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“Class for Children & Youth” on 03rd March, 2013

WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

We should start our day with worship to the Lord. The Lord is the one who causes awareness to us every morning when we wake up. He is present in each one of us as prana and awareness but there is a difference in the degree of awareness. Prana is the energy that causes movement in us while Awareness helps us observe and think. That awareness when used for self, it becomes limited but when it is used for the welfare of others it keeps on expanding. The more you pray to the Lord, the more there is expansion in our awareness and it can be used for the welfare of others.

There are many who have lot of knowledge but only when it is associated with divine, it becomes useful knowledge. Until then knowledge is useless and it leads to pride. So knowledge associated with devotion towards divine, is useful. Knowledge without devotion creates as illusion and is dangerous. Knowledge should be utilized with responsibility. For devotion to stabilise in us, we should worship the Lord regularly. You can pray to the Lord in any form you like. We have many forms to the Lord. We have many rituals as well.

A consolidated divine principle in which all other principles are present is Ganapati. We have 16 names of Ganapati which we should chant everyday in the morning.

I am not telling you anytime to get up but try to get up as early as possible. Immediately after you wake up, brush your teeth, clean your tongue and take a bath. Also defecation should happen before bath. It will happen if there is proper digestion in your body. Otherwise it will lead to many diseases when you grow old. Improper digestion is a major cause of diseases now days. Your food habits play a major role in proper digestion. We have 6 tastes in our food (sweet, sour, salty, bitter, pungent and astringent). A balanced diet is that in which these 6 tastes are present in good (appropriate) proportion. It ensures proper digestion and defecation. There should also be regular exercise. Any activity which makes you sweat well is a good exercise. It may be playing a sport or walking or jogging. Yoga Asanas are the best form of exercise. They are now accepted world wide as the most consolidated form of exercise. So after waking up, cleaning the body is the first priority. After that you can drink milk. I would not advice you to drink coffee or tea. Milk is best for youngsters. Milk by itself is a balanced diet. After drinking milk, sit for prayer. Start with Ganapati Puja.

In Ganapati, the principles of all 3 logos and their consorts are present. Even all the intelligences grace their presence through Ganapati. I will teach 16 names of Ganapati. You should get it all by heart.

Here is the how the chanting is to be done:

OM Sumukhaaya namah
OM Ekadantaaya namah
OM Kapilaaya namah
OM Gajakarnakaaya namah
OM Lambodaraaya namah
OM Vikataaya namah
OM Vighnaraajaaya namah
OM Ganaadhipaaya namah
OM Dhoomaketave namah
OM Ganaadhyakshaaya namah
OM Phaalachandraaya namah
OM Gajaananaaya namah
OM Vakratundaaya namah
OM Surpakarnaaya namah
OM Herambaaya namah
OM Skandhapoorvajaaya namah
OM Sarvasiddhipradayakaya namah
OM Sri MahaGanapadhipataye namah

The 16 names are as follows:

1. Sumukhaaya
2. Ekadantaaya
3. Kapilaaya
4. Gajakarnakaaya
5. Lambodaraaya
6. Vikataaya
7. Vighnaraajaaya
8. Ganaadhipaaya
9. Dhoomaketave
10. Ganaadhyakshaaya
11. Phaalachandraaya
12. Gajaananaaya
13. Vakratundaaya
14. Surpakarnaaya
15. Herambaaya
16. Skandhapoorvajaaya

Keep a small image or idol of Ganapati, a flower, a lamp and an incense. You can also keep some sweet as offering and eat it after prayer.

Ganapati will give you order in life. There will be an order in every work that you do. He will give you Vruddhi (growth and expansion) and Siddhi (you will it and it will happen). Without order in our lives, we remain an iron piece. With order, we are like magnets. The energies in you will be re-arranged and an electro-magnetic energy will develop in you. Your speech and work will be very attractive. People will come to you when there is order in all your activities. Your life will become splendorous. An order will be established in every aspect of your life. I would be very happy and these classes would be fruitful if your lives turn out to be orderly. You can become a Master gradually. Anyone can become a Master when there is proper order in their lives.

Your handwriting is indicative of your pattern of thinking. That is why it is advised to develop a good handwriting. It will lead to a good pattern in thinking. There must be stability in your thought. Ganapati will ensure that there is stability in your thought.

When there is order in your life, there will be expansion in your consciousness. Anything you do would be a success. Your handwriting will also improve. When you can write in straight lines on a white paper, it means that you have stability and order in your thoughts. You see the letter or articles written by Satya Sai Baba. His writing is so aligned, orderly and beautiful. Similarly there is Master St. Germain who could write beautifully with both hands. There are records of his writing still available in Europe. It appears as if the pages were printed. He used to start writing 2 pages with both hands at the same time and completed at the same time and the amazing thing is 1st line of the 2nd page which he started with, would be a continuation of the last line of the 1st page. Such are the abilities of a Master.

I am telling all this for you to understand that 'it is never too late to improve your handwriting'. Now-a-days we are always typing things on keyboards and almost left writing. Also there is a science which can analyze the character of a person based on his signature.

Another thing required is head and hand co-ordination. Such a one will be a very efficient worker. There are many who can tell how to work but cannot perform the work. Such a one is only an advisor. One must be as good an executor as he is an advisor. Such a one is said to be a Raja Yogi (Raja = executor, Yogi = advisor).

When Ganapati graces you, your thought will be stabilized and orderly. You will get the right thought at the right time. There will be very good coordination between your brain and hand. You will become a very good executor. He will also grant stability in the body. It is said that stability was established in creation only after the descent of Ganapati into creation.

When Ganapati graces you, your thought, speech and action will be streamlined. For that to happen, you have to do Ganapati Puja daily. It is a tradition to start any ritual or major activity with Ganapati Puja. If you start without Ganapati Puja and worship other intelligences, they will not heed your worship.

So start with this short prayer to Ganapati. You can improvise on it based on your interest and time.

We have Shodashopachara Ganapati Puja. It has 16 Upacharas in it.

Shodashopachara = Shodasa+Upachara = Shad (6) + Dasa (10) + Upacharas = 16 Upacharas

It is said any intelligence would be please if Puja is done with 16 Upacharas. The 16 Upacharas are:

1. Avahana – Invitation to descend
2. Asana - Offer a place to sit
3. Padaprakshalana – Washing of feet
4. Hastaprakshalana - Washing of hands
5. Achamanam – Offering water to drink
6. Snanam – Bathing
7. Vastram – Offering clothes to wear
8. Yagyopaveetam – Offering the Sacred Thread
9. Gandham – Offering Sandalwood Powder
10. Pushpam – Offering flowers. Ganapati likes Garika (a species of grass) more than a flower. So that can be offered. Offering flowers, we praise the virtuous qualities of Ganapati. The intelligences would be pleased when we praise them and they will cooperate with us. That is the purpose of their birth. They do not have any personal work. They do what is good to us.
11. Dhupam – Offering Incense
12. Deepam – Lighting a lamp
13. Naivedyam – Offering food to eat
14. Tambulam – Offering beetle leaves and areca nuts
15. Neerajanam – Offering lighted camphor
16. Mantrapushpam – Offering of a flower after chanting a mantra

There are also Pujas with 18, 21 and 108 Upacharas. When Krishna was asked what Puja should be done, he said "Shodashopachara Puja (16 Upacharas) is sufficient. One who performs Shodashopachara Puja daily; I will guarantee you "That life will certainly unfold in a splendid way". I started doing Shodashopachara Puja daily to Lord Shiva on my own when I was 12.

So first by heart these 16 names and then I will give you a short Ganapati Puja which will not take more than 10 minutes; may be 12 minutes because 12 is the number relating to Ganapati. Nothing more is required at present because once you get the taste of it; you will yourself start improving on it.

When you do this regularly, you need not take advice from anyone. You will have self-regulation. You will do what is to be done without anyone telling you. Neither my parents nor teachers had to advise me anything. My father used to give some advice to all my brothers and sisters except me. When my mother used to ask my father, why are you not telling him, my father used to reply "He doesn't need any advice because he does everything without the need to tell." Even Master EK told the same thing to my mother. It went up to the extent that I used to receive messages from Master CVV a day before Master EK received them. Is it my greatness? No! It was due to the Puja which I performed daily when I was young. I even continued the same during college days when I stayed in the hostel. There were others who learnt Puja from me during those days. One of my friends asked me "Will continue this Puja even after marriage?" I replied "Yes! I will." Then he said "If your wife does not accept. Then what will you do?" I said "I will marry the one who will accept it."

So this programme which I am giving you is a life long programme. Do not leave it at any point in your life. Depending on your dedication, sincerity and interest, Ganapati will grant his presence and grace to you. So that is one thing.

Next thing is you should read the life stories of all Grand Masters, whose images we keep on our altar. Start with the life story of Krishna. Read at least a brief biography of Krishna. Next comes Lord Maitreya who is leading the humanity in this age as the World Teacher. He was given a programme to be followed in the Kali Age by Lord Krishna. He was the son of King of Kasi (Varanasi). He became a disciple of Parasara and after learning all the sciences, he becomes a devotee of Krishna. He was present at the time of departure of Krishna from the physical. He is one who could see Krishna inside and outside, at will.

Our organization, The World Teacher Trust, was named after him. A member of this organization is one who follows in the path of the World Teacher. All of you were born in the families related to the World Teacher Trust because there is a certain relation to you to the programme of Lord Maitreya. The seed is already present; you need to work on it and develop it.

All other Grand Masters form a part of the team captained by Lord Maitreya. Master CVV is a special member of the same team. We should know about all these Masters.

So you start reading the biographies of these Grand Masters. When you start reading their story, you will be recognized by them. They grant their presence to you. They permeate the space around us and move with their subtle bodies. Actually, anything I tell you in these classes or any other discourses is as per the instructions I get from them. They give you strength to perform your activities. They fulfill your life activities and they hope that we join them in fulfilling the divine plan.

This is what happened in my life. My whole life was inspired by the Lord. I used to chant Hanuman Chalisa whenever I had free time. While I was studying in the Andhra University, every Saturday evening, I used to walk from my hostel to the Venkateswara Temple present on a hill near the Vizag Sea Port. I used to climb that hill, prayed for some time and then again walked back. While walking to the temple, I used to pray by chanting some stotrams and then while walking back from the temple, I used to recollect that which was told in the class that day and previous days cumulatively. I am telling all this for you to understand that when there is fiery aspiration, the required inspiration, strength and help comes from the Lord.

During exams, I used to hear a voice from within saying that a question from so and so topic would come in the exam next day. Sometimes I was directed to some book in a library and questions from exactly what I studied in that book came in the exam. All the record marks and gold medals that I got are only because of the help I got from the Lord.

So doing this Puja regularly is the foundation for all these events to manifest in your lives. Also I will teach you a way to recollect the Grand Masters which will take about 2 minutes. If you recollect them regularly, you become many in one and not alone. Actually no one is alone at any point of time. The energies of all the Grand Masters is filled in the space around us. By orienting towards them, that energy permeates us. Moving forward in life with that strength would be completely different from moving on our own.

Simultaneously start reading the biographies of Grand Masters. There are many books available. I wrote some books as well. It adds lot of strength to your daily activities. You will get more help when you recollect them while performing a welfare activity. An intuition will be developed. You will get some instructions and even solutions from within.

In the previous classes, I gave you the constitution of man. Now we will be discussing on how to work with it and develop it and what is to be known. We will continue in the next class after 2 weeks.

-Swasthi.