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"Srimad Bhagavatam"

**Discourse by Master KPK on Sunday, the 27th of January 2019, at Radhamadhavam,
Visakhapatnam.**

(for private circulation to WTT members)

Canto 4:

Sanat Kumara is teaching Emperor Prudhu. We have discoursed about six aspects of this teaching thus far.

Now, the next aspect of this teaching is about "I AM" which refers to the soul. The equivalent of the words "I AM" exists in all the languages. I AM is the root for all things that are around us. We speak of my body and my mind. They belong to us but they are different from us. I AM does not have a name actually. We give this "I AM" a name so it is easy for us to function in this world. The name is not us. If I think I am Parvathi Kumar, then it is only valid for some time. There was a different name in the previous birth and there will be a different name in the future birth. The body falls off at some time. We exist as "I AM" independent of the body. We are generally occupied with the routine of the devotional activities but do not spend much time contemplating about our existence beyond the body.

It is being described that everything exists with "I AM" as the basis. Our body comes from "I AM". Our organs function because we exist as "I AM" or the soul. They are like the zeros beside the soul which represents One. With the One, the zeros along have no value of their own. Even if the zeros exist to the left of One, they have no value. They have to exist after the One (to the right) to add value.

Sanat Kumara is saying here that our consciousness is actually the soul consciousness but it typically exists in our mind for a normal man. For some who are still in the lower planes, this consciousness exists in sense or the body. Many are busy engaged with sense organs. There is lot of wear and tear because there is excessive usage of the sense organs and the body. There are some who are occupied in the worldly thoughts at all times. They are focused on the mind. We need to take two higher steps from the mind: to buddhi and to the soul. We need to recollect that we are the soul and are eternal.

Sanat Kumara is saying that we need to exist as "I AM THAT I AM". We need to recollect that I AM is soul, I AM is self-effulgent, and I AM is the Master of the mind, body and senses. Then we are not much bothered by the events that happen in the outer world. Everything other than "I AM" comes and goes with time. We need to recognize this One I AM in others as well. For example, we need to see THAT I AM in the pictures and idols we have on the altar at Radhamadhavam.

We need to recognize where our consciousness is. If you recollect movies and food all day then you need to understand that your consciousness is these worldly attractions. If you are engaged in unnecessary discussion then you need to recognize that your consciousness is present there. Lot of time is wasted in those discussions. People discuss about an event which has happened again and again. You need to experience the event and keep the experience with you. There is no need to keep on discussing about that event. After a cricket or football match is over, there will be lot of discussion as to how the players played and how better they could have played. Just watch and enjoy. Why to discuss after the match is done?

We need to organize the special days such as festival days for contemplation of “I AM”. Many of us pile up a lot of activity to be done on these special days. For example, one person organized the cleaning of building shades on a festival day where it was meant for worship and contemplation. By plan, you should have less outer activity on a festival day.

By aligning the mind with THAT I AM, you will recognize how majestic you are. You realise how highly placed are you. Jesus used to say I am a son of God. Every being, not just humans, is a son of God. Each one is a son of God. It is just to be realized. Masters are those who realized this truth while others are yet to realise it.

Sanat Kumara is saying that you need to worship yogeshwaras. Yogeshwara means the one who has mastery in Yoga. Yoga means a communion between the Universal soul and the Individual soul. Such a one is continuously in alignment with the Universal soul. You need to worship the qualities mastered by such persons. You should not associate with other things in such persons such as their food habits, etc. Master EK had a mastery over the worship of “THAT I AM”. He used to see “THAT I AM” in everyone around him. He used to see “THAT I AM” in others and serve the “I AM” in others. Master EK never left this while doing activities. That is why he is a Master. There are many who were attracted to him for various reasons. If you are attracted to him because of his worship of “THAT I AM” then it is useful to you. If you try to mimic him in his dressing and his expressions, then it is no use. Same as is the case with Master CVV. We keep lot of pictures of Master CVV around us. You need to ask yourself if you are aligned with Master CVV inside you. Do you remember that he was Brahman and that he promised to make us Brahman as well?

Therefore, we need to recognize the Divine qualities in great ones and try to gain them. For example, Hanuman is a perfect model for yoga and devotion. Ganapati is also such a perfect example. So, worshipping such ones including recognizing and developing the qualities they have. He gives stability not only in this body and in this life but also gives stability beyond this body. We need to recollect these special qualities and worship such qualities. Otherwise, the worship is not really useful. If you worship such great beings then you gradually gain the qualities they possess. If children get into worship of Hanuman or Ganapati at an early on, then they will be very stable as they grow. I am particularly mentioning Hanuman or Ganapati because they have forms which children get easily attracted to.

During the initiation to education, children are taught the mantra “Om Namah Sivaya”. I ask the parents to make the child chant and align with this mantra constantly because it gives them

stable control over the mind and senses. Same is the case with chanting “Sri Rama” constantly. One needs to set a role model for oneself among these deities and follow that role model often. This will help you to increase those qualities in you.

Worshipping constantly is nothing but staying close the deity as much as possible. It is called Upasana. Upa means close. Upanayana (thread ceremony) has a similar meaning. Upavasam (fasting) also means the same. Fasting happens naturally when is deeply aligned with the Divine within. It need not specifically practiced. Some people fast and move around with a feeling of fasting all day. That is not Upavasam. Ramakrishna Paramahansa could stay without eating anything for days together because he was deeply engrossed in the experience of the Divine mother. Krishna says in Bhagavad Gita that you should not fast in my name, nor should you eat more in my name. You need to focus on associating with the great beings and not fasting in their name. This is not just physical association. It should be association in your thoughts first. If you have access, then you can serve him physically as well while you are mentally associated with that great being. One is lucky if physical association is also possible.

Both Sage Suta and Sage Sukha had great association with Veda Vyasa. In Bhagavatam, the sages in the forest of Naimisha ask Sage Suta to tell them about what he learnt from his association with the great beings such as Veda Vyasa and Sage Sukha. That is what is being told here. We should learn the good qualities from the great beings when we are in association with them.

It is said that if you associate with a person for six months, you learn that person’s qualities. This is true either with good qualities or bad qualities. Yoga means association or alignment. Who needs to be associated with what? Soul needs to be associated with the Lord. That is Yoga. It is for that association that we should look for a Guru.

Sanat Kumara is saying that you need to recollect the stories of the Lord. That is what we have been doing when discoursing about Bhagavatam. Just like when the light is on, the darkness goes away, and just like when the good smell is brought the bad smell disappears, when you recollect the Lord’s stories and Lord’s qualities, bad thoughts will disappear in us -- at least for that time. If you start spending more and more time with the stories of Divine, then bad qualities or thoughts cannot find their place in you and go away gradually. It is same with people around you. People gather around you according to you. It is called science of vibration. If you attend Bhagavtam class on every Sunday, then an associate of yours who wants you to join him for gambling on Sundays will stop associating with you. If you are associated with great beings, then the bad things gradually disappear.

So, learn to read or hear stories of the Divine and devotees. We discoursed about devotees such as Ambarisha, Savitri, Bhishma, Kuchela etc. You need to remember such great beings and their stories again and again. It continuously purifies you. Purification means elimination of unnecessary vices that one might possess such as anger, jealousy, etc. If you associate with the great beings, the intensity of your anger gradually decreases, the intensity of your misery gradually decreases. You will gradually start donating to good causes. If you associate with the great beings, purity in you increases and your health improves.

Many are firm on unnecessary things, but do not have a firm grip on things that are necessary. You should not associate with such persons. You need to associate with persons who have a firm grip on the necessary things such as association with the Lord. Nothing will disturb you if you are with the Divine. If you are focused on the worship of the Lord, then even diseases will not impact you. I give this example often where a person came to Master EK that he had sugar. Master EK said, "Let it stay. It will not disturb you." Similarly Ramakrishna Paramahansa said, "Cancer is just a path to my departure. It will not disturb me until I finish my work." Diseases come to cause your departure when the time comes. This is what we need to learn. Let it stay and you need to focus on what you need to do. Keep doing your duties and serve others without expecting anything for yourself.

You need to have a firm grip on the practice of realizing one self and in practicing dharma. You need to be flexible in other worldly things. We typically spend hours and hours gossiping and do not notice how time passes. However, Vishnu Sahasranama just takes about 30 minutes and we feel it is long. Similarly, Krishna Stotram does not take much time. Many people spend long, long time talking on the phone speaking of nothing useful. You are wasting your own energy talking about all useless things. You need to think about how you are using your energy. It will be wasted in the form of noise that you are creating. All that noise that you carry with you, you transmit it to the surrounding. Especially mediums like whatsapp are resulting in creation of too much noise in the world.

Remember that all free things are costly. All free things in life are costly. They cost your life. Don't bother for free things. Only bother for things that are useful and utilitarian. Remember this. Krishan said, "Nothing initiates from me. I will respond to events as needed." He did not start anything new.

Therefore, learn to use your time and energy more effectively. Increase the utterance of good sounds instead of wasting your energy on useless speeches. The good utterances will continue to purify you. Then gradually you will notice a change in you. You can utter Sri Ram while you are walking. You can utter So Ham while walking. Your body becomes lighter and cooperates with you. If you are aligned to the higher, then the body becomes lighter. Everything becomes easy when you are connected to something higher. You can chant Hanuman chalisa while walking. Your body not only gets energized and it also gets much purified. Let us try to do this.

-Swasti