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"Guru Purnima Celebrations"

Discourse part 4 by Master Kumar Garu on Saturday, the 16th of July 2011, at Hyderabad, India.

(For private circulation to WTT members)

We just completed in the 4th prayer in this Guru Purnima Celebration and starting the 4th discourse now. We discussed some astrological significance of this month of cancer and the constellations that are covered in this month. This is the time when the human beings have a great opportunity to stabilise himself in alignment with the Lord.

Human Beings enter the mind and experience the outer world through the body and senses. He derives information from the outer world through the senses and his mind is stimulated. He responds to that stimulus based upon his quality. Some respond to everything but some respond only to a few stimuli. If the beings start responding to the stimulus without the consultation of Buddhi, Buddhi fades away. This happens when Chittam works just with the ego and mind and leaves Buddhi.

Our Buddhi grows only when we regulate and rectify ourselves continuously. All the rules on cleanliness and discipline fall under the regulations to the body. There is a difference to your body and mind when you bath or do not bath. A bath greatly purifies your body and mind. It is said that water even purifies devas (cosmic intelligences) as well. So we should realise that water plays a huge role in our purification and should hold a good relation with it.

Then comes good smell. The being expands and glows in response to a good smell and contracts in response to a bad smell. This expansion and contraction also reflects on the intellect of the person. So the body should be ensured to have a good smell for the being to expand. That is why it is advised to bath 2 to 3 times a day because chemical reactions continuously take place in our body and they release some waste products (Carbon, etc.) which comes out as sweat and this needs to be cleaned regularly.

Like this for the expansion of Buddhi, all body regulations are very important. The beings take birth again and again to fulfill their experiences. Once the being has fulfilled one of his experiences, he does not show interest on it anymore. There are many beings that do not have interest on money, riches, power, etc. Why? It is because they have fulfilled experience relating

to that aspect. Similarly some have great interest in taking care of their body. That is not necessary. Taking care of the body should be at a basic level and not of primary importance.

Though there is supply of electricity to this building, the glowing of lights and working of fans depends on the arrangement of electric wires. Everything should be properly arranged so there is free flow of current. Similarly the body should be properly regulated for the free flow of light.

So to regulate body smell, usage of items like sandal, kasturi, chandan, etc. were suggested. They have a very good influence on us. Using all kinds of perfumes is not good. Only few things which hold a divine relation were suggested to be used for good smell.

So we should be very alert in regulating our body so that no mistakes are committed. Only then the Buddhi expands. That expansion automatically reflects on our Chittam and Mind. It is at this time of the year that one should be more alert because new elements are formed in the body and mistakes may be committed if we are not alert.

Sometimes mistakes happen as everything is not our control. We should be able to accept our mistakes. The affect of that mistake gets cleared upto some extent if we accept it. We try to manage and cover our mistakes. The debt increases that way.

Many instructions and regulations were given to us by our elders. The first instruction is to wake up before sunrise and take a bath and be prepared to experience the morning rays of the sun. It is a great experience to observe how night turns into day with change of so many colours in the sky. All this is very beautiful and happens in utter silence. Light meets darkness at that point of time. We should make an effort to align with that point of time.

Then comes the regulation of food. You should take food which suits your body. The same kind of food may not suit everyone because the texture of the body is not the same for all.

There are many such rules and regulations suggested by the Science of Auyurveda. They are the basic instructions without which no Yoga is possible. For the crop to grow, the land should be ploughed and made fertile. If the land is infertile, crops do not grow on such land.

Someone asked me recently. Most of the professional duties now a day are in the night hours. So can we shift the prayer to 9 am instead of 6 am? I answered "The lower should fall in order with the higher. The higher will not fall in order with the lower. "The body should tune to Yoga. Yoga cannot be changed to suit the body. You decide what is important to you. Body, mind, profession, etc. or Yoga? At every point of time, you should question yourself "What is my duty now?" So restrict yourself to what is your duty and do what is needed.

If someone is feeling that everything is needed then it means he has lost his discrimination. So discrimination is very important.

Next important regulation is speech. Without all these regulations, stable Chittam is not possible.

Master CVV said "Unless the stage is stable, how can the statue stand!" You are the statue. The stage of Chittam and Mind should be stable for you to stand.

If you eat without control, speak without control, go everywhere, wander without any aim, etc. all this is reflected in your thoughts. So you lose control.

So limit yourself to your responsibilities. Do your due to your parents, children, friends, relatives, five elements, etc. Someone becomes your parents, children, friends, relatives only because you owe them something in your past lives. If you neglect it now, it comes back again in future. So attend to them with love and your debt gets cleared. If you abstain from your duties, then you are never in Yoga.

If you do something wrong in secrecy, no one may know it but it remains as fear in your mind. Now a days many live in unknown fear.

Also anything that you do, do it as an offering. Stable mind surely comes if you do everything as an offering.

As you have to attend to your duties compulsory, why not do it as an offering. Do not cry while attending to your duties. If a student goes to school crying, can he learn anything? The act becomes useless if you do not like doing it.

A stable mind does anything you direct it to do. If you tell it to concentrate on breathing, it does that immediately. If you tell it to visualize the feet of Master in your heart, the mind does it. A wandering mind cannot do it. It is like a blind mind. How can a blind mind visualize something.

So all these rules and regulations were given to us to realign ourselves. Then it can be re-oriented. So basically food, speech, movement, etc. should be strictly regulated. Entertainment and pleasure are also required but a demarcating line should be drawn, a limit should be imposed on them.

So the important instructions are:

- 1) To see the divine in everything and everyone around you.
- 2) Questioning your self "What should I do now? What is my duty? How can I be of some use to someone?"
- 3) Doing prayer in the morning and evening.

Master CVV instructed us to follow the above 3 and he promised to take care of the rest.

If you ask something from someone, it gets debited into your account. It is negative. If you do something to someone, it gets credited to your account. It is positive. You can ask someone

higher to you. If you get help from a Master, it does not get debited but you should help someone lower to you. These are the rules based on which our accounts are maintained secretly.

So lead a life of purpose. Do not lead a vague life. We can gain entry into the higher planes by leading such a life. Permeation is Yoga, displacement is not Yoga. If you are in Yoga, you see everything that is happening in this creation, just by closing your eyes. That is permeation.

So we will continue in the evening.

-Swasthi