

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 Not for publication.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 Thursday, the 14th of February 2019, at Radhamadhavam,
Visakhapatnam.**

(for private circulation to WTT members)

Canto 4:

Prudhu fulfilled the purpose of his life and towards the end of the life, he was blessed by the presence of Kumaras. Sanath Kumara gives certain teachings at that point and we were discussing them. His teachings contain different aspects of practice for self-realization. These principles were discussed in different situations in the previous cantos of Bhagavatam and they keep repeating in different ways. This is one such context where the principles of practice for self-realization are given by Lord Sanath Kumara. Prudhu knows all these principles but still Prudhu asks Sanath Kumara to teach for the benefit of the people of his kingdom. We discussed about 10 teachings until now and will continue further. These teachings have become very popular through a book in English "The Teachings of Sanath Kumara". It got even translated to Spanish and German languages and is well received by many aspirants. These teachings are complete by themselves. There are many such teachings in Bhagavatam which are complete by themselves and one can just pick one of them and follow. We keep reading and discussing all of them so that our aspiration grows from time to time. Now going into the next teaching.

Lord Sanath Kumara tells "Let Atman be the presiding one". Firstly, one should get a spur from inside to walk the path of self-realization. One who treads this path by imitating others or to gain some fame will make no progress. The aspiration should come from within naturally. Every being has will as a Divine gift and that will can be oriented towards anything. According, one makes progress in that direction. One makes progress in the path of yoga when one realises that it is the priority in his life. Unless one has strong aspiration to become a yogi, the principles of yoga are not useful.

Say if we are very thirsty and water is not easily available, do we not make lot of effort to get some water? If we are very hungry, do we not make lot of effort to get some food? In the path of evolution, for every being, at some point, a similar level of aspiration comes from within and one starts to search for deeper answers about oneself and this creation. That is what leads one gradually to a yogic path and that becomes the priority in life. Everything else becomes secondary in life. A casual approach to yoga will lead you nowhere. So, a sincere aspirant should try to operate as a soul which one really is. How do we do that? Let us look at the process.

The mind is the fastest thing in this creation. It can go from anywhere to anywhere in a split second. When we are free, the mind keeps thinking about different things. When that happens,

are we going along with it or observing it? If we indulge in the mind and get absorbed into its activity, then we are at the mental level and not at the soul level. At the mental level, we are strained out a lot and finally once it become very weak, we feel sleepy. If one strains out a lot due to mental activity, then one sleeps for longer hours. Now to move from the mental level to higher, the mind should be made to relate to the pulsation within. At your free time, if your mind is naturally oriented towards pulsation, then it is great thing and is an indication of good progress that you have made.

When the mind keeps aligning with respiration and pulsation, at one point it gets absorbed into the pulsation. One gains lot of interest in that pulsation which happens in us without our intervention. We should be grateful to pulsation or whoever is making it happen within us because that is what enables us to live in this body. So right from birth to departure, it is cooperating with us and aiding us continuously. How grateful should we be to such a one? Pulsation happens even when you are asleep and when your consciousness merges into existence. By aligning with pulsation, one moves closer to operating as a soul. To recognise pulsation itself is showing our gratitude to it. The more we align with it, it means the more we are thankful to it. By aligning with pulsation, we are gradually lifted to higher planes. All Grand Masters relate to pulsation whenever they have no other work to do. I observed this a lot with Master EK. It did not matter where he was. Whenever he was free, he used to close his eyes and remained in alignment.

Remember that it is the Divine that is present in each one of us as this pulsation. The more we align with pulsation, the closer we get to Divine. That is why this should happen as a continuous practice whenever there is no work in the outer. Pulsation is so wonderful that it can show you a lot of things which you cannot normally see. It can take you out of this form and show the form to you as a separate entity. It can take you through the planes of knowledge and let you gain that knowledge. There are lot of visions of light that one can experience in the process. All these steps are given in the steps of Yoga by Patanjali. It takes one to a stage until one realizes immortality and realizes oneself as Brahman.

That is what Master CVV promised as well. He will put you to the same process during prayer but he promised to do it for us while we just invoke and observe.

For one who goes inside by aligning with pulsation, the outer things become insignificant. That is the case with the devotees. The outer aspects hardly matter to them because they are experiencing something which is far more splendorous. We too want to become devotees and some might think that they are already devotees but unless one is naturally attuned to pulsation, whatever one feels about oneself is nothing but false glamour. In fact, one who goes deeper within hardly thinks about oneself. So, this practice of aligning with pulsation is most important for an aspirant. Even during Master CVV prayer, if one observes keenly, that is what predominantly happens. This simple thing brings in lot of order around oneself. All the sundries are taken care of if this becomes predominant practice. Remember that the story of an aspirant begins when one goes inside through this practice. Without going inside, there is no story itself. Whatever things you do outside do not matter unless you go inside. All occult wisdom is revealed when you go inside. Until then, one is not sure whether occultism is real or an illusion. Everything that exists need not be perceived by everyone. If you want to see or hear things

which are generally not visible or heard, then you have to go inside. Once you go inside, a different story begins. An inner life begins. Inner senses and inner body develop.

There is a way by which we can get inside. That is aligning with respiration and moving towards pulsation. I keep repeating the same thing because this is most important for us as aspirants. Try to follow this practice as much as possible. First, it cuts you off from objectivity. Then your inner senses develop. First you hear and then gradually see as well, inside. You gain a lot of knowledge and also instructions come from within. Then Atman presides over the mind, senses and body.

Then Lord Sanath Kumara tells “Try to avoid crowded places and learn to be alone.” Until you become a Siddha, an advanced initiate, you are bound to be affected by the vibrations of the surrounding. The vibrations keep touching you and then you need to keep cleansing them. The more you go into the public, the more you need to cleanse. Whenever you come home from outside, washing eyes, hands and feet is suggested for this reason. If required, even taking a bath is advised. The Science of Vibration is known to very few. One should try to keep the atmosphere at home insulated from the outer vibrations. When you do prayer or meditation daily at one place, lot of positive vibrations gather in that particular place. That is why a separate room for worship is recommended. When prayers and rituals happen in that room regularly, lot of good vibrations gather in that room. If we mix up everything, then it becomes very difficult to practice because of all kinds of vibrations in the surroundings.

In certain commercial cities in the world, there is so much hyperactivity in the city that it is filled with those vibrations. The difference can be clearly felt when one goes from such a city to another city which is relatively calmer. I used to feel so whenever I return to Visakh after finishing my work in a city like Mumbai. The vibrations of that place induce hyperactivity into us. It takes lot of effort to remain poised in such cities.

The next teaching is that one should stick to practices which one is comfortable with and one is inclined to do. Suppose someone initiated into Rama mantra and developed an inclination for it. Then stick to it and do not ask for other mantras when you meet another Master. If you take up a practice which is very suitable to your nature, then stick to it and do not change it. I like aligning with pulsation and relating to the all permeating Divine in the spinal column, so I stick to it. If you like some other practice, do it. Do not keep changing from time to time. You can respect every other practice but need not follow everything. Remember that through any practice you can relate to the ONE Divine principle. You can also resort to multiple practices but then you should relate to the ONE Divine through all of them. You may worship the Divine in many forms but remember that it is the ONE Divine expressing through all forms. Otherwise it will result in conflict within. Or if you are more comfortable doing only one practice, then stick to it while respecting other practices and remembering that the essence of all is ONE.

We will continue in the next class.

-Swasthi