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"Guru Purnima Celebrations"

Discourse part 5 by Master Kumar Garu on Saturday, the 16th of July 2011, at Hyderabad, India.

(For private circulation to WTT members)

There are 4 important days in a year - 2 Solstices and 2 Equinoxes. We should align ourselves with the energies that descend on those cardinal days of the year.

On the first cardinal day of the year, the divine descends into our head centre. From then it permeates the body from head and heart for 90 days and sits into our heart centre by the 2nd cardinal point of the year. For the next 90 days, the divine helps the beings to rectify their bodies and to be prepared for an ascent.

The human being is similar to the creation. Creation is macro cosmos while human body is micro cosmos. Seers and Rishis understood the creation just by understanding the human body and they gave that knowledge to us.

Depending on the evolution of the beings, there are 3 kinds of human beings. The first category who think that "I am the human body". The next category who understand that "I Am a soul. I have a body. I am an image of the Lord". The 3rd category of beings who understand that "The Lord himself exists as me. I AM THAT I AM."

So regulations were given to the human body to train it to enable the being to align with the divine. These regulations are to be strictly followed in these 90 days beginning with the month of cancer.

In this process, an effort to prepare an etheric body can also be made. It leads the beings to a state of immortality. Physical body is not required at all times for the ones who have this etheric body. They can take up a physical form whenever required. The kumaras, seven sages, Grand Masters, and so all, all of them stay immortal in this creation due to their etheric bodies. Every human being has an opportunity to build an etheric body for oneself. All grand Masters give importance to the formation of etheric body.

So we need to develop knowledge of the human body and its working and also develop a sublime relation with it. Relation is possible only when you know the working and utility of the human body. This is a primary education that one should have. Here the relation should not be an attachment. It should be like the relation that a ripened fruit holds with its tree. If you touch a ripened fruit; it immediately falls off the tree.

So the knowledge of the human body should be given to the human being at a very young age. At that age it would be very easy to regulate the body and use it to the best. It is the first step of bringing up a crop which is ploughing and seeding the field.

(Master is giving a quick recollection of the 4 states of existence of a human being. The working of Buddhi, Chittam, Mind, body and senses. Please refer to transcripts of previous discourses.)

Chittam through mind and senses is responsible for the interaction with the outer world. If it has no knowledge of how to interact and it is not regulated, it gets stuck in the outer world.

Our body is highly sophisticated but we generally do not know how to use it. If you buy highly sophisticated electronic equipment and use it without following the instructions, then it is spoiled. Same is with the body. It serves you better than any other instrument in creation if you know how to use it.

Do not see everything with your eyes. Do not hear everything with your ears. Do not speak everything with your mouth. Do not touch everything with your skin. Do not taste everything with your tongue. Your body becomes infertile. It gets contaminated. The energy system of the body gets affected. It does not mean you remain serious. There can be pleasure and entertainment as I said in the morning but there is a limit for it.

If you interact unnecessarily with your senses in the outer world, everything gets stuck to you. The mind and Chittam get distorted completely. It becomes unstable.

How to make it stable? If it is placed near a stable Mind, an unstable mind becomes stable. Before that we need to have aspiration for a better life. If there is no aspiration, there is no story. You all gathered here because you have that aspiration. Otherwise you cannot come here.

So the body which is a wealth given to us by the Lord should be utilised very carefully. It is invaluable. You cannot buy it in the market.

Now days, we completely lost the knowledge of utilising a human body. We do not know what to eat, when to sleep, when to wake up, what to speak, what to do, etc.

Knowledge is alone not sufficient. It should be applied in life. Reading books has become a fashion. It is of no use if you do not apply the knowledge in your daily life.

If body is completely regulated, Chittam and Mind get stabilised automatically. In the initial stages in the path of Yoga, the prayers that we do are to attain a stable Mind first. Without a stable mind, there are no further steps in this path.

Once you attain a stable Chittam, the story is completely different from then. You are kidnapped by the world when you do not know how to relate with the world. This is the elementary step.

If you are not alert, the serpent of time consumes you. The urge for recognition makes a man run like a street dog. Recognition comes only when you do some great work. To do great work in this world, you need a stable mind first. So everything comes to you if you stand stable. You need not run after everything. Do not look for happiness in objects. Happiness should come from within.

Master EK used to tell a story. One person build a huge house beautifully decorated. He appointed a star hotel cook. He married the miss universe. He bought a high breed dog. He sits for dinner with his wife. The cook prepares some very rich dishes for dinner. They both fight and leave the food prepared by the cook. The dog comes and eats that food.

So that is what happens when you try to buy happiness or make huge efforts to be happy without being happy by self.

All this is the story of coming down by 3 steps and working with 3 things and going back the 3 steps. The 3 steps are divine, being and Buddhi. The 3 things are body, mind and senses. We stand as Chittam in-between. We should become divine again step by step.

“Birth of souls into bodies is the story of Cancer” says spiritual Astrology.

During the last 90 days of pregnancy, the child inside suffers a lot because it is very congested. The being in that situation prays to the Lord and requests that he should not face such suffering again. He says that he would receive the knowledge and follow the given regulations to attain immortality when he need not take birth in the same manner again. But all this is forgotten in a few months after the birth.

So it is the responsibility of the parents to help the child recollect his prayer that he did to the Lord at the time of birth. Now days the parents do not know anything and the child anyway do not know anything. It is a pity situation. It is due to Kali Age. At least the ones who know should make an effort to teach their children. It may not be in the hands of parents but at least an effort is to be made.

The human being suffers again at the time of death. It is like a bite of 1000 scorpions. So if you do not practice the instructions given to us, this suffering comes again and again in the form of birth and death.

The divine as Master is one who guides us in this path. Master just instructs you. He does not impose anything on you. A Master is like a friend to the disciple and grants freedom for the disciple to act according to his liking. He just cautions him if the disciple is going in a wrong path but does not oppose him. So it is left to the disciple if he wants to follow the Master or not.

You should also maintain a friendly relation with your body. Do not impose anything on it. The Lord also maintains a friendly relation with you. He can even be your lover. Give the body whatever it requires, not more. It does not suffer if you give it more than what is required. It is we who suffer. A head ache or stomach pain is felt by us not by the head or stomach.

Master CVV said "A friend is one who has free ends." There will be no knots. It's all freedom. In friendship, there will be sacrifice but not attachment. One should sacrifice the presence of other. Such is the freedom in friendship. So we should such friendship with the body.

The body has 7 constituent elements. If an alignment is brought out within the 7 elements, a new element is formed which is called Ojani. It is actually the element which is responsible for the formation of these 7 elements but remains subtle. The formation of this 8th element is the first step in the formation of etheric body. I will give more details of etheric body formation in the discourse tomorrow morning.

So the body is a great instrument. Leave alone the etheric body, the physical body is itself a great utility. It should be used for the welfare of others and not for personal welfare. Personal welfare surely follows if you keep working for the welfare of others. All devas, trees and animals do not work for themselves. They work for us. Only we work for ourselves and get stuck. Do only what is necessary and do it only for the welfare of others. When ones life is sacrificed for the welfare of others, transformations automatically take place in the body.

Also take good care of your body. Do not neglect it.

If you work for the welfare of others, the devas, the 5 elements present in your body feel very happy and as a result chemistry happens in your body. This results in the formation of the 8th element "Ojani".

From then on the story is different beginning with the formation of etheric body. This is what Master CVV promised to you. He just asked us to follow the instructions that we discussed in the morning.

The instructions are few but as we go more and more into the path, the instructions expand. So today we tried to expand the basic instructions given to us for better understanding.

So we discussed all the regulations that are to be followed by us in these 90 days. The body cooperates with you for the ascent to take place in the remaining part of the year. **Behind every success in Yoga, there is the cooperation of the body.**

All regulations cannot be practiced in a year but this opportunity comes every year and if you practice at least one regulation a year transformation happens slowly in some years.

So we will stop here now and continue in the morning.

-Swasthi