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“Class giving instructions for Children & Youth” on 01st December, 2011 at WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

The world history is not more than 2500 years old but the history of India is vast spanning more than 20000 years. Firstly India was ruled by the kings of Solar dynasty and India then is much larger than what we see now. It was called “Hindusthan” then. Countries of now like Sri Lanka, Burma, Singapore, Rangoon, Malaysia, Jakarta, Bali were all part of India then. Burma was originally called ‘Brahma’, Singapore was called ‘Simhapuri’ (a Sanskrit name), Malaysia is ‘Malay Asia’ (Malay Means Mountain), Jakarta was originally called ‘Yoga Karta’. Bali is place where the story of ‘Emperor Bali’ given in Puranas took place. And Andaman is the place where ‘Hanuman’ was born and is still a part of India now. Likewise most of the East Asian Indians used to be a part of a vast land which was India of then. Even Tibet used to be a part of Hindusthan. The syllable “Ha” is related to Sun God and the land ruled by the kinds of solar dynasty was called “Hindusthan”.

Later Hindusthan was ruled by kings of lunar dynasty. The area of land decreased and was called “Industhan”. “Indu” means “Moon”. Slowly the name “Industhan” changed to “India”. It was Indus culture then. Previously it was Ganges (river Ganga) culture. Ganga, Yamuna and Saraswati were considered holy rivers. Though Saraswati river is not visibly flowing now, it is flowing underground in parts of Rajasthan and Gujarat before flowing into the ocean. It was found to be flowing underground through satellite images. If it can be brought out, the deserts of Rajasthan would turn into fertile lands. The culture of solar dynasty still exists in some parts of Rajasthan.

Master Maruvu (Morya) is a descendent of the solar dynasty. He is a descendent of Lord Rama. That is why his vision, speech and work are straight-forward. He is of fiery nature. He gave many books on ‘Agni yoga’. He gave his wisdom to humanity through mediums like Madam H.P.Blavasky, Helena Roerich, and Nicolas Roerich. All 3 were Russians. It

was time when there existed close psychical and psychological affinity between India and Russia. Russians have great affinity for service and sacrifice.

So try to visit some places of great historical importance in Rajasthan and Gujarat to have an insight into the great culture of the solar dynasty. First study the history of that place and then visit that place.

(Someone asks a question.)

Q) Master! How did Madam Blavasky come to India?

A) Madam Blavasky initially landed in Mumbai. Master Maruvu was responsible for her coming to India.

Madam Blavasky was born into a royal family but she never had interest in the riches and comforts from her childhood. She used to see some subtle beings moving around her. She had extra-sensory perceptions.

Great beings with subtle bodies move in invisible planes all around the world for purifying the places. Master DK said “In a year, we travel around the world 300 times and around 30000 times in India itself. We have such liking for India.” That greatness is not due to us (present Indians). It is due to the great Seers and Saints who were born in this land in the past. Grand Masters travel around the world visiting mountains, bathing in holy rivers and visiting temples.

So the thing is Madam Blavasky used to see all those grand beings moving around her. From her childhood itself, she knew that there are subtle planes apart from the physical plane that we see.

As a child, she once stood on a stool to hammer a nail to wall to hang a photo frame. The stool falls due to imbalance but she stands in air and fixes the frame. Her sister sees this and got stocked. Later her sister asks Madam Blavasky “Sister! How did you stand in air?” Madam replies “Was I standing in air? I felt that I was standing on a stool.” It means she was standing on an etheric stool which was invisible to others.

Madam Blavasky’s father recognized that his child was different from others and let her grow in the way she liked. She used to spend most of the time in observing the things happening in the subtle planes. This went on until she was 20 years old.

One time her father takes her to London in England. There is one huge park in England with a royal building in it. Even now it exists. A royal party used to take place there with all the royal families attending. She did not like it much and used to spend most of the

time in the park observing the trees, sky birds, etc. There she sees a man taking form and coming towards her. He was Master Maruvu. Seeing him, she feels very happy and felt that she knew him from a very long time. Master tells her “You were born to do perform a divine work. We will use you as a medium to hand over grand wisdom to the humanity. Do you want to participate in the divine plan?” Madam Blavasky replied “Sure. My life would be fruitful only if I am part of the divine plan.” Master tells “Think over gain. You will have to travel a lot. You will have to face many difficulties. You will have to face lot of criticism. I will come back again. Let me know your decision”. When Master visits her again and she tells “I am ready.”

Master Maruvu then takes her to Himalayas. Her father was worried at the disappearance of his daughter. So Master writes a letter to him saying, “Your daughter is very safe in the Himalayas. She will come back after a year.” Seeing the letter, her father feels very happy that his daughter is safe.

Though Master Maruvu took her, it was Master Devapi who taught her all the grand wisdom. During the first month, every day he used to squeeze her small brain to increase her memory and awareness capability. It used to cause her lot of pain but she bore it all with utmost patience. During the next 11 months, Master Devapi teaches her profound wisdom. Master gives her all the secrets like how many Masters are working on the planet and all the secret caves present on the planet. They show her all the old manuscripts present in the Himalayas and give her all the wisdom in those manuscripts. There she understands that India is the source for all this age-old wisdom and was attracted to India.

So in the process, she visits India. Initially, she plans to establish the theosophical society in Mumbai but later decided to start it in Madras (now Chennai) and from there it spread all over the world in about 144 countries. She visited India many times and mostly used to live in Adyar (an area in Madras). We can still feel her presence by visiting the theosophical society in Madras.

Madam Blavasky possessed great powers. She did many miracles but she always used to tell that “Miracles are not important. To have devotion and awareness of the divine is what is important.” She gave the story of the formation of the earth and evolution of beings on this planet, in her books. If you have time, read her biography. It would be highly inspiring.

If she concentrated on an object, no one can move it. If someone asked her if she possessed super-natural powers, she used to reply “Why do you want all that? Just try to

move that cup (pointing towards a cup)” The person could not move it an inch. Such was the power of concentration she had.

Just thinking of such noble souls would purify us. Reading their biographies would fade away our interests in silly and pity things. So read Blavasky’s biography to develop interest in noble things.

Now coming back to our regular class, we discussed about the 25 aspects of human body. All the principles present in creation are present in the human body. It is a micro-cosmos. Human body is not easily available. We should keep it fit and shapely.

If you see the images of Grand Masters, you can see that their bodies are very shapely. Their bodies are perfect images of the Lord’s form. Bible says “God made man in his own image and likeness.” So whatever exists in the lord exists in man. Human body is so great and we have to maintain it very well as long as possible.

Now days, people get all kinds of pains in different parts of the body. It indicates that we are not taking proper care of the body. The human body grows until 35 years of age. From then, there is no growth. The height may not grow but the tissues, glands, etc. in the body keep on growing until 35 years. You have to do your part to ensure that your body grows fit during these 35 years. Any change is possible only during this period. From then on, it is just maintenance of what had already grown.

The most important thing for fitness is maintaining our waist. Our waist should never grow beyond the normal level. A fat waist is a harbour for diseases. There are ‘Yoga Asanas’ for maintaining a thin waist. So you should practice them. Due to genetic reasons, some may be having a fat stomach even though they eat very less. Even to such ones, doing Asanas daily have a very good effect but it should be done at a young age. Our elders say that of all types of exercises, Asanas are the best. The greatness of Asanas is that they maintain the spinal cord highly flexible. That is why I advise you to do Asanas every day because fitness of body is required first. I gave 12 important Asanas in the book “Mithila”. Practice all of them daily.

Master EK and I stayed in a Yoga teacher’s house in Germany. We thought that she was about 40-45 years old. Later in one of our conversations, we came to know that she was 88 years old and were surprised. So that is the effect of practicing Yoga Asanas.

By doing Asanas, our respiration is highly stabilized. This is not the case with other exercises and sports. There are some regulations related to respiration in the Asanas but not with other regulations.

So if you all wish to have an effective working instrument, do Asanas regularly. It does not take more than 15-20 minutes. If possible do them in the morning or at least in the evening. I also gave the benefits of doing each Asana in that book. Your health would be greatly enhanced. You will not get fevers, cold, headaches, etc. frequently.

If you maintain a shapely body throughout your life and depart with such a body, you will get a good body in your next life as well. You will get a chance to be born in a family of people having shapely bodies. If you are having a shapely body now, it means that you were having it in your previous life as well.

Among the world population, mostly Americans have shapeless bodies, highly fat. They keep eating junk food, fried food and soft drinks. For such ones, it may take many lives to set their bodies to shape.

So the nature of the body at the departure is carried forward into your next life with its shape and even diseases. It is a natural law. It goes on in the same manner as long as you do not make an effort to change it. The basis for one's body is the etheric form present in oneself. It is just as a drawing is prepared which is the basis for making an idol and the idol's formation is dependent on the image. If the idol has to change, the drawing has to change. So the etheric form has to change for the body to change. You cannot complain that I have a fat body because my father or mother is fat. Why were born to such mother/father? Why not someone else? So only by our effort we can create a beautiful contour of our body.

We should not stop eating for the sake of having a slim body. It is dangerous. Such ones do not have strength in future as they grow in age. The body will have strength only when you take good food, digest it well by doing regular exercise. You will have strength to do any amount of physical work. You can walk for long distances without getting tired.

The first discipline with regard to these 25 is:

- Eat well and do Asanas regularly. Just the 12 Asanas which I gave in the book are sufficient. They are the basic ones.

With such a good body, you can do good work without getting tired or wanting to sleep much. Children of your age do not require more than 6-7 hours of sleep. Master DK said "Sleep by 10 and wake up by 5." By getting up at 5 you will get energies from nature. There is energy called "Ojani" in the light that is present before sunrise. That energy gives fitness to the 7 tissues of the body. It is available only in the morning before sunrise, not at any other time. So wake up by 5, do these Asanas, take a bath and sit for

prayer by 6. Doing Asanas should become a habit. You will not inherit any diseases genetically.

The king of all Asanas is 'Surya Namaskaram'. That one Asanas alone includes 32 Asanas in it. Doing that Asana alone would do lot of good to the body. People do not know the value of these Asanas and do not practice them. No disease would touch you if you do Asanas regularly.

The rule for doing Asanas is that they should be done when the stomach is empty. That is why it is advised to practice Asanas in the morning because the stomach would be empty in the morning.

If the body is fit, you can attain anything in life. Since you are in early stages of your life, it is within your hands. In the later stages, it is very difficult. This is very important. You should all get into that discipline of Asanas. They are very important in the path of Yaga as well. That is why they are called 'Yoga Asanas'. The energy flows freely all over the body. They also activate the brain cells and brain becomes highly active. Especially 'Sheersha Asana' is very good for the brain. So work them out.

-Swasthi