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“Class giving instructions for Children & Youth” on 30th October, 2011 at WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

It seems some of you have some questions. I will first answer those questions before continuing with the class.

Q1) Master! In the last class, you told that children should learn from elders and should maintain good acquaintance with them. What if elders do not know what is right and take us in the wrong direction?

A) Such a person is not elderly person. Here elder does not mean ‘elder in age’ but it means ‘one who knows more than we do’.

Q2) So we should make friends with someone who is more educated than us. Right?

A) Education is just one aspect. We should stay close to ones who have better energies than us. As a result, those energies flow into us as well. If we associate ourselves with those having inferior energies than us, we lose our energies. Energies not only apply to beings but to places as well. We can gain energy by living near nature; a mountain, a river, an ocean, a garden, etc.

Q3) Master! You said that in sleep our mind and senses are at rest. We get dreams while we sleep. Then how is it possible that mind and senses are at rest?

A) Sleep state is different from dream state. While sleeping, you enter a dream state. There is an awakening state, dream state and sleep state. There is another state apart from these 3 states. That is our real state. I will not tell about it now.

In a dream, senses work but they are not in your control. It is a state which does not relate to objectivity. Experiencing dreams is important. There is a very good movie on dreams “Inception”. It is about controlling dreams and going from dream into another dream. It is

a dimension of Spirituality. Suppose if I want to do something good to you, I can take you into a dream and purify you.

In that movie, they try to influence a person in his dream. That influence can be either for your good or bad. If that influence is good, it will also do well to the influencing person and if it is bad, it will lead him to bad consequences. So influencing person and influenced person, both are affected. It means you are gaining mastery in dream state.

In the movie, they take some injections to augment the dream state. That may be dangerous. As long as the dream is natural, you are safe. So we should relate to dreams naturally.

Q4) Master! You said that each day of a week is presided over by a planetary intelligence and by remembering them, we are connected to them. How does this happen?

A) You are relating to them through thought. Once you remember that today is Sunday and that Sun is the energy that prevails today, that very thought connects you. Just like people are connected through telephones, through thought we can connect to them. As long as you remember that, the sun energy works with you. Similarly other planets can be recollected on other days of the week.

Even you can relate to all the planets daily. Everyday you can relate to Sun by relating to the Ajna centre, you can relate to moon by relating your navel, you can relate to mercury by relating to your throat, you can relate to Jupiter by relating to your brain, you can relate to mars by relating to spinal, you can relate to Saturn by relating to base centre, you can relate to Venus by relating to the pulsating principle in the heart centre.

(Class continued)

We are a unit consciousness. It has its own comprehension which we call Buddhi. That comprehension reflects on the Mind. Mind, with the reflected light, works with the 5 senses in the objectivity. But what happens is instead of Buddhi directing the mind, the mind starts dominating the Buddhi and Buddhi becomes silent. If a person elder to you tells you something good and you don't listen to him, then he leaves it to you and remains silent. Similar is the case of Buddhi and Mind.

Here elder again means 'one who knows more'. You should listen to one who can give you a better comprehension in a given situation. You can listen to others (elder in age) and ignore them without disrespecting them. Eldership is not decided by age of the body but by the experience/comprehension of the soul.

In our system, Buddhi is elder to the mind. It is far greater light than the mind. Mind is just a reflection of the light of Buddhi. If the mind is not clean, the reflection is not proper. If chimney covering a lamp is clean, then the light emerging from it is bright. If the chimney is dusty, then the light will appear dim. So cleaning of mind is given highest importance. The mind gets impure by improper use of senses and body. What you eat is also important? The texture of the body varies depending on the intake of food. Some bodies are light while others are heavy. Some are gross while others are subtle.

You cannot control your food intake on your own. It has to happen by regulation of your senses. When the senses undergo certain transformation, one does not feel that eating some types of foods. I know people who stopped taking non-vegetarian foods saying that “We do not feel like eating it anymore.”

Let us take one example. If we take “Matter” from the 5 elements, it corresponds with Nose and Smell. There is no smell without matter. A dog can even smell the presence of person. Even a person with refined nose can smell the presence of another person. Such a one is said to have extra sensory perception of nose.

What should we do to have such perception? We have to deal with pure matter. We should see that impure matter does not accumulate near us. What is impure? Anything that smells bad is impure. Sometimes even our bodies smell bad. The bad smell varies in degrees from person to person. It means that one requires lot of purification through water inside and outside. It is better to avoid foods with pungent smell to the extent possible. Also do not eat stale food which causes laziness to your body. Generally cooked food starts to degenerate after 3 hours of its making. By eating such food, we are indirectly harming our body.

Now days, even science agrees that meat is not suitable for human intestine. It can be recommended to ones who do strenuous physical work daily but for those who do more of mental work than physical work, meat is not suitable.

Taking fruit juices, honey and milk is very good for health. Again canned or stored juices lose their nutritious value. Milk has ability to purify the body. Coffee does not have. If you observe the utensil used regularly to collect milk from a cow/buffalo, it would be very shiny. Milk can even clean metals. Milk is considered a complete food source.

Always ensure that anything you take is fresh. It ensures good digestion and enhanced energy system. Drinking more water is also important.

Ensure that there is a time gap of atleast 3 to 4 hours between 2 intakes. It is because the food that you eat undergoes a series of chemical transformations. Firstly it passes through the food pipe (Oesophagus) and enters the stomach. There are some acids and other substances in the stomach which help in converting the food into energy. This process takes about 1 hour. From there it goes into the intestines for further digestion. And this process takes atleast 3 hours. In meantime, if you take more food, the system gets confused as to what it is to concentrate on. The effort gets distribution and digestion gets affected. So intermediate intake of food should be avoided.

So food and water are most important to see that the body is kept clean.

Most of you eat pizzas. Stored cheese is used in the making of pizzas. Stored cheese gives tremendous exercise for the stomach and intestine. It is highly acidic and toxic. Master Djhwala Khula wrote “Stored cheese is equal to meat.” Fresh cheese is acceptable. Stored cheese is dangerous for the body. Your brain loses many of its capabilities. So eating stored cheese should be avoided.

Even bread is not preferred because it is prepared by brewing. It does not give us much strength. If we eat bread daily, we get tired very easily. The bread that is available in the west is different though called by the same name. There they eat whole wheat bread. It is much better than the bread that we get, when taken fresh. Drinking soft drinks is also not good. They do not have any sustaining value.

I am trying to give you all this to save yourself, to save your equipment which is called human body which in turn will help you to perform better. For this, we have to start from fundamentals.

All the Masters of wisdom have transparent bodies (bodies of light). Master CVV came down to help each one of us to have such transparent bodies and live beyond this body of flesh and blood.

Transmutation of our bodies is what we are trying to achieve now. It means the body is made to be equipped to receive more and more light, more and more knowledge and more and more life.

At sunrise, if I take you all and make you sit in the sun for an hour, most of you fall asleep for most part of the day because you are unable to absorb the light and life that the sun gives as the body is not equipped to receive that light and life.

First we should begin with food and water. All of you read the chapter “Food” in the book “Mithila” which I wrote.

Even with water, flowing water has more life than standing water. If you bathe for about half an hour in the flowing water of a river, your body becomes light. Though not possible daily, we should bathe in a river whenever there is a possibility.

There is one more important thing. With what mind set is the food being cooked? It makes all the difference. If a highly anxious person prepares food, it means we are taking his anxiety along with the food. There are cooks in the hotel. Why does he cook for us? He cooks for money though the food is tasty. It has a commercial input in it. Any food item that we buy and eat will have that commercial input in it. By eating such food regularly, our mind becomes commercial as well. Food prepared by 'mother' is not so. It is because she cooks out of her love for us.

If we look into our past, about 100 years back, there was never selling and buying of food. Now selling and buying of food is the most common thing.

There are some saints and monks who prepare their own food and eat. It is because if someone else prepares the food, the energy of that person is transmuted through that food and if that person is of inferior energy level, the energies of the person who eats it get affected. So they cook for themselves. They even improve the energies in the food by chanting mantras during cooking. This used to be a regular practice in our houses until recently. Now we are deviating from such a practice. So the persons who are involved in preparing the food we take also count. Even in places like Germany, there are some families who play recorded tracks of mantras (Vishnu sahasranama or Lalitha sahasranama) while cooking food.

So the person who prepares the food is more important than taste of the food. Do you know such a dimension exists in the preparation of food? We eat anything and everything. Then there is no difference between us and animals.

By following all these rules regularly, the health situation in that home improves drastically. Similarly there are aspects relating to other elements which I will give in the coming classes.

All these are the basic concepts. We will not go anything into higher now. We start humbly with the basic things and gradually move forward.

-Swasthi