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"Srimad Bhagavatam"

Discourse by Master KPK on Sunday, the 08th of April 2018, at Visakh.

(for private circulation to WTT members)

Canto 4:

King Prudhu tried to retain his prana in the same body for a very long time and continued living for 400 years. Then we discussed certain aspects about the body explained by Master EK. We should remember that we have come into this human form for experiencing the physical world and this form has a life time of 100 years during this age of Kali. After the life time ends, we are to depart from this form and we will be provided with another body. That is the truth to be remembered. The body should be taken care of properly, the responsibilities are to be fulfilled by utilising the body and all the possible experiences are to be gained. There is also the possibility for creating more advanced bodies like the subtle and causal bodies which are better capable and have higher life time compared to the physical body. So, if one aspires for them, one can take related practices and attain subtle forms.

Therefore, there is no need to fear of losing the body. When this body wears out, we will be given another body. It is just like buying a new car when the old car has worn out after using it for many years. Just like the vehicle is to be properly used and maintained, the human body is also to be maintained and utilized properly. It should neither be under-utilized nor over-utilized and same with maintenance. Everything should happen at an optimal level. The body should be fed properly, it should be given proper rest, it should be provided with limited entertainment and so on. If everything is done in the optimal manner, you are almost sure to live for 100 years. But most of us do not know the constitution of the human form and in most of the cases, do not take care of it properly. As a result, we get diseases and also the life time reduces. The prana that is allocated to us is used out quickly because of improper utilization. If one is getting sick too often, it means he is not taking care of the body well enough. One might be eating food which is not suitable to one's body. Each body will have a different set of dishes which are suitable to it. One should find what those dishes are and eat them only.

We also discussed that it is important one to marry and have progeny. This is a part of the responsibility that one has having taken a human form. Then one should keep living a life of offering. Then there is the spiritual aspiration which comes instinctually to the being depending on his state of evolution. This aspiration should come from within and not from outside. Spiritual aspiration cannot be copied from others or forced by others. Once the aspiration comes

from within, one can start walking the path. For such ones, material life and spiritual life go hand in hand. Also, remember that every being did not start his journey at the same time. Some might have started earlier, some might have started late. So, everyone has his own schedule and we should not expect everyone to walk the spiritual path at the same time. Therefore, let everyone follow his/her own time table. Do not force your time table on people around you.

So, there are certain principles given by the Vedic Dharma which we discussed in the last class. We also discussed about certain schools of thought which do not follow these principles and got diverted. They came with thoughts like one need not take care of the body as it is not permanent, one need not marry in the name of renunciation and so on. Vedic dharma does not agree with such schools of thought because it propounds all round development and fulfilment in all aspects.

Master EK also tells us that there are also certain principles and medicinal herbs according to Ayurveda which can prolong the prana in the human body. There is a book "Rasayanas in Ayurveda" written by father of Master EK who is highly renowned Vedic Scholar and doctor in Ayurveda, in which he speaks of certain Ayurvedic principles by which one can lead a very healthy life. One of the primary principles given in that book is to take food items which are more fluidic or semi-solid in nature. Even among the fruits and vegetables, we should take ones which are juicier. Even among the sweets, the juicy sweets are to be preferred. Intake of such foods will ease out digestion.

The primary reason for most of the diseases and improper flow of pranic energy in the body. If prana is very well flowing in the body, there no disease that can touch the body. So regular exercise is required for the prana to flow. In previous times, people used to do lot of physical work and as a result, they did not require exercise separately. Now we have machines taking up lot of the work and our physical activity has come down. As a result, now a days we speak of walking, jogging, exercise, etc.

Remember that you should do some kind of physical activity which will result in sweating. If you sweat a lot, it means that prana is flowing well in the body. Also taking bath regularly helps in revitalizing the body. That is why bathing atleast 2 times a day is recommended. Apart from cleansing the body, it also ensures that the pranic flow in the body is energized.

Also, the body is to remain warm at all times for it to have good immunity. According to Ayurveda, Amla and Tulasi are recommended for good immunity. You can mix honey and amla pieces in water every night and drink it the next morning. This is very good for immunity and maintaining warm in the body. I was in Delhi last few days in a hotel and there they offered me something called Tulasi tea. I asked them what did they mix in that. It is a mixture of tulasi

leaves, ginger grinded, mixed with honey and hot water. They are calling it tulasi tea. Now even star hotels are providing health conscious food.

There are many more health related principles given in Ayurveda which we cannot discuss now but one should try to be aware of them and follow them as much as possible so that the body remains healthy and immune to diseases. Do not neglect the health because only when you are healthy, you can do lot of work with it.

One should take care of the body so well that one departs from the body only after fulfilling the purpose of one's life. One can depart early if the purpose is fulfilled earlier. We have Adi Shankaracharya as an example. He did not die prematurely. He willfully departed having fulfilled his purpose early. So, one should be prepared to depart once the purpose is fulfilled.

Here, the purpose of King Prudhu is already fulfilled. He handed over the responsibilities of his kingdom to his capable son. It is time for his departure but he is trying to defy Indra and tried continuing in the same body. Creator Brahma appears before Prudhu and tells it is wrong to stop Indra from doing his work. Indra is the custodian of prana in the body. He ensures that the being is linked to the body through the prana until the life time expires. Once the life time is complete, he will stop being the custodian of prana in the body. Then the being has to depart from the body. So, this is what Brahma tells Prudhu and gives some more instructions to Prudhu which we will discuss in the next class.

-Swasthi