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Mysore Gurupujas - 2013

24th November, 2013 - Discourse 1

Hearty fraternal greetings to the brotherhood.

Though the weather is not cooperating, many of you have come here and gathered in time for Prayer. I felt that many of you will not be able to make it as many are living at far of places but with you aspiration, all of you have come and it is a very happy sign. This shows the presence of Master within you.

Generally the nature within us gives reasons for not going. The weather is not good, it is raining heavily, there is no electricity, so your nature may tell you "How will you go? Skip for the day." But all of you instructed your nature and overcame it and gathered here. For many, the nature keeps questioning at the time of waking up "Whether prayer is to be done today?" It is even more so in the evening. The nature is very strong in the evening and it gives many reasons and somehow makes you skip prayer. Many reasons come to your mind and generally evening prayers are not so effective. In the morning, inertia stops you from waking up and doing prayer and in the evening activity stops you from doing prayer. So dominant Rajas (dynamism) and Tamas (inertia) stop you from doing prayer. Only when Rajas and Tamas are in equilibrium and you stabilise yourself in Satwa (poise), you will be able to stand above your nature and do everything.

All the practices are aimed at standing above nature. The nature is very intelligence. If you observe carefully, it surprises you very much with the intelligence that it displays and the ways in which it controls you. It is like an generally an uncontrolled bull of Taurus. Taurus also represent cow. Whether our nature is of an uncontrolled bull or cow is what matters. Lion stands for Leo. Lion may hurt you. It has that nature. Generally people in Leo have the nature to hurt others. When the nature is brought into control, Lion become Swan (Hamsa). In this manner, many animals are given symbolically to represent significance of each of the sun signs.

The nature always looks for comfort and profit. It tries to avoid duty for the sake of comfort. It keeps looking for profit in everything. So it is our responsibility to overcome it and control it. Each being is male while the nature is his lady (female). This is true for everyone irrespective of the physical gender. The nature is like a vehicle to us. It should be taught in a proper manner such that it remains in our control. How can you travel on an uncontrollable vehicle/animal?

If you just remain a slave to your nature, you cannot move forward in the path of Spirituality. Each one takes to a body for experience and upliftment. Basing on how he relates to the world

with the body, a nature is developed and it comes along with him in each incarnation. One needs to have freedom over his nature. That is why when India was ruled by British, Grand Masters said "Indians need freedom from their nature more than political freedom." We are realising it now considering the way in which we have been ruling ourselves. A ruler should be ruler of himself first and then only then he becomes a real ruler to the rest of the people. There is lot of illegal activity happening around because many are slaves of their nature.

We cannot change a nation but we can transform ourselves. It is in our hands. Unless we transform ourselves first, we cannot show a path to others. The situation now in the world is people who do not know the path are trying to show the path to many. It is a pity situation. The Grand Masters who know the path are trying help us tread the path and it is our responsibility to follow their teachings.

The most important thing is discharging our responsibilities without fail. If you follow your likes and dislikes instead of responsibilities, you cannot move forward in the path. You should not think of comfort when it comes to responsibility. You should not think of profit or loss. You should only question "Is this my responsibility or not?" For a Spiritual aspirant, there are 2 sides of this responsibility. One is responsibilities towards the family, teachers, friends, relatives, society, body, etc. All these responsibilities are in the outer world. There are also inner responsibilities that we have as aspirants. We generally allocate very less time to discharge inner responsibilities. Suppose we are awake for 17 hours daily, how much time are we allocating for discharging the subjective responsibilities. Only on special occasions like Gurupujas we spend 1/4th of the time on subjective activities and rest on worldly activities. On other days, it is even less. How will there will be a good crop if you do farming for such less time? Only if you spend good enough time subjectively, you grow inside apart from growing outside. If you remain most of the time outside, how can you grow inside? We spend time discoursing in this manner during Gurupujas with an aspiration to grow inside. But to grow inside, you should spend some time inside. If you are following a Master, you should allocate good enough time for subjective practices.

We generally use a Master for fulfilling our objective purposes but the Master has not come for that. Due to the love he has for us, he helps us objectively as well but he feels more happy when we grow subjectively.

One should closely observe the growth of a tree. Millions of transformations happen inside a tree before it gives a flower or fruit. All these transformations happen inside silently. It is a great example for us to follow. That is why we have the tradition of worshipping trees. Tree always grows vertically. Even the being in the body always stand vertically irrespective of the position of the body. So there is that similarity between us and a tree. The tree grows with the help of sunlight and same is the case with us. That is why we worship the light in the form of Gayatri.

So staying inside as far as possible should be done by an aspirant. Atleast for 1 hour a day, try to stay inside. It need not be done continuously but in 4 parts of 15 minutes. Slowly this time can be increased. Try to stay more inside and less outside. Especially for the people growing old. As elderly people cannot do much of objective acts, they can try to remain subjective as much as

possible. Try to spend more and more time in prayers or meditation. When you have the aspiration, dedication and commitment, you get the necessary help from the Masters. We may feel that we are good devotees or aspirants but you question yourself "How much time I am able to sit within?" Do you have a satisfactory answer for that question? If you cannot sit within, there will be no progress in the path and this life will just pass by. Better luck next time.

To travel within, respiration is the door. Travel with your respiration within and keep observing it closely. You then touch the pulsation happening within. You feel the vibration of the pulsation. Remain with it as long as possible. I observed Master EK practicing this a lot. When we used to travel in car, I used to drive and Master EK used to sit beside me. He used to remain to closed eyes as if sleeping. I observed it and asked him "Master are you in alignment with the pulsation with." He said "Yes". Whenever he found some free time, especially during travels, he used to close his eyes and go inside.

If you go inside, you can meet many Masters there. Master does not come to you immediately. You should wait inside for him to come. We generally don't like to wait outside. Generally during waiting, we keep criticising the one responsible for our waiting. Even when you have a necessity to wait outside, you can just close your eyes and relate to pulsation within.

As you remain inside, gradually heat develops from within and it brings about transformations within you. The Rajas and Tamas are neutralized with one another and they are brought to equilibrium. You can feel that warmth within. It is very comforting. You get a very comfortable Asana (position) within. That is why, this practice should be done with lot of dedication and commitment. Time is running out. Death will not tell you before coming.

If you are really in the practice of subjective alignment, a Master can prolong your life by talking to the angel of death. It is possible for a Master but it depends on your orientation and practice. You cannot overcome death on your own. A Master shows you the way to overcome it if you follow his teachings sincerely. Only then he has a reason to give to the angel of death.

So the teaching in this Gurupuja is we need to speed up and spend more time in practice as time is running out especially for the ones who entered their 40s. Try to reduce objective activities and increase subjective practices. Even if you have some free time, go inside. Now days we have the televisions which keeps us engaged till we sleep. But the moments before you sleep are very important. Prayer at that time is very important. It ensure the continuity of practice even in sleep.

Initially when you try to go inside, you will be pulled outside by your mind because it is not used to it. It is like trying to climb a train compartment which is already full. You will be thrown out. Even if you are thrown out, you should keep trying to go inside. As many times as you are thrown out, so many times you keep trying. It needs lot of will power. Your nature will not allow you to sit inside. It is a great hindrance. The more you try, the stronger is the hindrance. There is no hindrance for the one who does not try much but the objective is to overcome that hindrance.

We are generally lost in leading a mechanical life and keep moving in the objective world. There are very few who are gaining an entry into the Subjective world every century. Even a Master will not be happy, if most of his disciples are failing. There are very few who passing this exam at present. Even the examiner who conducts such an exam would disheartened by such a result. Lot of practices are given by many Masters to help us pass this exam. They feel happy only when we follow their teachings.

Master MN and Master EK practiced like and fulfilled themselves in the path of Master CVV. Master MN could do it in just 12 years. So imagine the intensity at which he practiced to achieve the result in such a less time. They are examples for us to follow.

Once you fulfill your obligations in the outer world, let there not be any other extra-curricular activities. Let this practice of going inside be your extra-curricular.

Also remember, you are not alone in this practice. When you have the aspiration and orientation to do, the Master stands beside you giving you all the strength that is required. With his strength, travelling the path becomes very easy and it even happens very quickly. Do not forget this. Master is always there when you are prepared.

So spend as much time as you can in this practice. I am propounding this so strongly because you have come here in this heavy rain with a lot of interest and only this practice enables fulfillment of your interest in this path.

We will continue in the evening.

-Swasthi