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Gurupurnima/Gurupuja Celebration @ Hyderabad - 2012

Nachiketa Upakhyanam (from Katha Upanishad) - Discourse 4

Guru Purnima Celebrations @ Hyderabad

Yama (Pluto) was explaining the procedure to for man to attain heavenly planes.

(Master gave a quick review of what was already discussed in the previous discourses)

We discussed on how to cross the first 3 layers of heart lotus and entering the 4th layer of Buddhi. The 9 hindrances in the path were discussed. Importance of clearing one's debt towards one's mother, father and Master was also discussed. Recollection of the hierarchy from one's Master to the Lord was also discussed.

After crossing these 3 layers, self study happens at an expanded degree. At this stage, self retrospection/criticism is very important to ensure that any traces of 9 hindrances are completely dissolved.

Generally, it is said to worship the Master in your heart. First you should know where your is. It is not the physical heart that we are referring to. It the inner heart, that is the basis to the physical heart that we know. It is that inner heart that pulsates and on the basis of its pulsation, the physical heart works.

When the prescribed practices are done, the 9 petals of the 3 layers of the heart lotus open up. Until then, it appears like a chakra but not like a lotus. When the 4th layer is also crossed, then one enters the heart cave.

The bricks that Yama spoke about are not the solid bricks that we know. Each of the regulations/practices that we discussed till now is a brick, which Yama said, are required for the ritual. Until these bricks are arranged properly, we cannot perform the ritual and invoke the fire in the heart cave.

Fire God cooperates with you when your behavior is proper. He helps in your purification when you have proper orientation and intent to become pure. You should make a conscious effort, continuously, to attain purity, with alignment between your mind, body and senses, and fire god will surely cooperate with you. Worship should happen regularly.

Master CVV advised us to pray at least 2 times a day in the morning and evening. It is very difficult for us to do that, even. Actually Master CVV himself will not allow us to do his prayer, if your behavior is nor proper. So if you are not doing prayer daily, it indicates that your behaviour is not proper.

We should not try to manage things. Mind is a manager. Manager here means manipulation. It will somehow try to get things done. Means do not matter. When you manipulate, work may happen but you are manipulated.

If you keep speaking lies to get things get, work will happen well but you are lost. A Master does not like such a situation. He is more concerned about the person than the result of the work. Master assigns a work to a disciple for the benefit of the disciple but not for his own benefit.

Work comes to you so that you can clear your debt and your upliftment happens. But if you try to manipulate things to get that work done, it becomes a sin.

So, self retrospection is very important to move forward in the path. Everyday you should check how your thought, speech and actions are. You are the best judge of yourself. Master EK used to say “Bring your instrument to zero error on a daily basis.”

Do not work for worldly recognition. People remember today and forget tomorrow. No one would be interested in your publicity. There is one who sees everything and notes everything. There is a system in nature through which every word uttered and every act done are recorded and accordingly. So ensure that your behavior helps you move forward in the path and not backward.

If you have strong aspiration, Master will surely help you. His strength becomes your strength. Master’s cooperates only with the aspiring one. Even if you are too weak to do anything, just submit yourself to Master and he will surely grace you.

Study the lives of Grand Masters and great devotees. You will get the needed inspiration on the path. That is why study of Scriptures is recommended.

So self study comprises of 2 parts – 1) Study of Scriptures and 2) self retrospection.

These 2 parts greatly aid in crossing the 4th layer of the heart lotus.

Also it is advised to observe one’s respiration and pulsation. Further it is advised to inhale and exhale 3 times and give a gap and in that interval pulsation is to be observed. Breathing should be slow & soft and deep & uniform. Pulsation is not heartbeat. It is the sound So-Ham that can be heard at the heart centre. If you keep hearing that sound, your mind reaches a peaceful state. It feels comfortable and develops a taste for it. The more taste your mind develops for that sound, the less frequently you start breathing, as the interval increases. Your mind starts craving for it. You also start hearing the sound OM.

Here Yama advised that this should be done 3 times a day for 24 minutes each. Master DK said “This should be done 3 times by the people in East and 5 times by the people in West.” That is why Namaz is done 5 times a day by Muslims, as per Islamic tradition.

Symbolically, an eagle (Garuda) or a Hamsa (Swan) is used to represent pulsation. There are many such representations if we go on discussing, but the most important thing is practicing this. This is what is called Pranayama. It is not something to be done but it is something that happens when you start observing the intervals between each breath.

Pranayama = Prana Regulated

It means the breathing goes into the background and the pulsation can be clearly observed. When this happens regularly, your mind gets to a circle of light. It does not enter it, still. It experiences utmost peace. This is the end of this part. Next part is when the real Yoga begins. This pulsation becomes subtle pulsation and from there your ascent begins.

Lord Krishna says “Without regulating your mind, body and senses and neutralizing the 9 hindrances, you cannot reach this state.”

In Sankhya Yoga (2nd chapter of Bhagwadgita), Lord gives the importance of using one’s discrimination to choose between right and wrong and to choose between what one wants to do and what is to be done. By this, one’s life falls in order.

In the 3rd chapter (Karma Yoga), he says “Do not live for you. Live for the welfare of your fellow beings and you will be taken care of. Virtues and abilities gather around you when you start working for the welfare of others. 12 types of sacrifice are given. Sacrifice is nothing but dedicating one’s life for others’ welfare.

In the 4th chapter (Jnana Yoga) he says “While doing so, you are bestowed with real knowledge. All your extreme likes and dislikes dissolve

In the 5th chapter, it is said that you reach a state of renunciation.

And then in the 6th chapter of ‘Atma Sanyama Yoga’, the Lord tells about entering the heart cave and seeing the light there.

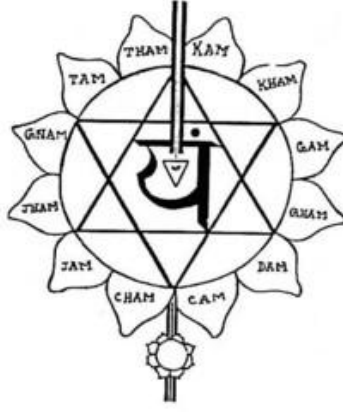
Similarly Master Patanjali gives the steps of Yama, Niyama, Asana and Pranayama. The essence in all these methods is the same.

When Yama (5 outer regulations) and Niyama (5 inner regulations) prescribed by Patanjali, are properly observed, transformations takes place in you and you are purified and a fire is born in you.

This should be supported by daily prayer. Master CVV gave us Morning Prayer, evening prayer and meridian prayer. Start with the Morning Prayer and slowly extend it to evening and noon as per your inspiration. It is suggested to even pray before going to sleep so that transformations happen in sleep.

This is one understanding of knowledge of Nachiketas.

I already said that each of the petals of the heart lotus corresponds to a seed sound and we discussed how the name Katha Upanishad (KA+THA) is derived from these seed sounds.



Heart Lotus

The alphabets of Sanskrit language are derived from the arrangement of seed sound on each of the petals of the lotuses from Base centre to throat centre. When uttered, each of these sounds emerge from their corresponding centres. Such is the greatness of Sanskrit language. It also applies to the languages derived out of Sanskrit.

In total there are, $4 + 6 + 10 + 12 + 16 = 48$ seed sounds from Mooladhara (Base centre) to Visuddhi (Throat centre). And including OM it becomes 49. That is different subject totally. So there is such a sublime relation between the seed sounds and petals of lotuses present in our body. These cannot be understood by reading books. All this knowledge comes from within.

The sounds Ka, KHA and GA correspond to the top layer of the heart lotus. Now we get hold of the 3rd sound GA and utter GAM GAM GAM GAM OM. This is a secret which I am telling for the first time. I never told it before.

By uttering so, we cross each of the 4 layers with each GAM and Ganapati gives us movement on the path. That is why I started with Ganapati in the morning discourse. I thought all this would come in the morning discourse itself but it came now.

During the interval, GAM is associated with each pulsation. This is because Ganapati gives us the strength. This is an advanced step to what we discussed before. Ganapati is cosmic Jupiter. He is the head of all the Masters.

So GAM GAM GAM GAM OM should be uttered during pulsation, not during inhalation/exhalation. While uttering OM, visualize that you are entering the heart cave, crossing the 4 layers. This should be uttered 3 times during an interval.

12 times GAM and 4 times OM are uttered during an interval (One OM is to be uttered at the beginning as well). So it becomes 16 in total. Generally in the books they write, after one breath count 16 and take the next breath. Nothing will happen if you count because when you start counting, your mind comes into action.

So the secret to Katha Upanishad is present in the sound GAM. It is actually the 1st sound among the 3 sounds of the top layer of heart lotus because they exist in reverse order.

This secret is to be given only to the ones with Sraddha. But as ours is a path of grace, it is being given to all. Anyway only the ones with Sraddha will follow it.

This should be done 24 times in one sitting and 3 such sittings a day. So this is another understanding of knowledge of Nachiketas.

There is another way given by Narada to Dhruva in Bhagavatam.

He simply tells him to chant the mantra "Om Namo Bhagavate Vasudevaya", see everything as Vishnu and everything will happen. Simply by doing that, will anything happen? There is more to be understood and done. Everything is not given in the book. You will know it by the grace of your Master otherwise not. It comes as an impulse from within.

This mantra has 12 sounds. The last 3 sounds when read from right to left are OM NA MAH represent the top 3 petals of 12 petal lotus of heart centre. These are the 3 sounds that are made to be uttered by the child while initiating him to education.

We add Om Namah almost to every mantra that we chant. It means "I AM not existing and only OM exists". The more you realise this the easier the path becomes to you. You should remember that the Lord exists as you and does everything through you.

MAH = I AM

NA = Not

Rickard Bach writes "No bird can fly too high with its own wings." It is the true. At some point of time, when the divine wings join you, you fly better. Until then you are like any other normal bird.

So with 'Om Namah' as the basis when he chants the mantra, Dhruva enters the heart cave and has lot of visions. They are explained in detail in Bhagavatam.

In this way, there are many methods given in our Scripture to enter the heart centre. There are ways given with sound as basis and pulsation as basis. Next, the visions that we see in the heart cave are given. We see ourselves in the form of golden light and equal to the size of our thumb. That we will discuss tomorrow.

So we discussed 3 things till now. First is to attain a status to be entitled to enter the heart centre. The basic regulations are to be followed, without which we cannot move forward. Reading any number of Scriptures and hearing any numbers of discourses is useless until the basic regulations are practiced properly and necessary transformation happens. Basics are of utmost importance.

So when one of these methods is followed with Sraddha, one attains heavenly planes. To be able to reach that plane, one should reach the fire present in the heart centre. The procedure is given as doing a fire ritual with specific number of bricks. This is not the fire ritual that is to be done outside but it has to happen inside. So it is all given in a symbolic language which can be understood by the ones with sraddha.

After these 2 boons, Yama was very pleased and gives him another boon without even the boy asking. He names this fire ritual after the name of Nachiketas and calls it the ritual of Nachiketas. This ritual when performed with the blessings of 3 persons and at 3 different times will lead one to immortality and he will attain heavenly planes. The 3 persons we already discussed as mother, father and Master. And we also discussed that it should be done at 3 different times daily.

Nachiketa is a Grand Master. He used the boons presented to him for the upliftment of all the beings.

So now we discussed up to the state of immortality and next we will discuss about self realization (realizing I AM THAT I AM) which comes in the 3rd boon of Yama to Nachiketas.

So this we will discuss tomorrow. When Nachiketas asks about it, Yama was not willing to tell him at first and tries to lure with some other things. We will discuss all that conversation tomorrow.

Those who missed the previous discourses, try to hear the discourse through the recording. This knowledge will be useful only if you hear all the discourses completely.

We will continue tomorrow.

-Swasthi