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"Srimad Bhagavatam"

**Discourse by Master KPK on Thursday, the 21st of February 2019, at Radhamadhavam,
Visakhapatnam.**

(for private circulation to WTT members)

Canto 4:

Sanath Kumara is giving his teachings to the humanity on the request of King Prudhu. We have been discussing them for the past few classes. In the last class we discussed about operating as a soul instead of living at mental or sensual levels. Then we discussed about avoiding the crowds as much as possible. You can be in the crowd when you have a duty. If there is no duty, then try to remain alone. Even when you cannot avoid the crowd, you can try to be alone by relating within instead of with-out.

Then we discussed about the importance of non-violence at thought, word and deed. Killing animals should be avoided as far as possible. Killing animals for anything other than food or self-defense is a big sin. Even food, if possible, one should gradually move away from eating meat. The more one takes meat, the more the animal nature develops in that person. Then violence in speech includes unnecessary criticisms and any kind of abuse. If the other person is hurt by your criticism or abuse, then you have to face certain consequences. Then there is also thought level violence which includes thinking ill of others. If you are violent, then you have to face violence as consequence. Even if others are violent towards you, you need not be violent towards them. For an ordinary person, it does not matter but for an aspirant, it matters.

Then we discussed about sympathy and compassion towards others. We should be able to come out of our emotional imbalances as soon as possible. If you are in this form, you are bound to get emotional at times. It might be anger, it might be fear, it might be desire, it might be despair, etc. but how quickly you come out of them matters. Some become normal in minutes, some in hours but some take days and even years, sometimes, which is dangerous. We see people who develop hate for someone and that hate remains for years together. When such a thing happens, the inner system gets poisoned completely and it might take a very long time before it becomes normal again. Relating to the Divine when you get emotional helps you regain balance quickly.

Then we discussed about taking up work as per one's nature. Among the many possible acts of goodwill, you might be interested in something. So, try to pick that up and develop on it. It gradually develops a protective shield around you. Unnecessary things and people with ill intentions cannot come near you.

Then one should do self-study on a regular basis. It may be a Scripture or writings of a Master of Wisdom. It helps a lot in purification. Especially before going to sleep if one reads a

Scripture, then sleep time becomes fruitful. Or one can relate to the Divine until sleep comes. With your eyes closed on the bed, you can visualise any form of the Divine you like. Or you can keep relating to the pulsation happening within. Now days people go into sleep either watching television or doing something on their mobiles which is not right. There is lot of accumulation of impurities through them and you get into sleep with those impurities. What happens with us is we do something which purifies us and then indulge in things which gather lot of impurities. Generally, the latter dominates the former and that is why hardly any transformation happens with us. Many people think that they are practicing for many years but nothing happened. It is because everything that they do is going into the drain by their own actions and behaviour. If the purification that happens is significant compared to the impurities that accumulate, then transformation gradually happens. Otherwise one keeps circling where one is and there is no end to it.

Then we should follow the 10 regulations of Yama and Niyama. They are given as the first 2 steps of Yoga by Sage Patanjali. The first set of 5 are non-violence, speaking the truth, regulated sex activity, absence of thieving instinct and not seeking favours from others. If one thieves something from others, it results in a great downfall. Even one should not have the instinct of owning something which is not rightfully earned. At work, if you take more money than what you rightfully earned, then it amounts to stealing. If you are exploiting others and not compensating their work properly, then it amounts to stealing from them. All these things result in downfall and the more one does, the deeper one falls. It might take many lives for one to come out of that pit. People hardly recognize the consequences when they are stealing something but once the time comes, no one can prevent those consequences. It is foolishness if one feels happy that he did not get caught while stealing. So Astheyam (absence of thieving instinct) is very important. And there are people who steal from charity organizations and temples. Their situation is even more horrible. What they are to face in the future cannot be even imagined.

Then there is Aparigraha which means not seeking favours. Do not take anything from others just like that. If not, it is debited to your account. An offering should be accepted only if you are sure that you have rendered enough help to them. When what you receive is of no use to you, then immediately offer it to someone else in need.

Then there is another set of 5 regulations under Niyama. First one is cleanliness in the outer. Our surroundings should be as clean as possible. The clothes we wear should be clean. The objects that we use should be maintained clean. Again, this comes under “Science of Vibration”. You should also try to avoid places which are not clean. The food that you eat should be clean. The place that you eat should be clean.

Then there is inner purity. Your body and mouth should not smell. Then we discussed about impurities within which we should try to purify from time to time. This can be done by chanting of mantras or stotras or reading a Scripture. The next regulation under Niyama is self-study which we discussed. Self-study includes both reading a Scripture and also introspecting into oneself. We should review how the body, senses and organs are being used. We should review the thoughts that we are getting. We should review what we are speaking. Spend some minutes every day studying about oneself. Then you can work out on your shortcomings. Finally, under

Niyama come 'being cheerful' and 'practicing Divine alignment'. So, there are 10 regulations under Yama and Niyama which Lord Sanath Kumara is telling that one should try to bring into lives.

The next teaching is "Do not criticize the way of practice/worship of others". You follow what you like and let others follow what they like. We say "CVV" but that does not mean that those who do not say "CVV" are doomed. You may chant the name of Rama but that does not mean everyone else should. Analysing and criticising other paths should be avoided completely. You should not be disturbed when the person next to you worships Allah or Yehova. If you know that the essence is ONE, why does it matter? Everyone has to finally realize the ONE Divine existence. When the destination is ONE, what road one takes to reach that destination should not matter.

Then one should not get stuck in too many activities in the name of yoga practice. Generally, the activities become routine and yoga is forgotten. You are dead to that which you are regularly practicing. It becomes mechanical and your approach towards it becomes casual. People chant Gayatri mantra daily but receive no light because it has become a routine. People hardly hear what they chant. Then what is the use. It is a waste of time. There are many goodwill activities that one tries to take up and gets stuck in them. If you do not relate to the Divine through them, then it is just glamour and burden. An act of service should uplift your awareness. Service is a huge glamour for many. You should ask yourself, did any change happen in you due to that service. If not, it is like going to school for many years but remaining in the same class. Do not make noise in the name of service. Everyone who is looking for name and fame by doing service is making noise. Then there are some who publicize their service in the media as well. Further, if you say "I am doing so much service that I don't have time for prayer", then it is all waste. Prayer and service go hand in hand. Transformation should happen through both means.

With this, we completed 18 teachings of Lord Sanath Kumara. We will continue with some teachings in the next class.

-Swasthi