

**Note: These are personal notes made from Master Kumar's speech recording, translated from Telugu. Does not reflect Master's words in entirety. Please use for reference only. Not for publication.**

## **Gurupurnima/Gurupuja Celebration @ Hyderabad - 2012**

### **Nachiketa Upakhyanam (from Katha Upanishad) - Discourse 6**

Guru Purnima Celebrations @ Hyderabad

We discussed that by performing the fire ritual of Nachiketas, we would have an entry into the cave of the heart as told by Yama (Pluto). The heart lotus, with 4 layers of 3 petals each, when crossed by the disciple, he enters the plane of bliss which is the plane with all heavenly comforts. To go beyond that planes leaving behind all the comforts, requires lot of will power.

Most of them wish to enter that plane of happiness and live there. This is one direction. The other direction is to reach that state and even go further to attain the self realization and become THAT. Very few choose that direction because it requires lot of effort.

Kings like Harischandra and Dusseratha (father of Rama) chose the first path and are living in the heavenly plane even now from many Yugas. As long as they are remembered on earth, they stay in heaven.

Actually it is very difficult to leave the heavenly planes and choose an alternate path. Only a being with very deep aspiration for self realization can do it.

Yama tells "Nachiketas! Please review what all you are choosing not to go after and want to attain a higher state. You are leaving the most high and unlimited comforts."

This is actually a caution note from Yama. This is very important. We should not leave any unfulfilled desires and try to attain a higher state. The danger is that when that desire comes to you, you may fall for it and lose that higher state. So at every stage, the aspirant is tested to check if he still has any unfulfilled desires in any aspect. The desire may be for wealth, power, women, mystic powers, etc. All the desires, which you reject and move forward, come along with you. At some point they drag you and pull you back. So do not choose a higher state just to become great. It should be chosen only when you have a higher taste for it than for the lower. There are many such stories given in Puranas where persons, who chose the higher without fulfilling the lower, were made to come back and fulfill that which is unfulfilled.

So here Yama is testing Nachiketas to ensure that there are no such desires left within him.

Once you enter your heart centre and start practicing from within, you will be getting many powers. Like if you tell something, it will surely happen. Similarly you will know the future events. The daemons in the surroundings will follow your word and you can use them to hear the conversations

happening far away from you and convey them to you. If you are attracted to such powers, you are doomed. There are many people who stop at this stage and get carried away by the powers that gather around them.

So this is a very important caution note. So without fulfilling all your desires, if you try to attain higher planes, you will have a big fall later. That is why in the Indian tradition, we have a family system which ensures that all the desires are fulfilled and one realizes that there is something higher than this. The family system helps realization of this truth that “Self realization is higher than heavenly comfort” is the truth. But before aspiring for self realization one should fulfill themselves in all aspects. No urgency is required. You are given ample time.

This is what Lord Krishna tells in the 5th chapter of Bhagawadgita. The growth should be all round and step by step. This is very important. That is why I am stressing on it.

If there is no all round development and you wish for some higher plane rejecting everything else, at some stage later you have to come back again and fulfill everything that you rejected, which we be severe.

In the Western countries, the highest thing aspired is heaven. That is why they say “My father in heaven”. It is not correct. Jesus did not say so. This was the understanding of ignorant ones. The Lord is much above heaven; he is the lord of everything in creation including earth and heaven. Jesus gained the presence of the Lord.

When Rama was on earth, there was Valmiki, contemporary to Rama, to record his life story. When Krishna was on earth, there was Veda Vyasa to record his Krishna’s life story. They wrote the happenings exactly as they happened. There were no lies in their writings. Both of them were graced by Narada and lived in alignment with the Absolute God.

But Masters like Jesus and Buddha were not lucky enough to have such writers to record their lives as it is. There are many lies in their recorded biographies.

We have many stories in the Puranas, where people say that they don't have any desires and have aspiration, only for the divine. So the divine through some means puts them to different tests and they fall when they are tempted by they rejected desire. So do not show off that you do not have any desires. It is nothing wrong to have desires but they are to be satiated to a certain extent until the realization happens.

It is like trying to study in a higher class without passing the exams in the lower class. So do not try to avoid steps. Let the ascent be gradual and all around without missing any steps on the path.

When you enter your heart lotus, you meet many others. They are the ones who already reached that state and even higher. They are ones in Mahar loka, Janah loka, Tapo loka and Satya loka.

When you enter your heart lotus, you meet your teacher there. From then on all the teachings happen from within. Master EK wrote books Spiritual Astrology and Spiritual Psychology in such a manner when Master CVV dictated the books to him from within. That is why he writes in those books "These

are from whom I follow to those who follow me. These are from higher circles." You may keep his images all over your house but if you are real follower of Master EK, you should follow the path prescribed by him. If not, you are not his follower.

You can meet your Master only when you enter the heart cave. He will teach you there only. He comes and meets you after you sit in your heart cave. He blesses you and gives you a teaching. There is nothing that you can talk to him. You just have to listen to what he tells and remember the teaching. You cannot demand anything. It is a totally different story inside. After listening to his teaching, you should contemplate on it and then you will understand it. Practicing the teaching also is a part of understanding the teaching. Without practicing you cannot understand anything.

The Lord, the divine mother, the intelligences and Masters do not come down, below the heart cave. Master has a chance to come down but the intelligences cannot. Devas (intelligences) cannot touch upon earth. A Yogi can touch the earth and even reach the divine. That is the flexibility that a Yogi has.

After reaching the heart centre, your aspiration for self realization, itself, illuminates the path to self realization.

There is one sublime story in Bhagavatam which explains this aspect. A Master asks his young disciple to bricks some firewood for the fire ritual. The disciple falls into a well. The other disciples at the Ashram get worried, as he does not return, but the Master is not worried. He tells the others that they would go in search of him next morning. Next morning, they find him in a well and Master asks the disciple 'What happened?' The disciple replies "While returning, after collecting the firewood, my head reeled and I fell into this well." So the Master tells "Come up."

That's it. The story is over. What kind of a story is that? What does it convey? It seems to have ended so abruptly. Just by telling Come up! How does he come up? No rope was given. So what is the meaning of this story? We should contemplate on it.

Here the Master actually gives a mantra and tells the disciple to come up. The disciple starts chanting that mantra continuously. From within him, a thread of light emerges. It is called Chitrini in Sanskrit. It is present in our Sushumna glowing in golden light. It can be seen inside. It shows us the path. So the boy catches that thread and climbs up. This is a sublime explanation of the path Yoga. I gave this story in one of my books. I don't know how many really understood it.

Once, a person wanted to test Buddha and goes to meet him. On the way he sees an upright thread in golden light. He tried to touch it but could not feel anything. He goes past it and finally meets Buddha. He asks Buddha to show his mystic power to believe him. Buddha replies "While you were coming here you saw a thread of light. Right?" The person was surprised on how could Buddha know about it. Buddha continues "It is the light that emerged from me." The person falls on the feet of Buddha and asks Buddha to accept him as his disciple. Buddha says "I am not ready to accept you as my disciple, though you want me as your Master." That person leaves and another disciple asks "Master! Why did you not accept him?" Buddha replied "One who wants to see mysticism should not be shown the path. He only wants a display of mystic powers but he has no aspiration for divine. I do not want such a one. I accept only those who have aspiration for the divine."

Yama (Pluto) tells that OM is the mantra that takes us to self realization. We think that we do it every day but still we do not get any self realization. It does not happen because we do not do it properly. Even if we utter properly we do not listen to it. We are more interested in chanting OM than hearing it. Hearing it is more important than chanting. If you chant and hear regularly, then you start hearing OM from within. It is the soundless sound that can be heard at your heart centre.

Significance of OM, expressed in different ways, is printed on the cover page of our magazines every month. Every month many of you read it but just forget it.

When you hear that OM in your heart centre, your pulsation becomes subtle pulsation and you travel upward from the heart centre with your awareness and it gives you an unexplainable pleasant touch. That pleasant touch results in great taste for OM. Such a one recollects OM whenever he finds time.

Even, OM can be heard when you close your ears with your hands. If you cannot hear it, it means that your departure is within the next 6 months. It is an indication. The sound is like that coming from a waterfall or like the sound coming from a tube light when there is a problem in it.

So OM must be recollected continuously. Stay in alignment with. It need not be chanted continuously. You can hear OM in your heart centre. Relate to it continuously. Without OM, any mantra or ritual or worship is just useless says the Lord in Bhagawadgita. OM is the Lord in sound form.

At the end of Dwapara Yuga, a fierce war took place and the weapons used in the war were powered by the mantras. All the power present in each of the mantras was removed except in OM because the Seers felt that people in Kali Yuga would not utilize the power of mantras properly. That is why to add power to the mantras we begin them with OM. Chanting OM properly is sufficient and equal to chanting all other mantras.

One who knows OM can do anything. What is meant by knowing here? It is the realization of birth of OM in various forms and significance of OM. The idol of Ganapati that we worship to is one of the forms of OM. That is why it is asked to do Ganapati Puja at the beginning of any important event. Puja to Ganapati is puja to OM.

The soul has no birth and death. It is eternal. It is not formed out of any substance. It exists even when the body exists or not. If we are all souls, then why are we having so many problems? When we, as souls, descend into all the gross layers and attach to the gross layer, are removed from that layer, we feel a lot of pain. The soul may get stuck in any of the 8 folds of nature and forgets its immortality. A Yogi is one who moves in all planes but is not attached to any of the planes. We get stuck due to our ignorance and our consciousness permeates all that we are attached to and when anything happens to something that we are attached to, we are hurt because our consciousness got stuck in them.

We are stuck in our shoes, our car, and our house and so on. We feel that everything is ours. And we feel the same with our body. Our body is similar to our car and house. It is arranged around us for our facility just as a car and house accumulate around us for our facility.

We should realise that we are given a body and we are not that. The body is formed only due to your presence. It is just a facility given to you. A disease may affect our body but it cannot affect us.

A person did business very well and earned lot of money but lost all the money suddenly due to some loss. He died of heart attack because of that loss. Why did he die? He died because he was stuck in his money and when it was lost, he also left.

So when we are stuck in everything, it will be very painful when everything is removed. One, who is not stuck in the body or in the things accumulated around him, is not pained when everything is removed.

One day a man, with a sad face, came to Master EK. Master EK asked "What happened?" and he replied "Master! Doctor declared that I have sugar." Master EK then said "How can you have sugar? You cannot have sugar. Only your body can have sugar. It cannot do anything if you are not bothering it." That person remembered the words of Master EK and forgot about his sugar. He did not take any medicines or follow any restrictions. When anyone asked him, he used to reply Master told me not to worry about it. He was the Vice-chancellor of Andhra University. He lived until recently and without any complications. So the words of Master EK became a mantra to this person and it worked wonders for him.

If you remember your disease all the time, all your energies are taken away by the disease and as a result you become weak. You are the major contributor to your sickness. So we should remember that we are different from our body and nature. This may be difficult but you should practice it and slowly you will realise it. Do not accumulate things which are of no use to you.

So here Yama, the Lord of death, tells about the soul and its eternity.

It is a case of mistaken identity. We are living in a mistaken identity. That is our problem. Our psychology is upside down.

Yama continues "The soul cannot be understood by giving and hearing discourses. The only way to realise is to follow the procedure given to realise it."

There is lot more. We will continue tomorrow.

Swasthi.