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Guntur Gurupujas - 2013

20th October, 2013 - Discourse 3



Hearty fraternal greetings to the brotherhood.

When worship happens in a proper manner, your awareness turns inward and goes inside. Then slowly you start worshipping inside. You develop a taste for it. You can visualise that you are sitting in the Manipuraka Chakra with 5 petals oriented upward and you can further visualise the form of a deity of your liking sitting before you or it can be even light. As the intensity of the worship increases, you start moving closer to the light in you. This is a very important aspect of worship.

In the outer world, we wish to sit close to a Master or in a gathering you try to get a seat in the front rows or you wish that you get an entrance into the sanctum sanctorum of the temple very close to the deity in that temple. We crave very much for such positions. Similarly we should crave a position closer to the light in us. As you move closer, you experience blissful happiness. Slowly the outer world ceases to exist for you. When you can reach such a state, it is true devotion. There is a golden sphere within you called Hiranya Prakara where the divine principle or light exists. It does not come out of that sphere. Your objective is to enter that sphere and stabilise yourself in that position. Then your mind attains a stable nature. It remains always in a poised state and even that poise permeates the space around you.

This process of entering the inner sphere happens due to your devotion. There is also another way of reaching that sphere by observing the interval between an inhalation and exhalation. That is a scientific practice but the entrance through devotion is easier because of its taste.

Generally a being goes after anything that which gives an experience of happiness. So when you gain that happiness by going inward, you feel like staying more inside and only come out to perform your duties in the outer world. You have responsibility towards your family and society which you must fulfill without fail. You should remember that you are fulfilling your obligations and serving the divine through the family and society. Rest of the time you can stay within.

Ramakrishna Paramahansa used to stay most of the time within. It used to be very difficult for him to come outside. That is why he developed a taste for food and he used to crave for it a lot because it was the only thing that could bring him out. He used to do many childish acts when his wife used to bring food in a plate for him. He used to do the same every time. Once his wife asked him the reason for his unusual behavior, whenever he sees food.

Then he replied "Remember! The day I do not crave for food when you bring it to me, 3 days from that day I will depart from this body. The only thing that keeps me linked to this outer world is this food. Without food, there is no chance that I can stay here." His wife was taken back by his reply.

During his early years, he used to go inside and stay there for days together. To give him food, his friend used to feed him forcefully while Paramahansa was not aware of it.

So this path of entering the inner world happens in the month of Libra. The intellect that you already hold should disappear and a new intellect comes from within. That is the story of month of Virgo. Your intellect undergoes many transformations. The previous concepts that you hold are removed and new concepts are taught.

When Master EK met his Master, he was instructed "Read Bhagawadgita before you read Secret doctrine". Master EK said "I read Bhagawadgita many times and I know all the slokas by heart." His Master again said "Read Bhagawadgita before you read Secret doctrine" and Master EK felt that his words like an order. He went home and read Bhagawadgita. He had many experiences and many secrets were revealed to him during that study. It is the veil being removed due to the touch of the Master. The Bhagawadgita that Master EK studied earlier was not much useful but the Bhagawadgita that he studied that night transformed his life completely. What is the difference? The Master touch or the divine touch caused the difference. Similarly Madam HPB's intellect underwent a huge transformation during her stay in Himalayas, before the divine plan manifested through her. Same thing happened in the life of the great poet Kalidasa. That is the story of Ganapati as well. His head was replaced with a new head of an elephant.

In the path of return, in the month of Virgo, the intellect is completely repaired and replaced. After that you enter Leo. Leo is Lion. Lion should be killed because it hurts. What is this lion? This lion is ego. We should overcome our ego. It happens when you forget yourself in the presence of divine. We have the story of Hercules killing the lion. It means that Hercules has overcome his ego. Similarly there is the story of Samson killing the lion. Whenever the thought of yourself remains with you, you are said to be bound by your ego. In devotion, this ego disappears. Generally our ego increases when we do lot of worship. It is a great danger that every aspirant faces. It is like facing the lion and many are swallowed by that lion. So this lion should be killed.

So slowly you keep receiving teachings from within. The teachings that you receive from within may be affirmed when you read a book that contains the same teaching. You feel very happy when such a thing happen but at the same time pride befall you. One should be cautious at that state. As worship increases, you should overcome your ego and only the Lord should remain. Many great devotees faced troubles at this juncture. Even a devotee like Kalidasa fell in his ego and he criticizes Veda Vyasa in his pride. He later realizes his mistake and begs for pardon. Similarly many other devotees fell in their ego and faced many troubles. So if it was so with so many devotees, we are not exception. So we should be cautious of this lion. Every night we should retrospect and remove any traces of ego that dominated during the day.

Then after Leo, we enter cancer. In this month, the Lord descends into us. These are the steps that we come across in the path. We should have at least some idea of these steps. So in cancer, we see ourselves as images of the Lord. In the normal zodiac cancer is the gateway to incarnating souls. Now in the reverse zodiac, in the path of ascent, in cancer, we see ourselves as images of the Lord. We realise that we have descended from the Lord and we are all his images. I AM THAT I AM is realised. That is what the pulsating principle in us keeps telling us all the time.

He is present as each one of us. So this is the next step of realization. First is entering the inner world, next is to receive the new intellect, next is to overcome ego. Ego need not be destroyed. You can overcome it by being friendly with it. It is also divine. Then the realisation that I AM THAT I AM.

The sound of pulsation can be heard in the interval between each respiration. Pulsation is the natural mantra that happens in you all the time. You can just tune in to that mantra. The mantra is SO-HAM. If you take a deep breath for 3 times, you need not breathe for sometime. During that interval you can clearly observe the sound of pulsation. Your awareness should get aligned with that pulsation and try to remain in alignment as long as possible. Then what happens in the pulsation will take your awareness upward by aligning it with Udana prana. There as you move upward, there you find a way to come out of this body.

In the Mahabharata war, everyday Krishna used to prepare the chariot for Arjuna to climb and fight in the war. It happened so for 18 days and on the last day, Arjuna said "Krishna! You get it off first and I will take care of the chariot for today." Krishna says "Let it happen as it happened as these days. You get down first and I will get down later." After Arjuna got down, Krishna gets down as well and immediately the chariot picks up flames and gets burnt up completely. Krishna then tells "Arjuna! remember! You are safe if you get down before I get down. It is very unsafe if I get down before you get down."

The chariot there is our body. In the body the Lord (Krishna) is present and we (Arjuna) are present as well. We should know to depart from this body before the lord leaves it. Once the Lord leaves the body,

the body no more works for you and you will be pulled out of it. So learn to move out of it before the Lord moves out of it.

So in the upward path from the heart centre, you find a way to move out of this body. This story beings in Libra and goes up to Aries until the final realization happens that we are THAT. First step is to enter the Buddhic plane. There your intellect is replaced with a new intellect. Divine plan and divine energies starts manifesting through you and you may be bestowed with lot of fame. You should remember that it is all due to HIM.

We should know this path and walk this path to reach the divine. All the practices, prayers, meditations, and rituals that we do should aid in the path. They should be done for some glamour or pastime. Let us move forward in the path and remain in the presence of the Divine.

-Swasthi