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**“Class giving instructions for Children & Youth” on 18th
September, 2011 at WTT Retreat Centre, Vizag.**

- Master K. Parvathi Kumar

I will not ask any questions regarding what I have taught in the last week. I will ask someone later. Remember the 7 planets present in different parts in our body. I won't ask how many of you got up early in the morning the previous week. It is question that you have question and answer for you. Those who wake up before sunrise will shine forward in all aspects of life.

All those who wake up after sunrise are lazy ones. Those who wake up before sunrise are ones with 'Buddhi' because the light that comes before sunrise is reflected in us as Buddhi. So this Buddhi (creative, intelligent and discriminative faculty) increases in us if we wake up before sunrise. We can achieve great things in life only when our Buddhi is sharp. Even the prana (life force) in us is enhanced if we are oriented at the time of sunrise. One will not fall ill frequently, one will not feel tired after doing anything and one will not feel like sleeping all the time if one receives the sun rays daily, at the time of sunrise.

Make a note of this point. “Sunlight enhances our prana and Buddhi. For this, we should wake up early in the morning.”

So we discussed about the 7 planets presiding the 7 days of the week. This is just the basic level. We will discuss higher things later. Actually there are 72 planets in our Solar system but 7 planets are enough for us now.

I will remind once again:

- 1) Sun – Gives prana and Buddhi – Present in Forehead (Ajna)
- 2) Jupiter – Gives Expansion of Consciousness – Present in Head Centre (Sahasrara)

You can keep on gaining more and more knowledge with an expanded consciousness.

3) Mercury – Gives us discrimination – Present in our Throat centre

You will know what is right and what is wrong, what to do and what not to do, what to speak and what not to speak, what to eat and what not to eat, etc.

4) Venus – Gives us comfort and happiness – Present in our heart centre

You remain in a state of calm and happiness irrespective of situations around you.

5) Moon – Gives us reflective power (Mind reflecting as thoughts) – Present in our navel

You will know what exactly is to be seen in everything that you sense. Your thinking will be in the right direction.

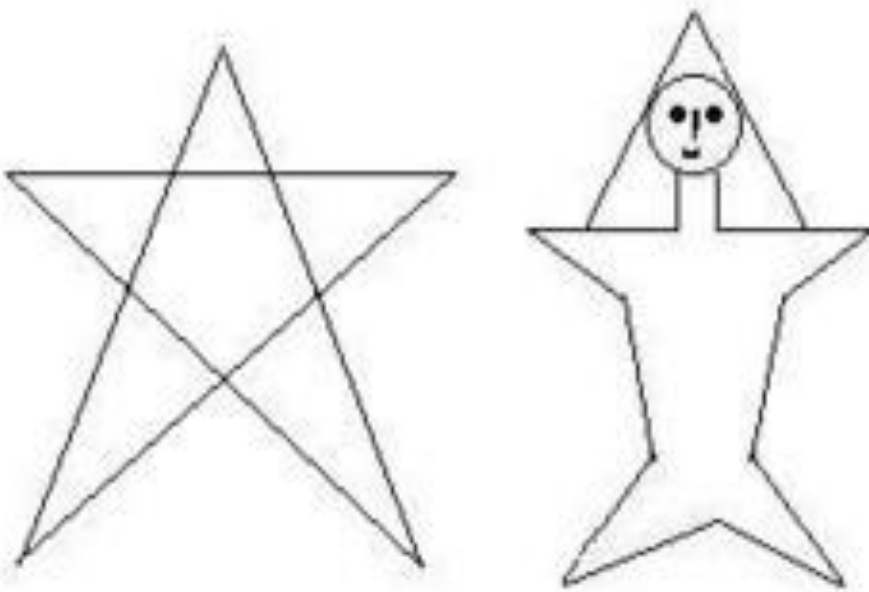
6) Mars – Gives us strength – Present between the navel and base

He takes care of the blood circulation in us. If the blood circulation is good, we have good strength. All the exercises that we do are to have good blood circulation.

7) Saturn – Gives us stability and discipline

All this we discussed in the last class. Today we will discuss about the human body.

Man is like a 5-pointed star. You know how a 5-pointed star looks like. We are advised to stand like that before the sun with the hands stretched horizontally and legs stretched by 90 degrees.



A shape with 5 angles is called a pentagon. So man is a pentagon. During Christmas time, we see that outside many houses, a star is hung. Who is that star? We ourselves are that star. They call it Jesus Christ. They generally keep an orange colour star. It represents a clean human being. Jesus is a clean human being. If you are clean, you are an orange star. If you are full of wisdom, you are a golden star. If you are brilliant in wisdom, you are called a diamond star.

So we should first recognize the presence of 5-pointed stars in us.

- The first star – 1 head, 2 hands and 2 legs
- The second star is formed by the 5 actions – action by hands, action by legs, speech and the 2 excretory actions.

These 5 should be proper in the human being. What is proper?

- Your walking with legs is proper when you go to places only where required and avoid places where you should not go.
- Your action with hands is proper when you do what is to be done and avoid what is not to be done.
- Your speech is proper only when you speak only what is to be spoken.
- When the above 3 are proper, then the 2 excretory organs will work properly, otherwise not. Many suffer with excretory problems because they do not use the above 3 properly.

Another important thing is to maintain these organs clean. Usage of water should be ample because it ensures cleanliness. Hands and legs should be cleaned with water at least 5 times a day. Hands should be cleaned without fail before eating anything. Legs should be cleaned every time you go and come back home.

All this is because there is lot of life force present in water. That is why hands and legs should be washed regularly with water.

Even the mouth should be washed with water after eating anything. Also there should be brushing of teeth twice in a day. It should be ensured that there is no smell coming out of your mouth. Also one should bathe twice a day atleast and if necessary even 3 to 4 times.

All this is the greatness of water. It is said “Water purifies Men and Gods alike.” Even angels bathe in the holy waters. All kinds of dirt (physical & mental) are removed by doing a bath.

Also drink more and more water. This is important for proper excretion as well. If no excretion happens in a day, then do not eat the next day until excretion happens. This should be followed strictly. It is just like cleaning the vessels after a meal before taking the next meal.

By following all these instructions, you will have very good health.

So these 2 are the most external stars present in us. The other name for this star is MAKARA. MA means No.5 (numerical potency) and KARA means hands. A pentagon has 5 hands and so is called MAKARA. So every man is a MAKARA.

- The third star is formed by the 5 senses – Eyes, Ear, Tongue, Nose and Skin.

These senses help you in gaining knowledge. You remember things by seeing them with your eyes.

Your ear helps you recognize persons and animals without seeing them. Suppose a person, who I know very well, is speaking at a distance from me, I can recognize that it is so and so person without seeing him. That is the ability of the ear. Ear is given more importance than eyes because one can live with the help of ears even though he has no eyes.

The next in order (after ear) is skin. One can know the vibration and energy of a place if he has very good ability of touch. Eye is third in priority.

Tongue is 4th in priority. It is highly important for taste. If there is no sense of taste, then all dishes would be the same. It helps in discrimination while eating something.

Next in order is nose. It helps in sensing different smells. If it is not working properly, then a perfume and a garbage can would be the same to you. So it gives you the knowledge of smell.

So these 5 senses form the 3rd star which helps in gaining knowledge.

- Then there is the 4th star formed by the 5 sensations.

Many times we see that, one has eyes but cannot see properly. So eyes are different and ability to see is different. Many of us wear glasses because we do not have clear eye sight. Eye remains the same but the sight diminishes because its strength to see decreases.

So make a note of this. Sensations are the strength of the senses to sense objects.

- Ear – Ability to hear

This ability is highly important. A donkey has bigger ears than us but it cannot hear like us. You may have beautiful ears and you may also decorate them with beautiful ornaments but the important thing is to be able to hear properly.

- Skin – Ability to feel the touch

This ability helps to sense or recognize objects when you touch them. You can sense even if a fly sits on your skin. If the skin is very gross, it cannot sense properly. A buffalo or bull cannot sense if a fly or mosquito sits on its skin. But animals like cow and dog have subtler sense of touch. Man has even better sense of touch. Even in human beings, some have very good sense of touch and such ones can even detect a person moving at a distance. It depends on the degree of consciousness and awareness. You can know if a Master, moving in an invisible plane, comes near you. One can also see a Master in invisible place if he has such subtle vision. All this is not required for you at basic level. This is just for you to know the strength of your senses.

- Eye – Ability to see
- Tongue – Ability to taste

Some can even tell what all items were used to prepare a dish just by tasting it once. It again depends on the degree of consciousness and awareness.

- Nose – Ability to smell

So these 5 sensations make the 4th star in us.

- The 5th star is formed by the 5 elements present in us. They are present both outside and inside.

1. Akasa (Space / ether)
2. Air
3. Fire
4. Water
5. Earth (Matter)

This is the order of priority with matter as the centre and Akasa as the circumference and the other elements in between. Water surrounds matter, fire surrounds water, air surrounds fire and space surrounds air.

- In us matter is present. We can see it clearly. All skin, flesh, bones, teeth, hair, etc. come under matter.
- Water is also present in us. This is also clear as many liquids present in us. Just as water is more than matter in this planet, liquids dominate matter in our body as well.
- Then there is fire in us which is clear by the temperature of the body (98.4 ° F). Large changes in that temperature may even cause death of the person.
- Air is also present in us which is clear by observing our respiration. The shape of the body is maintained because some air is always present in our body. The pressure exerted by that air ensures the shape. I will give more details in this regard in the next class.
- Space is also present in us but we cannot recognize it normally. It would be a great experience if we feel its presence.

- The 6th star is formed by the 5 pranas (life forces). I will just give the names today and the details in the next class. All the 5 pranas are different forms of Air.

1. Prana – the air that we breath in
2. Apana – the air that we breath out
3. Vyana – the air that occupies the body and ensures life in the body
4. Udana – the air that exerts pressure on the body to ensure body shape
5. Samana – the air that maintains equilibrium between all the above 4 airs

So everything present in the body is in sets of 5. That is why, during children given a 5-syllabled Mantra “OM NAMAH SIVAY” when they are initiated to education. The power of this mantra is all these pentagons which we discussed above can be cleansed/purified by chanting this mantra. So children should be advised to chant this mantra beginning at the age of 5. It should be chanted in single breath and at least 33 times a day. So, all of you make some time to chant this mantra 33 times a day.

I will discuss in detail about the 5 pranas in the next class. I did not discuss about the other parts of the body because all of you must have read about them in your school. I will only discuss the topics which you generally don't study in school.

Man, know thy self. If you know yourself properly, you can even know the Lord. Only man can know about himself, animals cannot. So, human life is a great opportunity. Utilize it to your best.

-Swasthi.

