

Note: These are personal notes made from Master Kumar’s speech recording, translated from Telugu. Does not reflect Master’s words in entirety. Please use for reference only. Not for publication.

**“Class giving instructions for Children & Youth” on 23rd
October,2011 at WTT Retreat Centre, Vizag.**

- Master K. Parvathi Kumar

Table	1	2	3	4	5
Elements	Akasa/Space	Air	Fire	Water	Earth/Matter
Sensations	Sound (Hearing)	Touch	Sight	Taste	Smell
Sense Organs	Ear	Skin	Eye	Tongue	Nose
Organs of Action	Speech	Hands	Legs	Urethra (Urinary track)	Excretory organ (Solid)
Pranas/ Pulsations	Vyana	Prana	Samana	Udana	Apana

(The class begins with a revision of the above table.)

Everyone should by heart this table. All the 25 are connected vertically and horizontally. Excluding the 5 pulsations, the remaining 20 form the constitution of our body.

We say “Our Body”. We can observe two things – Ourselves and body. So the body belongs to us but we are not the body. This body is given to us and we stay in it. Just as we are in this Retreat Centre, we are in our body which has 4 layers. The 4 layers are the 5 elements, 5 sensations, 5 senses and 5 organs of action. We live as 5 in the 4-layered body. This is clearly represented in the “Sri Chakra”.

We also have a mind. That is also given to us. Though the body and mind are not ours, we feel that they are ours. From the moment a gift is given to us, we feel that it is ours. Similar is the case with our body. We should remember that it is given to us.

When our parents given us some gift, How carefully we handle it? Similarly we should handle this God given body very carefully. Handling carefully means “Not too much” or “Not too less”. It should be used optimally.

The Lord himself has come down as us. I AM THAT I AM.

Consider a wave in an ocean. We are pleased to see the waves because they appear different from the ocean. But the reality is that the content of the wave is the ocean itself. The wave cannot exist without the ocean.

Take the example of a gold ring. When someone asks “Is it gold or ring?” What do you say? We can say “It is a ring made out of gold.” It means that the ring has no existence without gold. We generally forget the gold and remember only the ring. Similarly we put different names to the clothes made out of the same material and forget the basic material.

That is the beauty of creation. The basis or the essence of everything in this creation is the Lord himself but we see everything differently.

As we all know, anything in this creation is made out of atoms. In any atom there are 3 basic particles – electrons, protons and neutrons. Only thing is that the numbers of particles differ from one type of atom to another.

I am telling all this for you to understand that the whole creation emerged out of one principle. This is generally explained with the help of Ocean-wave example.

One should spend some time in observing the waves emerging from the ocean. Also you can observe the changing colour of the ocean. The colour of the sky changes depending on the position of the sun at different times of the day and this colour is reflected onto the ocean.

Ocean is called “Samudra” in telugu. Sa+Mudra means “With impressions”. The colour of the sky is impressed onto the ocean and so the name “Samudra”. So the ocean has different colours at different times of the day like red, gold, aqua-marine, blue, black, etc.

All creatures are created from the same source. Creature need not be a living being, it can be any created thing. So we are all creatures of God or sons of God. Not only us, any created thing or thing is a creature of God.

As created beings we are all equal but the awareness of the beings is different. Some have a higher level of awareness while some have less. The ones with higher awareness should guide and take care of the ones with lesser awareness. We should follow those who have greater awareness than us.

If we have a flowering plant in our house, Should we take care of it or will it take care of us? As it has lesser awareness than us, we should take care of it. It will recognize our care and will give us beautiful flowers in return. The plant also has feelings. It appears bright if the person who takes care of it daily comes near it. There are persons who even talk with plants. It all depends on the relationship you maintain with them. Same is the case with pet animals.

It also applies to children. If the parents take care of their child daily and guide him properly, the child develops a close relation with them. If the child is left to be grown in schools/ hostels, he will have no recognition for his parents; he will not listen to what his parents say.

So some are more enlightened than the others. The enlightened ones should guide the ones not so enlightened and should follow ones who are more enlightened. This is a formula given to us to lead a good life.

There is one saying “Tell me who your friends are, I will tell you who you are.” So your acquaintances mould your personality and habits. I am telling this because we should acquaint ourselves with someone who is more aware than us.

Our original state is that we are a being. The secondary state is our awareness. The 3rd state is Buddhi (Wisdom / Discriminative will). The 4th one is the mind to apply our wisdom.

So the summary is as follows:

We, the beings (I AM). We have awareness. We have Buddhi to use our awareness as required. We have a mind. We have a 4-layered body. The mind acts as the link between Buddhi and the 4-layered body. You cannot sense anything without the mind. In sleep there is no mind. It gets merged into the source. All the 4-layers of the body are at rest. Only the pulsations are at work during sleep. I will give those details later.

So mind is the most important thing. We should know to how to use our mind properly. We should have good Buddhi to control our mind properly. We should know what to do, when to do, where to do and how to do. For every action there is when, where and how. If you know it and follow it, your life would be a splendor.

So training the mind is the most important thing. The word “Man” is derived from mind (Mind is Manas in Sanskrit). ‘Man’ is the one with ‘Manas’ (Mind).

If we put many cups in a river, each cup will have some water in it. If the water in the cup is our mind, then the total water in the river is called ‘Manu’. He distributed minds to each one of us. ‘Manu’ is the mind of God.

In the morning invocation we say “From the point of light within the mind of God.” That mind is God is called Manu. We say it everyday but we do not know it.

So this is all about the ‘Science of Man’. We will continue in the next class. Keep revising all the concepts until they stabilise in you. Just coming to the classes will do no good if you do not recollect them again.

-Swasthi