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**“Class giving instructions for Children & Youth” on 11th
September,2011 at WTT Retreat Centre, Vizag.**

- Master K.Parvathi Kumar

I am very happy that all of you have gathered here. Man gains knowledge by learning. If that knowledge is put into action, we grow. Why we learn? It is only to put all that we learn into action. So knowledge is not just for information but it is to be put into action which ensures that we grow. Just learning does not ensure our growth. The growth can be of any degree. We can even become equal to the Lord. Man has such an opportunity.

So without wasting time and energy, we should use them to the best. This is the first and foremost instruction.

- 1) Do not waste time.
- 2) Do not waste energy.

All those who have failed in life are those who have failed to follow the above 2 instructions. They wasted time and energy because they didn't know what to do. So first we have to know what we have to do, understand and then implement it to the best of our ability.

For learning to happen, 2 cosmic intelligences need to support us. One is Ganapati and other is Saraswati. Ganapati ensures that there are no hindrances to our learning and implementation. For you all to come to the next class without any hindrance, Ganapati should grace you. That is why we do Ganapati puja or chant Ganapati Stotram. For the ease of learning, Saraswati should grace upon us. For that we chant Saraswati Stotram.

When it is the time to study, we may feel like sleeping or going to a movie or some other hindrance may come. It does not mean we should not see movies or enjoy other means of entertainment but there is a limit and time for them. So time should not be wasted and must be used efficiently.

So note down the first 2 instructions in a book. If you write them in a book, you can read them later and recollection happens. If this recollection happens regularly, it stabilises in your mind.

Whenever I give a lecture, I speak without seeing any book. How is it possible? It is because I remember everything. How do I remember everything? You can remember everything when you learn properly, recollect regularly and implement them in your daily life. If you just listen and leave, you just forget and it never comes into action. So note all important points that I tell.

The 3rd important instruction is the time when you wake up in the morning. How early do you wake up? In our solar system, there are many planets and the Sun is ruler of all the planets in the solar system. The life force comes from the sun, strength comes from the sun, and brilliance comes from the sun and so on. This is because the white light of the sun has 7 colours and 7 rays which give energies to us.

So our elders instructed us that we wake up before sunrise and take a bath and be ready to receive the energies coming from the sun. This increases our brilliance, energy, intelligence and so on. The sun can give us everything depending on our orientation. We become very active and brilliant when we wake up early in the morning.

Before I came here, you all were waiting for me. I am just a human being. Sun is the king of the Solar System. If he is coming, shouldn't we be ready to receive him? If you are ready, he will grace you otherwise he will leave you. He is just like a Master. A Master teaches you if you show interest otherwise he leaves you until you develop that interest.

So the next instruction is to wake up early in the morning before the sun rises. If you do not sleep till late night watching some movies or roaming around, you cannot wake up in the morning.

I was always coming first in class from my childhood. How? I used to wake up the earliest of all my brothers and sisters, get ready, do prayer and then sit and study. That is why even today, I hold the record for highest marks in the university exams from 1965. The only reason is waking up early in the morning, doing prayer and studying.

Now you all have many ambitions to become doctors, engineers, managers, etc. Just having an ambition does not help. You should work in that direction and waking up early in the morning is the first step in that direction. Master EK said "Those who wake up early in the morning and do prayer are my followers." So the sun rays should fall on us for us to move in the right direction.

So make a note of this 3rd instruction. I will give some instructions which everyone, who wishes to lead a good life, should follow. I will not give many. Apart from that I will give some information as well. Knowing information is good and following instructions would be better. Only then we grow in the right direction.

We will again meet next Sunday. Each of you, just observe this week, how many days in the week did you wake up before sunrise?

Among all the days of a week, Sunday is most important because the energy from the sun is higher compared to other days. So sleeping more on Sundays is a wrong notion.

Next is Monday which is presided over by the moon. Each day of the week is presided over by a planetary intelligence. This is all information for you.

Moon is the reflected light of the sun. That is why it is cooler than the sun. It gives you calm and tranquility.

Tuesday is presided over by Mars. Mars is also called Mangala or Kujudu, (in Sanskrit & Telugu) Mangala means auspicious. So Mars grants you auspiciousness. How? He gives you strength to do anything which turns out to be auspicious.

Wednesday is presided over by Mercury. He gives you discriminative ability. He tells you know what is wrong and what is right. He tells you what to do and what not to do. He tells you what to eat and what not to eat. In this manner, Mercury helps you in discriminate between right and wrong in all aspects of life.

Thursday is presided over by Jupiter. Jupiter is the Guru or Master among all the planets. He grants us all the wisdom. Jupiter is largest planet of the solar system signifying his status as a Master.

Friday is presided over by Venus (Sukra). He gives us comforts wherever we go and whatever we do. We all desire comforts. Right! So these comforts are granted by Venus.

Saturday is presided over by Saturn (Sani). He teaches you discipline. He ensures that you do what is right. You may know everything but you may not be able to implement them in life. Saturn ensures that you implement them in life. He takes away all your limitations. If you don't study, Saturn ensures that you fail in exam or you get less mark so that you realize that you have study well. So he puts us to tough situations in life so that we realize our limitations and mistakes and correct them.

Everyone fears Saturn because they do not lead a proper disciplined life. We should not fear Saturn but should understand our limitations and correct them.

So there are 7 planets presiding over the 7 days of the week. All these planets are present in our body as well. Sun is present in the Ajna centre (space above the eye brows). Moon is present in our stomach (navel). Mars is present in our spinal cord. Mercury is present in our throat centre. Jupiter is present in our head centre as he is the Master. Venus is present in our heart centre. Saturn is present at the bottom tip of the Spinal Cord.

For all of them to shine in us and grace upon us, we should wake up before sunrise and pray to the Sun as he is king of all the planets.

So I gave you some instructions and information. Putting them to action is your responsibility, not mine. Recollecting what I told is also your responsibility. One who forgets is not a learner. A true learner never forgets. Understanding should be associated with learning.

Each day recollect the planetary intelligence presiding over that day when you wake up. When you do this for 3 or 4 weeks, you will remember them forever. Also what happens in when you recollect them daily, they start working actively in you. They recognize you and respond to your needs. The intelligences are much elder to us and by remembering them, their energies work in us actively.

Next week, I will give information regarding the structure and working of human body which is the micro cosmos and you can understand the whole cosmos by understanding the human body.

Do not miss any classes to the extent possible. Also if you miss a class due to some reason, take notes from someone else and make a note them and study them before you come to the next class.

So following all the instructions is your responsibility. I am just arranging some food for you. You should eat for yourself. I can eat for myself and satiate my hunger but I cannot eat for you. So giving the instructions is my part and following them is your part.

All of you should wake up early in the morning without fail. It may be difficult but once it becomes a habit, it is no difficulty. Sleep early (atleast by 10) if you want more sleep but do not sleep beyond 5 or 5:30.

So I came here and gave you these instructions to help you develop better abilities and lead a better life. We will continue these classes as long as you show interest in attending them.

-Swasthi.