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“Class for Children & Youth” on 24th March, 2013

WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

(The class begins the class with the chanting of the Ganapati Shodasanamas for 3 times.)

Ganapati Shodasanamas:

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

There are 3 important aspects relating to the body:

- 1) Consciousness
- 2) Force
- 3) Matter

Consciousness is the basis for force and matter and they are born out of consciousness. Matter and force should not dominate consciousness. Consciousness is also called awareness. You should understand the meanings of these words like Consciousness, awareness, etc. I use very often in the books I write. Consciousness or awareness is knowing that we exist (I AM feeling). Force may dominantly manifest through matter (physically strong), through thought (mentally strong), through prana (life force) or through Buddhi (discriminative will). Force has an important role next to consciousness. So the order is consciousness, force and matter.

If matter is dominant in you, you feel like sleeping more. Matter cannot move on its own. It is moved the life force (prana). Matter is inert in nature and when it dominates the quality of inertia dominates in you. Such ones are very lazy by nature. Matter is gross while force is subtle and consciousness is even more subtle.

When force dominates, dynamism quality dominates and such ones are over active.

- 1) Rajas (dynamism) - Force dominated person
- 2) Tamas (inertia) - Matter dominated person
- 3) Satwa (poise) - consciousness dominated person

The litmus test to determine if a person is dominated by inertia or not, is his ability to wake up before sunrise. If you want to succeed in your life, you must conquer your sleep. If you have such a nature, try to overcome it by doing some sweating exercise. When you sweat a lot, the body gets little and inertness recedes and force increases. Try to avoid sleeping during the day time.

Do not get accustomed to comforts. In summer, you should be able to bear heat. In winter, you should adjust to cold. Unless the ambient temperature goes beyond your normal body temperature, you should not go for Air conditioner. So up to 38 degrees, you should bear without any discomfort. Do not cover your body unless the temperatures are very extreme. So resistance increases to your body. The more you bear heat, the more you can also bear cold and rain. The vitality of body is good when you are able to bear with heat, cold and rain.

Another danger with inertia is that it leads to forgetfulness. There will be aversion to work, move, study and so on. Hence there will be forgetfulness as there is no interest to work. Normally we should prepare for today's activities yesterday itself. That is how it should be. There should not be last minute preparation. There are many who do everything in the last minute and time is lost in searching for things.

Inertia minimizes our energies. It leads to forgetfulness. It is very dangerous. You keep check on forgetfulness. There are people who even forget most important things. You don't remember things that you learn, during the exam. Why? It is because of dominant matter. You can remember things all the time when the matter in you is limited and does not dominate.

In the previous classes, we discussed the 5 fold body. Now we are discussing the 3 qualities which run this 5 fold body. They are Rajas, Tamas and Satwa.

For them to be balanced, you should make it a habit to sleep early and wake up early. Waking up before sunrise should become a habit. It keeps Tamas in control. Tamas is the dangerous of all qualities. When it dominates, the density of matter increases and memory recedes. Eating stored food increases Tamas in you. You can observe that people with lot of Tamas eat stored food most of the time and they like it very much.

With dominant Rajas, there will be lot of force in the body. It will be more than that is required. Any work that they do is dominated by force. The things that they handle wear out very quickly

due to rough handling. He does things in a very quick manner and in that speed there will be mistakes in his work. He does one work for another. He does not listen fully.

If you ask one with lot of Tamas to close a door, he will just push it in such a way that it may not even close properly. The same thing when told to one with Rajas, he bangs the door very hard. Even his walking is very rough and it is as if he is hitting the ground with his legs.

For Tamas, Kumbhakarna (Brother of Ravana in Ramayana) is the best example. For Rajas, Ravana is the best example. The former always eats and sleeps. The latter always moves all the time and most of times purposeless.

So dominate Rajas or Tamas results in failures.

The 3rd quality is Satwa. It is poise. It is like a pleasing flow of energy. There will be neither over speed nor laziness. Forgetfulness and mistakes are negligible. There will be even expenditure of force. The life is streamlined. Very good work happens through him as he works effortlessly.

In each one of us, there are these 3 qualities. If all the 3 are balanced, your life will be a smooth flow. All 3 qualities are required for us but there is a limit for each of it. If we have to sleep, we need Tamas. There are some who do not get sleep easily. If we need to be aware and work, we need Rajas. All the 3 qualities should be in equilibrium.

When there is imbalance in these 3 qualities, their effect is present on the 5 fold body. When the managers (3 qualities) are not proper, what will be the status of those who work under them (5 pranas, 5 elements, 5 senses, 5 organs, 5 sensations)? They also do not act properly.

We need to have certain food habits to make the body fit to receive knowledge and work. Good habits enable you to gain good abilities. Virtues are again different. All able persons may not be virtuous. Virtuosity is the next step. First we require ability and with that ability you should perform good activities. We can later add virtues. If without abilities, we have virtues, they are useless. Such a one, though good, cannot do anything. There are some who have lot of ability but not virtues. They are the diabolics. We see many such ones in the society and they are more in the news now-a-days. Men with good abilities and virtues become 'Men of Goodwill'.

So everything depends on the working of the 3 qualities. For the 3 qualities to be in balance consciousness should control force and force should control matter. That order should not be inverted.

Next time, I will give you a list of all the qualities which fall under each of these 3 qualities. You can check what all qualities you have and try to eliminate those that fall under Rajas and Tamas. And try to practice and gain the qualities falling under Satwa. They are given in detail in the 15th chapter of Bhagawadgita.

The balance of the 3 qualities is given by the symbolism of equilateral triangle. We have a symbol of equilateral triangle with a dot in the centre. It is called Ganapati Yantra. The dot is

you. The 3 angles of the triangle are the 3 qualities. When all the 3 qualities are in perfect balance, such a one becomes a Master.

So you have force and matter which should be under your control. They should not control you. Especially man with dominant Rajas is very difficult to control. He cannot switch off after the work is done. There will be terrible expending of energy with very little turnover.

Master EK used to give an example for Rajas quality. If you lift a car using jacks on all sides and then you start it and step on the accelerator, what will happen? Only the wheels rotate but no distance is covered. A person of dominating Rajas works in such a manner.

Force and Matter should cooperate with consciousness as required. Then work happens smoothly with good balance of activity, rest and poise. It is said "A life should flow like a river which flows in a streamlined manner the whole year." There are some rivers which flow in such a manner. There are some rivers which have floods for some days of the year and the rest of the year it has no flow.

There should neither be hyper activity nor hypo activity. In the world, we see more of hyperactivity because only such ones show off more.

So adjustment of the 3 qualities is a major work for us. We should work with the triangle of forces. It makes us able and virtuous. The triangle of 3 qualities is also called the triangle of forces. The trident of Shiva and the brow mark of Vishnu indicate the perfect balance of the 3 qualities in them.

This triangle can also be a right isosceles triangle. That is 2 sides are equal and other is a hypotenuse. The 2 equal ones are Rajas and Tamas and the longer or dominant one is Satwa. So the triangle can also be right isosceles.

Pythagoras used to ask the ones who wanted to join as his disciples to draw a triangle in sand and depending on the triangle they drew; he used to give them training accordingly. He could observe their qualities depending on the triangle they drew.

If you work with the 5 fold body and 3 qualities for 12 years with all perseverance, you will have a very good instrument to work for yourself and also for the society. In any work that you do, see that Satwa exists. That is, the work should be balanced. Otherwise, you will not be useful even to yourself.

I will give you more details in the next class.

(A question from Secret Doctrine.)

Secret Doctrine is the secret science which is revealed within. It is an advanced science. Only when you travel inside, you can learn that science. You should tune your mind to turn inward. Firstly you should limit your objective activities to your duties. Otherwise you cannot tune inward. It also gives you more time. It is not as easy as said. It requires lot of continuous effort

for a long period of time. In Secret Doctrine it is said "Close the Libra" which means limiting the objective activities. When you get an idea to go somewhere or do some work, you should first question its necessity. "Is it really necessary? What is the purpose?" Only then you will have time for prayer and other practices.

That is not just enough. You should make lot of effort to travel inward. Closing outside does not mean you are inside. Travelling inward, you should see the light within. Then you develop a taste for it. You will be more attractive to the inner world than the outer world.

There are certain hindrances which attract you more outward:

- 1) Crave for money and riches – The whole world is being driven by money now.
- 2) Male Female attraction
- 3) Crave for recognition
- 4) Comparing yourself with others

Likewise there are certain passions in the world which may attract you so much into the outer world. Libra is said to be a passionate lady. It attracts very much. There will be beautiful things in the world but you should not go after everything. Limit it to your necessities.

Another thing is comparison. Do not compare yourself with others. Bhagawadgita says "Don't live by comparison". You be by yourself. So these things hold you so strong in the outer world that you cannot go inside. We are so habituated in the objective world that the mind moves like a street dog. You cannot keep it within the gate of your house.

That is why prayer is very important. We request the Lord or Master for help to control the thoughts. Apart from prayer, you should regularly practice to sit alone for sometime and try to sit inside. It is should be a persevering process. You should spare considerable amount of time daily for years together.

Our energies are concentrated in the outer world. So when you try to travel inside, those objective energies pull you out. For us to travel inward, you should give now concentrate your energies on the inner world. Gradually those energies diminish and these energies augment. That is how it happens.

We will continue in the next class.

-Swasthi