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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 27th of August 2017, at Visakh.

(for private circulation to WTT members)

Canto 4:

Dhruva hands over the kingship to his sons and enters into a state of retirement. He was leading a secluded life in alignment with Divine.

Here, some details are given about the relations that we have in life. Relations are only up to the mental level. There exist no relations beyond that state. As units of pulsating consciousness standing above the mental plane, we have no objective relations. All relations that we have in a life keep changing from time to time. Even the body that we are given keeps changing continuously though we hardly recognize the change. So, this body and the relations that we develop due to that body we live in, are all temporary like clouds in a sky. The clouds keep forming and dissolving. They keep changing in shape and keep moving from place to place. That is how this body and the bodily relations are. The clouds come together due to air, they merge, again diverge and so on. The relations that we have are also similar. People come together as time decides and then go apart. We are advised to relate to everyone but not get attached with anyone. You relate to a person when he is with you but do not feel sad when he goes away as per his plan. You discharge your responsibilities and obligations to all your relatives to the best of your abilities but do not get into strong attachments. Attachments happen only due to the mind. The one who has crossed the mental plane does not have attachments. One who in Buddhic plane relates only to those who are present before him at that time and he not worry of those who were there in the past or those who he will meet in the future. One in Buddhic never thinks of those who are not present around him. One in the mind generally thinks a lot about those who are absent there. Buddhi shows what is there but Mind generally shows what is not there. What is there is the truth but not what is not there. Learn to see what is there and do not worry of what is not there. Such thinking keeps us satisfied and happy at all times.

So, entering the Buddhi is very important to live in present at all times. As long as you are in the mind, it keeps showing you things which are absent. It keeps you attached to many things unnecessarily. You need to love others but you need not get attached to anyone. That is what someone in Buddhi can do.

Master EK demonstrated this quality in his life. He had love and compassion towards everyone but he was never attached to anyone. He gave the invocation which we invoke during evening prayer. Every statement in that invocation is what he demonstrated in his life.

If one practices to see the Divine in all, there one can relate to everyone without getting attached to anyone. We generally see the form, personality and the relation that we have with that person. Seeing only that will not enable us to realise the higher truth of Divinity in all. It is the Divine itself that has descended as each one of us. The descent happens in 4 states which are called the 4 vyuhas of the Lord. The symbol of the cross relates to these four states. Cross is a profound symbol. The number 4 appears in various stages of our creation. People think that cross is only a symbol used by Christianity. It is not. Cross existed much before Christianity came into existence. They just adopted the cross but that does not mean cross only belongs to them.

So, coming back to Dhruva. He gives away his kingdom and all his kingly responsibilities to his sons and now leads a completely detached life. He is no more worried of them or the kingdom. That is how a retired person should be. If you are retired from your profession, you should not worry of whether the one who took over your job is doing it well or not. You did what you could when it was your job. After retirement, leave it to the next person who takes over from you. Do not interfere while he is doing the job. Retirement is a very important phase of one's life. As per our tradition, 60 years is decided as the age for retirement. After that, you should leave away what you were doing until then. It is the time for you relate to Divine more and more. If you postpone retirement, you might not have any time left in your life for Divine alignment. Also, as you keep growing old, your body does not cooperate. So, if you plan to leave work and relate to Divine at the age of 80, it is useless. You cannot do any practice at that age.

And once you retire at the age of 60, try to stay away from too much of horizontal aspects like mobiles or televisions. If you retire and get stuck to mobiles or televisions, it is useless. Your orientation should be vertical after retirement. Horizontal orientation should be kept to minimal. Then you also gradually detach from whatever attachments that you might have developed during the life. Then your departure from the body becomes smooth.

If you are stuck in many things and if you have attachments in life, it is very difficult to depart from the body. You cannot come out of it easily. You will be pulled out when the time comes and it will be very painful. That is the difference between one who dies and one who departs. A yogi departs when he knows it is time to leave the body. Others need to be pulled out of the body and we call it death. Death is very painful. It is compared to the bite of 1000 scorpions. Even bite of 1 scorpion is painful for us. Just imagine 1000 scorpions. So, detachment is very important in life, especially during the stage of retirement. A completely detached one is ready to depart when time comes. A yogi departs consciousness while others die unconsciously. One becomes unconscious due to the fear and pain of death.

One can have a good memory of the past but one should not live in the past. There is a big difference between these two. One who is too much in the mental plane lives a lot in the past and very little in the present. We are naturally forgetful of the past but if the mind is dominating, it reminds too much of the past, that too the events which caused you discomfort or pain. It will not allow one to remain in peace.

Dhruva could easily detach from objectivity once he took retirement. He keeps aside his bodily comforts, his tastes, his opinions and so on. In old age, people develop too many opinions because they have too much free time. Some old people keep repeating that the world has changed a lot. The world will change. Change is but constant in nature. It is futile to keep saying that everything has changed. So not keep opinions of things that are ever changing. Do not judge the present based on the past. Do not compare the present with past. All these are because of forming unnecessary opinions. One can be very happy if his mind does not form opinions. It is possible only for the one who is in constant Divine alignment. It is like fire. It burns away all other thoughts and opinions.

Dhruva was seeing everything happening in the world around him as a dream and play of the Lord. He did not get into it anymore. He was only seeing the Divine in everything around him. He kept on visiting holy Ashrams and took bath in many holy rivers. He finally goes to Badrika Ashram and sits in penance and departs from the body. One going to Badrika Ashram means going vertically upwards and leaving the body.

We discussed many times as to how one can go inside and travel vertically upward until Ajna centre. One in Ajna experiences utmost bliss and gradually by relating to Divine in that state, one gets absorbed into Divine. It is called Samadhi. One who is the process of going from Ajna to Sahasrara does not remember his identity anymore. He doesn't even remember his existence as an individual unit of consciousness. His ego merges with THAT and he remains as THAT I AM. The pulsation happening within us keeps reminding us of this truth but we hardly recognise it. So finally Dhruva attained the state of Samadhi. It is given here in just 3 stanzas but the actual stages are many and it takes lives of practice to be able to reach that state.

Today we have a teaching for those who are in their retirement stage of life. Detachment is an important practice for those who are in this stage of their live. It does not happen in days but if practiced properly, it happens in some years.

When Dhruva was in Samadhi, two of inhabitants of Vishnu Loka appear there. They invite Dhruva to join the abode of the Lord. They say certain things to Dhruva which we will discuss in the next class. So, Dhruva has reached the highest abode.

-Swasthi