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“Class for Children & Youth” on 31st March, 2013

WTT Retreat Centre, Vizag.

- Master K. Parvathi Kumar

(The class begins with the chanting on Ganapati Shodasanamas.)

We keep saying I AM all the time. This I AM consciousness is driven by Will power. This power drives us to think and act everyday from the time we wake up. This is common for any person with any degree of awareness. He may be the most ignorant or most knowledgeable. Everyone feels like doing something. So the will power will drive us to some activity or other.

As we wake up, we are pure consciousness before we get some thought. The thoughts drive us into all kinds of activities. So all this is the work of the “Will”. The degree of one's awareness determines the quality of thoughts one gets. The thought may be useful to only us, the thought may be useful to others, the thought may be useful to us but may hurt others, and the thought may also not be useful to anyone (neither you nor others) and so on. So there are many kinds of thoughts that we get all the day. It will drive either into speech or action. This keeps on happening as long as we are awake.

Why does this thought come to us? We should contemplate on this question. It is by nature that thought comes to us and many times we are not the controller of our thoughts. As we cannot control thought, when we get a thought we should question first "Is it my duty to act according to that thought or not?" There are many duties that we have to attend to at different stages of our life. If we do not attend to our duties, we will not succeed in our life. First of all we should get thoughts relating to our duties. In all the thoughts that we get, we should discriminate and filter them according to our duty and then act.

So observing of thoughts is the first step. For many of them, most of the time useless thoughts come. Useless thoughts means thoughts not relating to us or thoughts in which we have no duty to perform. If we are getting many useless thoughts, they are a burden to us. It happens due to dominant and erroneous functioning of Rajas (quality of dynamism). With such thoughts, most of our time gets wasted. The thoughts are so strong that they come as a flood and we cannot

stand in them. How can you stand in a flood? Such ones think that they have lot of things to do and end up doing very little and most of it with errors.

So first learn to observe your thoughts. Start questioning when you get a thought. Is it necessary? Is it my duty? Is it right to do? Is it the right time to do? So filter your thoughts with such questions. You should decide "What is required to be done, I will do; otherwise I will take rest." Then you gradually get into a poised state. If you get into things which you should not do, you get into trouble.

There is a story. One man had a dog and a donkey. One night buglers enter that man's house, the donkey sees and asks the dog to bark but the dog does not due to laziness. The donkey starts making a noise. The man thinks that the donkey is disturbing him and beats the donkey. The next day he knows that some robbery took place and he the beats the dog for not barking at that time. So the moral of the story is if you do not do what is to be done by you and do what is not to be done by you, you will get into trouble.

There will be consequences in the both the cases. So the moral is do only what is to be done by you and do not do what is not to be done by you. You should not even overdo. There is a limit for everything. If I say that the class is for 1 hour and teach you for 3 hours, what is the consequence? You will stop coming to the class. Or if I keep saying that I will take class on so and so date and skip the class every time, what is the consequence? You will come for 2 or 3 times and for the next time you will not come even if I come. Like that there will be consequences if the work is not done or if the work is overdone.

So there is will and action. The third thing is knowledge which is required to act properly according to our will. If there is no proper knowledge, even the thing you have to do, you will not be able to do properly.

So the questions are:

1) What am I to do?

2) How am I to do? It is simply said "Know How". You should know how to do before you start doing. If you do not driving, don't drive. If you do not know how to answer an exam paper, do not attend the exam? :)

The 1st question relates to will and the 2nd relates to knowledge. So knowing what to do is first part and knowing how to do is 2nd part. Action without knowledge leads to unwanted consequences. You know what to do and how to do. You have to do to gain the related experience. It is the activity.

So Will, knowledge and activity are the 3 aspects we should have in required proportions for things to happen through us. When these 3 are in balance, the life moves forward in a smooth manner. Otherwise you may be doing something but there is no forward movement.

The triangle of these 3 forces runs each and every person on this planet. It may be the President of a country or a ordinary citizen in that country. This triangle not only applies to us, it also applies to the whole creation.

Our planet, earth rotates around itself and revolves around the sun. You all studied about it. The speed of movement of earth is magnanimous. Not even the fastest jet plane can match the speed of earth. Even at that speed, it moves very stably. Do you feel that it is moving at that pace? It is so balanced that you don't feel that we are moving continuously. Not only it is stable, the speed is constant always. There will be no change in the speed of earth. We write our astrological calendars with the assumption that speed of earth is constant. If not, we cannot predict anything. So the earth moves with such poise. It is a great example for us to follow. You should also control the pace of your working depending on the work that you are doing.

We may be having Rajas in some activities and Tamas in some activities and many have Satwa in very few activities. So the resultant may be either dominant Rajas or Tamas.

In the 14th chapter of Bhagwadgita, Lord Krishna gives the qualities of those who are dominated with Rajas, Tamas and Satwa. (You can refer to the 14th chapter of the book Mandira Scripture by Master EK.)

The qualities of Rajas dominated people are listed as follows:

- 1) Immense desire - He desires more than what he needs.
- 2) He always wants to do something. He cannot simply take rest.
- 3) He interferes in affairs of others. He disturbs others.
- 4) He cannot withdraw from some things which he thinks is wrong to do. We think of not eating some dish because it does not suit our body but we again eat it when we see it. There may be many other cases in which we may be unable to restrain ourselves.
- 5) He tries to own many unnecessary things. There are some who go to a mall to buy something and end up buying many other things. If someone questions "why did you buy?" He says "It is nice so I bought it." This quality is very dominant now-a-days. There are many unnecessary things in all the houses because people just buy them with no purpose. So do not buy just because it is nice or beautiful. Buy it only if it is necessary to you.
- 6) He is always busy. He works as if the world is going to end tomorrow. But the turnover is less. The story of hare and tortoise is given to tell us this point.
- 7) The body gets burned up quickly.

8) They think they are the best in doing anything. If someone tells 'You are the best'. It is Ok but if you yourself think you are the best. What is it? It is Rajas.

9) He wills over unnecessary things. If he does not like someone due to some incident, he says "I will not meet you ever again" and he stands by that word even if the other person changes. He does not change his opinion.

10) He always wants to learn the most and he does not want others to learn more than him. He is jealous. He does not like sharing his knowledge with others. You can learn more but it should not be in comparison with others. You can get good marks but do not compare it with others.

The qualities of Tamas dominated people are listed as follows:

1) Dull head - He forgets even his duties. Someone has to be keep reminding him.

2) He moves at a very slow pace. He moves in a disinterested manner.

3) He does not feel like doing things. He questions "Why should I take bath? Why should i wake up early? Why should I study?" Such ones should be asked "Why should you eat? Why should you sleep?" :)

4) He does many mistakes. This is common to both Rajas and Tamas.

5) He is illusioned. He takes one for another. He understands things in a wrong way.

6) The body gets burdened because he does not work. He is very lazy.

7) The body may also get many diseases due to non usage. Generally a thing gets worn out more due to underutilization than due to overutilization. That is why in Ayurveda or Homeopathy, the doctor checks whether the patient is under active or over active before giving medicine.

8) He is always late in every aspect. It is due to his laziness.

9) If one life is dominated with Tamas, that is if the body is underutilized, there is very much a chance that he may get a life lower to that of a human, in the next life.

So all these qualities, if present, should be rectified. There are prescribed ways on how to rectify and adjust which I will give in the coming classes.

The qualities of Satwa dominated people are listed as follows:

1) The mind will be pure and alert.

I will give more details in the next class. So check out which all qualities you have in the above and try to rectify them.

-Swasthi