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“Class giving instructions for Children & Youth” on 17th November, 2011 at WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

The primary reason of having these classes is to know about ourselves. We discussed many things about the machine (human body) that we were given. We run this machine. To run this machine, we were given the mind. We run the body with the help of our mind. If there is no mind, we lose the link with the body. We came into this body but we are not the body. So the body runs in the direction we direct it to run. We generally feel that we are our body and that is our problem.

We move the legs, hands, head, etc. We direct the movements in them. We should remember the difference between “I/Me/We” and “My/Mine/Our”. Throat belongs to our body and we speak through it. The throat/tongue cannot speak without our presence.

My objective is to make you understand the difference between “I/Me” and “My/Mine”. “My/Mine” is used to denote something given to us and that which can be used by us. Is it not? The nature gave us the body for our use. We should know how to use it. If not, it causes problems to us.

There are 2 things to remember here:

- 1) We are not our body.
- 2) This body is given to us by nature and does not belong to us.

We show our hand to someone and say “This is my hand”. Do we say “It is me”? No! Similarly we say “My eye, my ear, my mouth, etc.” We are not any of them. Who are we? We are just ‘awareness’. We only experience. If we drink something, we experience its taste. The experience is ours but for that experience we need a mouth and a tongue.

In all the previous classes, I told you the constitution of human body, its features, its abilities and how to use them. It is a vehicle given to us by nature. We mount that vehicle

and move around. At night time, we leave the vehicle and move out of it. In dream, we move in another vehicle (another body). This cannot be denied because your experience of dream is true but your body is on your bed, at rest. So you have another body in your dream which is a subtle body.

So we have 2 bodies, a subtle body and a gross body. It is like having an airplane and a car. Subtle body is like an airplane while gross body is like a car. With that airplane (subtle body), you can travel in space (higher planes). All the grand Masters use that subtle body most of the time like we use the gross body.

So we are different from our body. The body works only in our presence in it. If we are not present in the body, it does not function. There is the fan rotating for which electricity is responsible. Without electricity, fan will not rotate. How does electricity exist? We know that it exists but we cannot see it. No one can say how it exists. Just as electricity runs all electrical equipment remaining invisible, we too run this body without being seen.

If we do not use this body properly, it causes problems to us. If we buy a new car and do not use it properly, it causes problems to us. Instead of us using it, it uses us. Who is the Master of whom? We should be the Master of this body. As the mind controls the body, we should have control over our mind. If the mind takes its own decision, then we go in the wrong direction.

We have a class today. Our Buddhi (our light) tells that we should go to class today but the mind may tell that nothing will happen if we skip the class today. It is a situation where our mind does not listen to us. We require all this training to make the mind listen to us. We are successful only when the mind co-operates with us all the time in aspects of food, speech, action, etc. Successful people are those who have fairly good control over their mind. He does whatever he decides to do. He does not try to give reasons for his failure. So we can achieve anything only when the mind is in our control.

The aim of having these classes is to help you “Win” over your mind. Here “Win” does not mean defeating the mind or opposing it. It means to develop a good friendship with the mind. Then it listens to you and you can listen to it. You can listen to it to some extent so that it listens to you rest of the time. If you follow the advice of elders (people who know), your mind gradually comes under your control. If you keep on listening to the mind, you become a slave to it.

Only humans have a mind. Animals do not have a mind or have a very low quality mind. They do not have a good memory. Even among the humans, those who have a low

quality mind forget things easily. Their mind does not follow their Buddhi (discriminative will) in all aspects. All this is because there is no proper understanding between the being and his mind. Some restrictions and disciplines are given to us which when followed ensures that the mind listens to you otherwise it does not listen to you. Gradually what happens is that the body stops listening to the mind. So both the links are lost and such a person gets irritated for every small thing.

There are disciplines for all the senses. For the eye, there are some things which you can see and some things which you should not. For the ear, there are some things which you can hear and some which you should not. There are some things which you can eat and some things which you should not, though tasty. All tasty things may not be good for your health. You can eat once in a while. You can have a small margin but that margin should not grow. Similarly there are many regulations which when followed properly will equip with effective instruments to do some good to the public. Otherwise we are just one among those millions of people who take birth and die without any recognition.

We remember only few great personalities like Mahatma Gandhi, Swami Vivekananda. It is because they “Won” over their minds and served the public at large. That is why to “Win” over the mind is said to be the first responsibility of every human being. Such a one can perform great acts and can participate in wide range of goodwill activities.

One can also gain extra sensory perceptions. You can hear what is being told in the class here by sitting in your home. It is due to the expansion of awareness into the surroundings. Our capacities increase in multi-fold. So to “Win” over the mind is of prime importance. I would rather say “Friendship” rather than “Control” with the mind. If the manager (mind) is good, things run smoothly.

At this young age, if you are able to manage your mind well, you will be able to do wonderful things. In this context, I will give you some disciplines. You follow them to the extent possible. I will not say that you need to follow everything but at least some. You grow brilliance and your abilities multiply. Without good abilities you cannot do anything. Goodness should be coupled with abilities to work wonders.

In the table we developed, I will tell you some disciplines with regard to each of those correspondences. You should work them out gradually. That increases your purity and you shine forth. The mind starts listening to you more and more. The more and more it is purified, the more and more the mind is under your guidance.

I will tell you one story before concluding the class.

There is one great man by name Pythagorus. He gained lot of knowledge. He felt that this knowledge should be shared with his country men. But no one used to come to him as they were busy. Then he did one thing.

He gathered few young men from poor families and told them. I will teach you classes for 1 hour everyday. If you listen to me properly, I will give you some money after every class. So they used to attend those classes for money. Slowly they got attracted to his teachings. After some days he said, "I have no more money left. I will continue teaching if you want but I cannot give money". They liked his teachings so much that they continued to attend classes. After some more days he said, "I need money now. So I will teach only if you give me money." Even then people continued attending his classes.

The moral of this story is that "Once the mind develops a liking for a good thing, it will never leave it." Once the mind likes the taste of anything, it will keep asking for it again and again. The teacher should know how to create a liking for that taste in the mind. Then the mind submits itself to that taste.

So there is a way to deal with mind. If we be friendly with it and show it the right way, it will do anything for us. All this training is possible only at a young age. It very difficult to change the mind once you grow old because the mind is tender at a young age and can easily be trained.

I will give you all the required information. Working it out is your responsibility. I will also give you the required enthusiasm with some good examples. There are many experiences in my life itself which I can share with you to give you inspiration.

We will continue in the next class.

-Swasthi