

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 Not for publication.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 16th of April 2017, at Visakh.

(for private circulation to WTT members)

Canto 4:

Sage Narada was teaching Dhruva how one can worship the Lord as Vasudeva within and without. He gave many instructions on how to visualise and experience the Divinity in and around. We discussed all those instructions for about 4 classes. Finally, Narada also gives Dhruva a mantra to practice. After all this, Dhruva prostrates to Narada and takes leave to begin his journey in the path given by Narada.

Then Narada goes to meet Uttanapada (Dhruva's father). He tells Uttanapada "You seem to look very sad. What is the reason?" Uttanapada replies "Maharshi! My son Dhruva is only a 5 year old child but he is very intelligent. I did the mistake of not letting him onto my lap. He got sad and left the house into the forest. I am now worried of his situation. I am very ashamed of myself thinking of what I have done."

Narada consoles Uttanapada and tells "You need not worry. Your son is under the protection of the Lord himself. He will attain a stature that very few could achieve in this creation. He will be remembered in all the planes of creation and for many years to come. Good time will soon come. Dhruva will become a great one. You need not be sad of him. You do not know him completely. He is an embodiment of Divine qualities. He will do things which will bring glory not only to himself but also to you. He will come back to you after finishing what he had decided to achieve." Uttanapada is comforted by these words.

Meanwhile Dhruva reaches a place called Madhuvana. He arranges a place to stay and starts his penance. The intensity of his penance kept on growing as time passed by. His necessity for food and water kept on decreasing as intensity in penance grew. (Master is reading the steps as to how Dhruva gradually decreased his diet with time.) After few months, Dhruva started living only on air and was in deep communion with the Lord within.

Dhruva reached a state of complete alignment with the Divine. The fire of his penance could be felt in all the planes of creation. This vibrations of Dhruva's penance resulted in shivers to devas in the creation. Devas approach Lord Narayana to do something to restore normalcy lost due to Dhruva's fiery penance.

Lord replies "Dhruva is very sincere in his worship towards me. He is in complete alignment with me. You need not worry of him. I will take care." So with those words devas leave to their respective abodes.

I have read out what is given here. We need to try and detail on penance of Dhruva so that we understand certain aspects given subtly. First thing to note is that as one progresses in the path, the need for food and water goes down gradually. Such ones don't both much about food and water because the body finds alternate ways to satisfy itself as the being is aligned with a higher purpose. A state is reached where only air is required to sustain. Later even respiration gets internalised because the being gets internalised completely.

We should remember that we are not told to decrease our intake of food by force or strictness. The intake should keep decreasing gradually due to practice. Fasting becomes natural as the body does not ask for food. Fasting is not something which is to be enforced. It should become natural. The science which tells the requirement of food and water by the body gradually changes for the person. The traditional science of food and nutrition does not hold anymore. You will not be worried of hunger or thirst much. There are people who always carry water wherever they go. A true aspirant has such a belief in nature that he knows that the nature will take care of his thirst if he feels thirsty. So there is no need to carry water everywhere. Same with food. This can be observed in the lives of all devotees. They never accumulated anything to take care of their body. They performed much greater deeds while nature took care of their basic needs. This is true for anyone who sincerely sticks to one's responsibility. You can even test it for yourself.

If you are completely focused on your duties and responsibilities, then nature will somehow ensure that you get food and water whenever you are in need of it. If you just living for your selfish means, then you have to take care of yourself. So concentrate on your responsibility and let the nature take care of you. There will also be natural protection to such a one. Dhruva is said to be living in a forest here but he was never worried of wild life around him because he was focused on his objective and nature had the responsibility of protecting him. It is because the nature is presided over by the Lord and when one is with the Lord, the nature remains subservient to such a one.

Also as one goes inside and then ascends up to Ajna, one reaches a state where the 5 elements of nature do not affect oneself. Here it is said that Dhruva is living in a place where the 5 elements of nature are very severe and normal people cannot stay there but Dhruva gradually reached a state where 5 elements do not touch him. Then to overcome the 3 qualities, one has to ascend beyond Ajna. We discussed in detail how one can practice to ascend in this manner. In the whole process, we are told to constantly recollect "I AM THAT I AM". What happens in the

process is, we gradually lose all the false identities that we developed. We gradually realise our true identity. All the Masters whom we know of have realized their true identity through years of practice. When we see their picture, we should request them to help us reach a state they reached. We have to draw inspiration from them.

So gradually Dhruva crossed the 5 elements, 3 qualities, mahat and even ego (localized consciousness). He then is in alignment with the source of everything, that which we call THAT. In this way, Dhruva internalised in 4 stages and forgot his localised identity.

We generally live as slaves to our body. We have very little control over our body. We generally go by what it demands. That will change as you gradually internalise. As you reach a state beyond the 5 elements, the body comes into your control completely. It is because you gained inner strength which can control the body to the fullest.

And then it said that the Divine energy started descending and radiating through Dhruva so much that everything around started vibrating intensely. So intense was the penance of Dhruva.

Here Master EK explains to us that this vibration resulted in the gradually formation of the hemispheres around the north pole and then the formation of the south pole happened. Dhruva stands as the principle on the axis connecting the north and south poles.

Now the story continues. Lord Narayana appears before Dhruva. Until then Dhruva was in a state of complete communion with the Lord. He is now separated again from the Divine principle to see the Lord. One who becomes THAT during penance cannot see and experience THAT. One needs to have a localized consciousness to be able to see THAT or even experience it. That is what happened here. As Dhruva becomes self-consciousness, he sees the Lord coming out of him through his Ajna centre. This is what happens to any devotee when the Lord appears. The Lord comes out the being who is meditating on the Lord and appears in the form which that person has been meditating upon. It is the ONE principle which appears in the form which you chose to worship.

Dhruva feels very happy and blissful on seeing the Lord in the form which he has been meditating upon. Tears roll down in happiness. He prostrates at the feet of the Lord. Dhruva feels that he and the Lord are one and the same. All these are the experiences of Dhruva when he was in Ajna. It took sometime before Dhruva even became conscious of his existence because he forgot his identity for a very long time. After gaining consciousness, Dhruva still remains pure, remembering his true identity. He has reached a state where no other identities touch him. It is state where the nature does not touch him.

The details of Dhruva's penance are given in brief to indicate the duration of Dhruva's penance was short. In such a short span, he could reach such a state because he was sincere and so intense in his approach. That is why penance of Dhruva is considered so high. The intensity of his penance is not comparable, that too considering that he is just 5 years old.

We cannot do what Dhruva did in such a short span but we have some important points to note and follow. We can draw inspiration from Dhruva. We still have to follow the same path what Dhruva and many others followed but at our own pace.

I feel that we keep discussing lot of things, but is this much discussion really required? If one has fiery aspiration, one instruction is enough to such a one and everything else will follow from within. We indulge in lot of discussions because our aspiration is weak and we keep forgetting. We have lot of other priorities and as a result somebody needs to inspire us again and again. We keep doing many things but we forget the essence of practice most of the times. That needs to be recollected again and again.

Dhruva was responsible for the creation of this globe just by forgetting himself and remaining in complete Divine alignment. When Dhruva started his penance, there was only the Northern Hemisphere. The globe was existing only upto the line of equator. The Southern hemisphere formed due the energy that came from Dhruva's penance at the north pole. That is only for information. We need not follow Dhruva in making globes. What we can follow Dhruva in is attaining control over our own globe, which is our body, through internalization. It might take much more time for us than Dhruva but we will surely reach the state that he reached, provided we keep striving towards it.

We will continue with the story in the next class.

-Swasthi