your mistake and repent for it. We commit mistakes knowingly and try to cover them up causing lot of tension.

So having this knowledge is very important and trying to lead a life as per discipline and dharma is the only way out. We are advised to confess the sins that we have committed before the Lord or Master. Master will have the fire with him which can burn away the consequences that you have to face, to some extent. You should also promise that you will not commit that sin again.

All the pains and fears that we have in our mind have to be faced at the time of death. If you do not have pain in the mind, even though there is pain in the body, then you need not face the pain after death. If a person is diabetic and he constantly recollect "I am diabetic. I am diabetic" and that thought is stuck in the mind. That mind haunts you after death as well. We identify ourselves with so many things and everything gets stuck in the mind, haunting us after death. That is why we are advised to detach from everything as far as possible. Otherwise we have to face everything after death. If you keep recollecting the pains and difficulties that you faced in the past, then they get strongly embedded in your mind and you have to experience them after death. It will be very painful.

So do not get stuck in anything. Great ones remain in complete association with any person who is with them and once that person leaves, there are no more thoughts relating to that person. Their association is so complete that they can even know the past of the person, while seeing him. When the person re-visits, all the information relating to that person comes back at that moment. Their minds are like silver screens. The characters remain on the screen only when the movie is being screened. Once the movie is over, there is no characters on the screen. It is also like computer screen where we open only the windows required and not everything. Other things remain in memory but can be brought on the screen anytime. They need not remain on the screen at all times. You can relate to anyone in the best possible manner when that person is with you but you should not remain with him in the mind even after he leaves. The same rule applies to incidents as well. Otherwise it causes you lot of pain after death. You experience all the incidents stored in the mind as if they are all happening one after the other.

There are some dis-embodied souls (Pretas) who continue to live in their houses due to strong attachment towards the house.

I tell you a story that happened. There was one lady who had strong attachment towards an ornament as she worked very hard to buy it and she never gave it to anyone. She died without telling her children where she hid that ornament. Now she wanted to inform her children. So she continued staying in the house trying to inform her children about the ornament. She used to make some sounds, through some medium, near the place where the ornament was stored. Her son and daughter-in-law started fearing that there was some ghost in the house because they could hear the sound but could never see anyone. They requested the help of Master EK. Master EK went to their house and enquired and understood the situation and took that ornament gave it to them and said that the soul would now leave.

So that is how strong attachments will make you face lot of pain after death. And all the deeds that you did will come back.

Even after facing all this pains and punishments after death in 'Yatana Sareera', the soul is not liberated. It is just that we have cleared our debt in the thought planes. We still have to clear them in the physical plane because deeds have been committed in the physical plane. Some used to ask Master EK, "Master! Can we do a ritual in our mind instead of all the physical effort?" Master EK used to reply "Yes! You can but then you also start eating only in your mind". When one is too lazy to perform a ritual, he gets such ideas. So mental experience is not sufficient in this case. It has to be physical as well. These pains in the thought plane will help us realize our mistake and we feel that we should not repeat those mistakes in future. So to clear debts in physical plane, the soul again takes to a physical body.

Now Kapila explains the series of events that the soul goes through after facing hell of experiences after death. A new life is given to test whether you lead a better life now. Will you play in the same manner or will you play better now? Generally we play in the same manner because the personality has developed in such a manner but behind that personality, these previous experiences keep giving us suggestions of what is right or wrong. So if we think and respond, we may be playing the game better.

Based on your past personality and strong attachments, a list of traits of the being are prepared and accordingly the soul is attracted to the parents who have similar kind of traits. Also the new life will be in such a manner that one will be able to evolve from the present state with the kind of traits that one has. If you relate to your Buddhi well and respond to the events well, then you can gradually evolve. If you do not respond in the right manner, you remain where you are. Most of the times it happens that the soul may be born in the same family in which he was earlier because the traits that one has are strongly correlated with one's family.

If you die with strong aspiration to remain in Yogic path, then you get into a family which will enable you can easily get in the path at a very young age. You will be born into a family which leads a Dharmic and Yogic life or into a good wealthy family so that you can concentrate on Yoga practice without much worry of sustaining oneself. That is what Lord Krishna promised.

So depending on your traits, you are born into a family. You are attracted to your parents accordingly. Some feel that they got some traits because their parents have those traits but that is not the true understanding. You got attracted to them because you have those traits. It is not the other way. You cannot feel that you were born in the wrong place or to wrong parents. At the same time, in a new life you get into situations which will help you evolve further, if you respond to the situations in the right manner. As you progress in the new life, your old unwanted traits keep knocking at you and you should be able to avoid them using your Buddhi. If you succumb to them, your progress is hindered. If you follow a Master, he can help you to learn but it is still up to you to practice or not.

The soul keeps moving in the space around and keeps looking for a family which suits its traits. He gets attracted to a couple based on the matching of the electromagnetic field. And then he feels that he should be born to that couple.

The soul, after getting attracted to a couple, descends onto the head of the father in the form of a thought. Then the couple will get an idea that they should have a child. Then the soul enters the mother's womb through the father. The soul can enter the father in 3 ways: through thought, through food or through air (inhalation). The couple should lead a very pure and harmonious life before mating. Earlier days, the couple used to visit holy places, take bath in holy rivers, read Holy Scriptures, taking the blessing of Saints before mating for children. Then the children that

are born will be good because highly evolved souls get attracted to couple who lead such pious life. So one should have this knowledge and beget their progeny accordingly. If the child is born just out of the desire of father and mother, then the child will have lot of desires from childhood itself. That is what is happening mostly now days.

Now Kapila tells about the time elapse between a death and rebirth. There are highly evolved souls which wait for lot of years before taking birth again. They do not have strong desire to take birth again because they did not have strong attachments in previous lives. If the person dies with many unfulfilled desires, then he takes to a new body immediately after the after death experience because the pull is so strong. There are Yogis who take birth only if necessary. They have no necessity to take birth but still they take birth to serve the fellow beings. Even after taking birth, they quickly fulfill their purpose of life and depart. That is why many great ones depart at a very young age because their purpose of birth has been fulfilled. So Yogis descends only as per the divine plan and go back once the purpose is fulfilled.

So the purpose of this teaching is for us to build up better values, qualities and evolve from one life to another until there is no necessity to take birth due to our karma. Then there will be birth taken only to fulfill the Divine plan. Most of the beings are born due to individual karma but Yogis take birth only to fulfil the Divine karma.

So the story today is how we descend onto the father and then enter mother's womb. Next week we discuss the experiences that one undergoes in the womb of a mother. A part of the being remains with the father while a part remains in the mother's womb. The acts of the father, when the child is in the womb, have an effect on the child. The nature and qualities of the mother also determine the experiences of the child in the womb. The experiences in the mother's womb are also very painful for a normal being.

Leading a life as you like now is very easy but what are the consequences in future? So how to lead your life is very important. How you close your day and how you close your life are also important. As you close, so it will be opened. So closing well should be our target. If you do well now, then you will have a better experience in future. You should always ensure that your thoughts, speeches and actions should get better day by day. Your focus should be in that direction. Then you become eligible to enter higher planes. Vasistha Maharshi tells Rama in Yoga Vasistham that the 3 Logos were also normal human beings in the past creation. They worked out betterment so much that they evolved and could attain the status of the Logos at present.

What is it that you have done today that justifies your existence for the day? You should question yourself in this manner. This is no easy task to do. Do not think someone will do it for you. If

you are committed to do, you get help from the Masters. They cannot help you if you are not prepared to do anything.

If you accumulate lot of impurities in your personality, then when you come back, you are born to parents who have similar qualities and their actions cause you pain right from the time you are in the mother's womb. We will discuss them in detail in the next week. We should remember all that we discussed today and regularly try for betterment.

I will try to finish these aspects in the next 2 classes.

-Swasthi