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"Srimad Bhagavatam"

**Discourse by Master KPK on Sunday, the 31st of January 2019, at Radhamadhavam,
Visakhapatnam.**

(for private circulation to WTT members)

Canto 4:

We are discussing the teachings of Lord Sanath Kumara to King Prudhu.

One who aspires to walk the path of Divinity and aspires to realise the Divine within and around should not have strong perseverance towards others things in life. One should not have aims like "I will achieve so and so thing at any cost." This instruction is strictly for aspirants and not others. An aspirant should remain sincere in fulfilling the duties that come to him but should not have strong aims in life. There are people who spoiled their lives due to unwanted perseverance. An aspirant should have perseverance only towards knowing the self and the Divine. In fact, as one moves closer to the Divine, perseverance towards things in the objective world gradually fades away. Such a one just performs ones duties and leaves the rest to Divine.

We should remember that not everything happens as expected. There are many things which we expect may not happen at all and many things beyond our control. That is because there are many others causes from the past that are at play and anything that happens now is the effect of all the present and past causes. As we do not know all the causes, we cannot expect what is to happen. So, the only thing in our control is doing what duty comes to us. We might think that something bad happened without a cause but it never happens so in creation. Every effect in this creation will have a cause which might not be known. That is why in Golden Stairs Madam HPB says "A courageous endurance of personal injustice". So, acceptance of what happens is very important.

I will tell you an example. There is an empty space beside the Soudamani building (Master KPK's office building) which I bought in 1961. That empty space is about 1000 sq. yards in area. It is highly valued because of the commercial activity in that area. However, as I observed, since 1961 no one could build a building in that land which is so highly valued. Does it not seem so surprising to us? The ownership of the land changed multiple times but no one could build anything there. There are few who tried to build something somehow but just before laying the foundation, they had faced lot of problems in life and could not continue. This example shows us how strong a past cause can be and having perseverance to go against such causes is not at all advisable.

Even in the news, we hear about lot of horrible incidents and try to judge people. We should not do so because the news is mostly one-sided. The news reporter does not know the past causes

that lead to that incident. So, it is wrong to judge anyone based on very little information that we have. So, let us learn to do what is our due and nothing more or less. We should not interfere or get into unnecessary things. This is one teaching coming from Lord Sanath Kumara.

The next teaching is one should try to spend free time in reading the Scriptures or stories of devotees. If we have nothing to do, the surroundings keep sending us lot of unnecessary information creating noise within. To avoid that, one should read stories of devotees which help us retreat from the objectivity. We should spend more time with people with whom we can discuss about the stories of Divine or devotees. Even when we are among people who are discussing about worldly aspects, we can remain silent and relate to the Divine through respiration. In this manner, we can try to be with the Divine in all situations. To see the Divine in all is the core teaching. Every other teaching will point or lead us to that.

The next teaching is “Let soul be the presiding one over the mind, body and senses.” That is possible when one practices to relate to the respiration and pulsation. Then we gain an entry into the higher planes of light. It is also possible to meet all the intelligences in the creation in those planes.

“Learn to be alone” is the next teaching. People generally like when there are lot of people around. However, the silence within is established only when one is alone or with very few people around. We should avoid congregations where our presence is not necessary. As aspirants, we are building an energy system within. The activities that we do outside should aid in that building and not destroy it. A caterpillar goes into a cocoon until it becomes a butterfly. Without that isolation, it cannot transform into a butterfly. Even pregnant women are instructed to restrict their movement to ensure that there are no unnecessary effects on the baby growing in the womb. So where you are going is important in building an energy system.

Even what you eat is also very important. The place at which food is cooked, the person who cooks and person who serves, all have an effect on the food that you eat. If you are not sure of the purity of the food, atleast recollect the Divine and take the food as an offering to the Divine so that it is purified. That recollection changes the vibration of the food that you take. These aspects come under “The Science of Vibration” which is a spiritual subject. While building an energy system within, one should have awareness of this science. In the book “Mihira”, there is chapter titled “Food” which one can refer to for more details.

So, learn to be alone. Go to places which have very few people. Try to avoid crowded places. Try to remain silent as much as possible. As aspirants, these are things we should follow.

Next, our thoughts, speeches and actions should happen at a uniform pace, neither too fast nor too slow. There should be stability in everything that we do. There should not be hurry nor laziness in doing things. Life should move like a river with streamlined flow and not turbulent flow. It should be like a spring or autumn season which is not very hot, not very cold and not too rainy.

Then there should be harmlessness in thought, word and deed. We should not feel that someone should be hurt. We should not speak ill of someone. We should not do things which hurt others.

So, harmlessness should be at all three levels. If we harm someone in one of these ways, it will have a boomerang effect on us.

Then there should be compassion towards who are younger to us in age as well as awareness. We should forgive their mistakes because they are younger to us. Then there should respect towards elders. So, there are two dimensions to this teaching. One is compassion towards younger ones and respect towards elder one. We should not exploit or look down upon those below us in terms of awareness or knowledge. We should in fact be more caring towards such ones. Then the Lord will be pleased a lot. It is like the parents being pleased when a more capable child is taking care of the less capable one. Rama and Dharmaraja are role models for us in this case. Both of them wanted the war to stop on every single day because they were compassionate and sympathetic to even those who were treating them as enemies.

We will continue in the next class.

-Swasthi