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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 03rd of April 2016, at Visakh.

(for private circulation to WTT members)

Canto 4:

Yesterday and today we had a homeo conference going on and a good exchange of homeo knowledge has happened. I asked some people whether we should have class today after all this hectic schedule. They said yes and I felt that the Divine has spoken through them and I decided to go ahead with the class in spite of the hectic schedule.

By discussing Bhagavatam, we have 2 advantages. It stabilizes the prana within and also causes expansion of consciousness. So both prana (life principle) and consciousness are strengthened through these discourses. We were having these discourses for almost 24 years now, discussing many aspects of the Divine through the reading of Scriptures.

Last class we were detailing the words spoken by an incarnation of the Divine Mother, Sati Devi to her father Daksha. He tells her father that it surprises her a lot that he hates Shiva because there are many great devotees who constantly experience bliss by uttering the name of Shiva. Here, we should remember that Shiva need not be the only name to recollect. Any Divine name can be recollected like Krishna, Vishnu, Rama and so on. All these names are 2 syllabled and those 2 syllables represent the pulsation happening within the body. We also refer to it as SO-HAM. The sound So-HAM is constantly produced within as respiration happens. If you have the ability to hear subtle sound, you can hear it clearly as SO-HAM. SO-HAM means THAT I AM. It is constantly telling us that Divine is existing as each one of us. While chanting these names like Shiva or Rama or any 2 syllabled name, we should align it with the respiration with each syllable corresponding to inhalation and exhalation. Then what happens is the vibrations of those sounds enter our prana and the prana within is purified and also strengthened. As the consciousness is naturally linked to prana, purification and expansion of consciousness also happens.

When doing meditation, alignment of respiration with these 2-syllabled sounds is recommended. Any mantra with higher number of syllables cannot be used for meditation in relation to pulsation. They are only useful for chanting.

So you can align respiration with any 2-syllabled sound. You can even align it with SO-HAM itself. A regular alignment in this manner will result in the upliftment of consciousness upto Ajna where

one can have visions of light. It is only through the lift up that one can be liberated from objectivity. To reach there, one should reach the heart centre first. To go into the heart centre, one should align any 2-syllabled sound with respiration. This can be done any time when you are free and it should definitely happen before you go to sleep. A lot of purification happens through this process.

Sati Devi is speaking that people get purified by simply uttering the name of Shiva and it surprises her that Daksha is hating that name. Though all the details of the practice we discussed are not given here, it is expected that aspirants should understand that the whole practice of Divine alignment is being suggested in short. So here uttering here does not mean saying it with the mouth but to recollect it within and align it with respiration. That is the subtle meaning.

By reaching the Ajna, one can experience the presence of the Divine. That is the presence that the devotees strive for and they keep going inside for that experience. The consciousness which has experienced that state will have no interest in objective activities but still such beings remain alert in all the planes of existence. They come into objectivity only when required and perform all their duties in the objectivity meticulously.

So here Sati Devi is saying that her father's hatred is surprising to her but what she is fearing more is of what would happen to all the beings who are following him. Daksha is highly capable and many of the beings have descended through him. They follow him and live as per the dharmas given by him. So if he propagates that worship of the Divine who is the source of existence is not required, it is dangerous. Sati was very unhappy because she was the Divine Mother who wishes the beings to experience the creation but not by forgetting the source of existence. So she had to oppose Daksha during that Yagna.

If one forgets the Divine and even abuses the Divine, such a one will gradually lose the force (sakthi) within the body. This force has consciousness as its source. Without consciousness and force, the body cannot do anything.

By worshipping the Divine, both prana (life principle) and consciousness are strengthened. By abusing the Divine, both are weakened. Here the character of Sati is representation of Sakthi. Daksha doing a Yagna against the Divine principle and Sati opposing that shows us that Sakthi (force) will not cooperate with us if you are activities are against the Divine.

There is a way for the beings to experience the whole creation and fulfil oneself before one can go to higher planes. All round development should happen so that one need not come back. One need not go to higher planes without having a fulfilled experience at this plane. That is what Master CVV says "All-Round Development". If fulfilment is incomplete and you go to a higher plane due to your practices, at some point of time in future, you may feel like coming back. So fulfilment should happen in a proper manner that there will be no need to come back. That proper fulfilment is ensured

to those who follow the Divine. There should be a proper rhythm in life such that there is complete fulfilment. The knowledge required to lead such a fulfilled life is granted by the Divine. There is no hurry to reach the ultimate state of existence. One can experience the Divine all throughout the path and at the same time experience the creation as well. By worshipping the Divine, the whole process happens in a rhythmic manner. You will be lead in the right path even without knowing of it completely. That is the beauty of Divine worship.

Daksha is promoting a way of life which is exactly opposite to this and Sati is fearing that all those who follow the instructions of Daksha would lead an insect like life. Is it not wrong to limit the beings who can experience the highest form of happiness into something very much limited?

Sati further tells "You worship your father Brahma and Vishnu but you are ignoring the one (Shiva) who both Brahma and Vishnu worship. Is it not meaningless? You cannot gain their grace by abusing the one who they worship." If we say "I only care for Master EK and not for Master CVV, we do not even have the grace of Master EK." Master EK became a Master because of Master CVV and how can you ignore the source? You cannot get the fruits by caring only for the branches and ignoring the roots. Without the roots, there is no tree or branches or fruits. So one cannot ignore the source of existence.

Sati tells "You are not at all grateful because your existence is because of him and you are ignoring him. After seeing all this, I should either cut your tongue or immolate myself." As she could not do the first, she does the 2nd thing. She immolates herself because she ignored the advice of her husband and came here and she could not go back to him. She even feels that the body that heard the abuses of Shiva should better be sacrificed. As we cannot do neither of what Sati suggested, it is better that we avoid going to places where the Divine is abused. So we have to restrain our movements so that we remain in areas where righteousness (dharma) is followed.

There are some more dharmas that we discuss before we come to the point where Sati immolates herself. We will continue in the next class.

-Swasthi