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Mysore Gurupujas - 2011

Discourse 3

Yesterday in the discourse after the evening prayer, we have discussed about practices to see the inside light. To enter that plane of light, we have discussed some techniques. For us to see the inner light, it is possible only when we follow the dharma and other practices which we discussed in the morning.

A divine vision, inside or outside, is possible to those who look for the welfare of others and not for himself. We are generally stuck in our profession, our family, our friends, our relatives and so on. One who is stuck like that is not happy. Even our body is a hindrance to us. We get many diseases.

Body is given to us only for experience and happiness but we feel it as a burden. There are many who carry their bodies instead of riding on it. It is like carrying a donkey instead of riding on it.

When body is given for our comfort, we turn it to be a burden for it. Even family, profession, friends and so on are given to us for the sake of splendor and happiness but they turn out to be a burden for us due to our nature. It turns to be a burden because he thinks he lives for himself, for his family, he earns for himself and forget the dharma (righteousness).

There may be some who serve in their profession at one single place. There may be others who may be moving from place to place every year. What is the difference? My father-in-law used to work in Airlines. He joined in his profession in Hyderabad and retired there itself without any transfer for 35 years. What did he do to be in a profession at a single place for so many years?

It is only due to working for the welfare of others. Such a one never feels burden of his profession or family. There won't be any problems in life. If a person in problems closes his eyes, he sees only his problems but not light. For the one who looks for the welfare of others, he may have problems but never feels that he has problems. We can observe that in the lives of many devotees. We may feel that their lives were full of problems but they never felt that they had problems in life.

There is no normal human being who lived without any problems in life. Problems will be there but they will not be felt by those who live for the welfare of others. They are not bounded by the mundane world and never feel any problems.

Master EK used to live like that. He had 6 children but was never stuck with his family. He never had any sort of fear in life. When anyone used to ask his "Master don't you need a house." He used to say "Why do I need a house?" Master EK never even thought of buying a vehicle for him. He used to never care even when he got a disease. He used to say "What will it do?" If you are with THAT, the external won't touch you. The external world causes problem to those who do not like to serve others. If you are in some problem, your prayers should increase and your goodwill work should increase. You should not feel sad. The problems are solved quicker when one is in welfare activities.

In the lives of devotees, we can observe that they have many problems. But they are in a state in which the problems do not effect.

Staying in the world is different from staying with the world. In the same way, be with the body and not in the body. But stay in the divine. It is better than staying with the divine. We generally do it the other way. Stay in the Master and with the body. It is so beautiful. Just think of it. Bodies comes and go, so why do you need to stay in it.

If you are in something which comes and goes, you too are lost with it. Our family and profession come and go but the Master is always there with us. So be in him.

We should not get stuck in our body. If we are stuck, we do not know how to come out of it when death comes. It is said "Death would be like 1000 scorpions biting us at once." So when we come out before death comes, then we need not feel that pain.

It does not mean you neglect or reject the body. It is not a path of disinterest. You can show interest on everything but by staying in the divine. Only then Yoga is complete. Staying with everything is Yoga and simultaneously staying in the divine or Master is Yoga.

All this requires adjustments in us. Master CVV promised us that he would take care of the adjustments. As we stay in everything and are stuck in them and we do not know how to come out of them, to help us out, the divine himself comes down as Master. Master comes down to uplift us from the mundane world as well as from death. There are solutions given to us. Most of them are secrets because they are not available in books. They are given in books but we do not understand them until a Master teaches them to us.

In those solutions, the primary solution is the path of welfare of others. So stay in the divine or Master and do everything. Then no mistakes happen through us. Master EK used to move and do everything like that.

We are a vehicle to the Master and our body is a vehicle to us. Then everything happens perfectly. Master EK used to say "Who needs Krishnamachary?" Everyone needs the Master associated with Krishnamachary. If Master EK used to think so, what should we think?

We should also move everywhere by staying in the Master. Never leave the thought that you are in the Master. If you are in Master when you are with your family, when you are in your job, when you are doing some useful or useless work, then when you sit for prayer, you will surely be in the Master. If you leave the Master all the time and invoke him at the time of prayer, we will not be in him. If you do not live in the Master at all times, even if you do prayer for many years, no transformations take place in you. So you need to align yourself with the Master for the prayers to be fruitful.

If you are in the Master, you eat with control, you speak with control and you work with control. If this practice is stabilized, then in some years you yourself will become a Master. Also if you are more in alignment with the Master, you do only what is to be done and also you feel like participating in more of welfare activities. There is no better path of Yoga than this.

All the great devotees practiced that. Prahallada, Ambarisha and so on. They always stayed in the divine. Just practice it and you will see the change yourself. It is like caterpillar turning into a butterfly. So if you can do, doing this is just enough. No other rituals are required. Then why do we perform other rituals? They are also for better orientation towards the divine. They must be performed with that intent. Only then they add to the alignment.

Master EK once went to a film in 1960. He went to the ticket counter and asked for a ticket. Suddenly he heard a voice, not one ticket, but two tickets. He did not see anyone around. Then he heard a voice saying "You take me everywhere and why not to a film." Master EK was shocked. So if the alignment is so strong, it turns out to be so real.

So this is the easiest path of Yoga given to us. Yoga means "Staying together." Master Yoga means "Staying together with the Master." Nothing else is required. The one, who is alignment with the Master at all times, becomes a medium of Master. Here alignment is the alignment of our Manas (mind) with the Manas of Master. The manas of Master is highly stable. If our Manas is in alignment with Master's Manas, our Manas becomes his Manas. It is prayer. Moving anywhere together with the Master is Yoga.

So here new definitions of prayer and yoga are given to us in a more simplified manner so that we understand better. All this is given to us only because of the love that the Master has towards us.

So we have heard a beautiful discourse today. So try to stay in alignment with the Master and do pray regularly. Namaskarams Master.

-Swasthi