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**“Class giving instructions for Children & Youth” on 25th
September, 2011 at WTT Retreat Centre, Vizag.**

- Master K. Parvathi Kumar

In the last class, I discussed Man as a 5-pointed star. I discussed about the 5 organs of action, 5 senses, 5 sensations and 5 elements. I told that I would discuss the 5 pranas in detail in this class.

The human body moves on the basis of these 5 pranas. Without the presence of these pranas, the being cannot stay in the body and is said to be dead. So prana acts as the link between being and the body. Remember that the being (I AM) is different from body and all that we discussed.

What does one mean when one says “So and so person is dead”? It means the being (I AM) left the body and the link (prana) has been lost. When the prana leaves the body, the being cannot stay in the body, he also leaves.

Suppose a person has a horse, how does he link up and control the horse? He fixes a bridle and steers the horse. So the bridle acts as the link between the horse and person. If there is no bridle and the person sits on the horse, he would fall down when the horse runs. Similar is the case here with the prana acting as the link between the being and the body.

Just as the person and horse are not the same, similarly the being and body are not the same. We, the beings, sit in the body with the help of pranas. The being in the body is just the size of one's own thumb.

We see that in the images/idols of the deities, they sit on some animal as their vehicle. It is so because to remind us that we too ride on our vehicle (body) and should use it properly to lead a good life.

All the illnesses that we get are due to variations in the quality of prana present in us. The quality of prana (life) varies with the purity of actions and thoughts that we entertain. Our thoughts affect our body by changing the quality of life.

So we, the beings, stay in the body with the pranas acting as the link. If the life force flows from these pranas properly, then the body will be in very good condition. Otherwise we feel very dull and do not have interest in doing anything. Enthusiasm and dullness depends on our thoughts. If we like something, we will show enthusiasm to do it otherwise not. The prana is active or inactive in us depending on our thoughts.

If you want to fly a kite, you have to fasten it with a thread and catch hold of other end of the thread and guide the kite to fly. If you guide it properly, it can fly very high. Otherwise, it won't fly. During the flight, if the rope breaks, your link with the kite is lost. Same is the story here.

Prana is also called the thread of life. This thread should be maintained properly for you to hold on to the body. The strength of this thread (prana) can be increased by taking deep breaths consciously. As we get bored to just sit and take deep breaths, we are advised to run or jog for a while so that we are forced to take deep breaths after a run. So exercise is advised to increase the strength of prana. Along with this, the thoughts also play a huge role.

Generally, we do not like if someone advises us to do something and we do that thing without liking it. If you want to do something on your own, then you will like to do it. So develop liking for good actions on your own. Entertain as many thoughts of goodwill as possible. They greatly enhance the strength of your prana.

Some may be doing very good exercise but they still fall ill. It is because they entertain bad thoughts. So exercise and good thoughts are basically required to maintain the strength of prana. I will give more on how to enhance prana in the next class. In this class, I will just tell how the prana is present and working in our body.

We all breathe air in and out. Everyone knows that, no one needs to explain that. So prana enters our body with the air as medium. The more deeply you take air as prana (oxygen), the more air as apana comes out (carbon dioxide). Oxygen gives strength to the thread of life. The oxygen that goes inside generates heat in the body and that heat digests food and that food digested transforms into light energy and that energy is transmitted to the whole body. In this process, waste is produced which needs to be disposed. This disposal takes place in many ways like excretion, sweat and exhalation. This process is taken care of apana.

Even some waste comes out through mouth. That is why we brush our teeth daily. In fact the gums should be brushed more than the teeth because it the gums that give strength to the teeth and if waste gets accumulated on the gums, our teeth are spoiled. It is not good to even clean the gums with brush because our brushes are not made up of natural material and the gums are sensitive. It is better to use your finger to clean the gums after brushing the teeth. Gum massaging must be done with your fingers and there would be no smell. Another important thing is cleaning your tongue where also some waste gets accumulated. We should show some interest in cleaning all the wastes accumulated at different parts of our body. Apana air greatly helps in this process.

Then there is Udana air which exerts a pressure/up thrust from navel to head. This pressure is required for us to cough. Udana means “To move upwards”. Even for sneezing this is required. If this air is not properly working, we either cannot sneeze properly or we get too many sneezes. Even the belch that we get after eating also required Udana.

Vyana air is present throughout the body and ensures that the life energy flows all over the body. If an ant moves on the small finger of your leg, you sense it because of the presence of life in that part of that body and that is taken care of by Vyana.

So breathing is the basis for all these airs and that is why so many breathing exercises given to us.

Finally, there is the Samana which ensures equilibrium between all these airs. If this equilibrium is lost, the other 4 airs do not work properly in relation to each other and one gets all kinds of diseases.

So we have a responsibility to ensure that these 5 pranas work properly in us. You should move in clean and open places where there would be a lot of fresh air to breathe. In crowded places, air conditioned rooms, highly polluted areas, etc. prana air would be very limited. Places near to forests, oceans, rivers, etc. are abundant in fresh air. Also one should ensure that the house they live in should be open to light and air.

The being in the body is exact in shape to the body but the only difference is size and the being is made up of light whereas the body is made up of matter. Our Seers gave this wisdom to us.

To manage all these pentagons, each being is given a manager which we call 'Mind'. If the manager in an office does not manage properly, then the office does not run properly. Similarly, if the mind does not manage these pentagons properly, then the body does not run properly. The number of this 'Mind' is also 5.

In the next class, I will tell you more about the nature and working of mind and its control. Also I will give you more on how to purify the 5 pranas.

-Swasthi