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Srikakulam Gurupujas - 2013

08th December, 2013 - Discourse 2

Today is the 6th moon phase in the month of Sagittarius. This is an auspicious day celebrated as the birthday of Subrahmanya and is called "Subrahmanya Shasthi". He is a Grand Master who can grace us and lead us in the path of Realization. There is a story in Puranas in which Shiva takes to a ferocious form to kill a demon and later to realize his original form from that state, Subrahmanya teaches him and makes him realize his original state. So Subrahmanya acted as a Guru even to Lord Shiva. He can grant us a similar realization. Today is the birthday of such a one and Master EK told us that Krishna and Subrahmanya are but one.

This month is also very auspicious and Krishna says "I am Sagittarius among the months of the solar year." In this month, there is an opportunity for us to reach that highest point in us, Sahasrara, the centre where the Lord is present in us. It is easy for the consciousness to flow down but it is not so when it travels upward. It is similar to flow of water. Water flows down naturally but to flow up, there needs a force. So the consciousness is to be made up, which is aim of Yogic practices or Devotion. There is lot of power or force that is required for this upward flow to happen. That force is given to us by Subrahmanya.

Subrahmanya in the lower states is Mars and in the higher states it is Subrahmanya. It is more effective and powerful in the higher states. It is wasted in the lower planes. So we should utilize it to ensure upward flow of consciousness.

For all the daily activities to happen in a proper manner, we need energy/force. If we have to get up early in the morning and sit for prayer, we need energy. Without energy, we cannot wake up or sit for prayer. Even if there is energy, if there is no right orientation, it is wasted. So energy/force and Buddhi should go hand in hand and for such a one victory is ensured. He can do anything. So the will power that is required to do all good activities is bestowed by Subrahmanya and worship of Subrahmanya is given in this month as a significant practice. The coming 6 months are useful for ascend in the path and we should be prepared by that time and this worship aids us in that preparation.

In this month, 2 hours before sunrise is considered very significant and one is advised to wake up by 4 am and sit for prayer/meditation. For that to happen, we need the will of Subrahmanya. So this day of 6th moon phase is very auspicious and recognized as the birthday of Subrahmanya. 6th moon phase because six is his number. He has 6 faces (Shanmukha).

Then we have the 11th moon phase of this month which is also very significant because Krishna said that he is the 11th moon phase among all the moon phases. The angle between sun and moon on the 11th moon phase is in such a manner that is very conducive for Spiritual practices. The mind can easily orient towards the soul on that day. 11th moon phase of this month is called "the day of Narayana". Master EK gave it so in Spiritual Astrology. It is day on which an oriented one can attain the presence of Narayana. So it is a very auspicious day.

This is the month of preparation and depending on the intensity of practices that we do in this month; we reach the Sahasrara gradually during the next 3 months (90 days). In Capricorn, you reach heart centre, in Aquarius you reach Ajna and by the end of month of Pisces you reach Sahasrara.

So in this month, one should wake up by 4 am in the morning and sit for worship. It greatly enhances the expansion and upward flow of consciousness. The matter loses its density. It works under the control of consciousness. There is light within each and every being in this creation and it can be seen in the eyes of that being. As we move to upward states, the light within us increases in intensity and matter recedes. When matter becomes subtle, light can be seen in it. If it is dense, light cannot be seen in it.

This month presents us with the “the path of return”. There is a star called Mula in this month. Mula means corner. It means that we are already cornered in matter and we have no option but to move up. Also the path is not clear, it is filled with matter. A path needs to be made through matter. So to travel in the path of return, we need will power and it is bestowed by Subrahmanya. We also required Buddhi to use that power in the right manner. Buddhi is bestowed by Ganapati. Ganapati is Cosmic Jupiter and his worship is also important in this month. Ganapati and Subrahmanya together come to help us in the form of a Master. In Master, there is both power and Buddhi. And when we follow his instructions, we move forward in the path. He is the guide for us. We now have guide books for better preparation of exams. Why because we are not able to follow the available text books. So a Master is such a guide which synthesizes all the grand knowledge, simplifies it and gives us simple instructions to follow.

He may not be visible at all times but he is always present. We should also remember that he is always there with us. A true aspirant is never alone. The Master is always there with him. Always remember that and consider his presence with you at all times.

When we follow his teachings sincerely, we move forward like an arrow. The speed of the arrow depends on the pull of the bow. That is the symbol of month of Sagittarius (Dhanus). The OM that we chant is the bow. If we take a deep breath and chant OM, the consciousness can travel with full speed from Muladhara to Sahasrara. The more deep you breathe, the stronger is the pull of the bow. It is advised to chant OM more with the nose than with the mouth. Otherwise, the flow does not reach the head. OM should be a nasal practice and we can do it with mouth closed. Also while chanting OM, we should hear very attentively. Otherwise you cannot travel with it. You can even hear OM without chanting because there is OM happening naturally within you. Just observe your respiration and you can feel OM.

So such is the significance of this 9th month of Sagittarius. All the good acts that you do, the fruits of all such acts become capital in this month. This capital should be used to follow the teachings of a Master. Generally any mantra given by a Master is also equivalent to OM. For us, those in the path of Master CVV, CVV is such a mantra. By uttering CVV we are uplifted from Muladhara to Sahasrana. We can consider with C we moved upto heart centre, with V to Ajna centre and another V to head centre. So CVV is the mantra for us.

Generally we are stuck in our personality/nature which is bound by the 3 qualities. The personality is each one of us is a blend of the 3 qualities which differs from one to another. As souls, we are all one and all of us emerged from the ONE principle. To overcome the personality and 3 qualities, we should follow and worship the one who already attained such a state. There are many Grand Masters and Sages who attained such a state. They work through the 3 qualities but are not affected by them. The surroundings never affect a Master, wherever he might be. In the other way, he can affect them with his transmission of energies into the surroundings. He is like the electricity in the bulb. The bulb cannot touch electricity but electricity transmits energy to the bulb for it to glow.

This body comes out of us with our self as the basis. It cannot exist or grow without us. It is pity if we depend on it. How can we depend on something which is depending on us? How can we be affected by it? It is a vehicle. It should move as you say. How can you remain a slave to it? If you are enthusiastic, your body will also remain so. If you remain dull, your body remains even duller. But we generally we feel that it is the other way round. We

think we are dull because the body is so. But it is not right. It is you on who the body depends on. The matter in us is so strong that it makes us feel that we are depending on it. The Hierarchy is consciousness, force and matter. We are on the top of consciousness and we should direct force and therefore matter. If force is not properly controlled, you lose control over matter as well. Generally the force is wasted a lot in doing unnecessary activity. So the consciousness should be strong enough to control force and matter. If this hierarchy is reversed, it is a sad state of affairs. It is so with majority of us in this age of Kali. That is why there are many diseases prevalent around.

The entire story is in bringing equilibrium between consciousness, force and matter. Krishna gives many instructions in this regard in Bhagawadgita in the 18th chapter. He tells a lot of things and finally says the worship of Lord is required to overcome all the bondages. But we fail even in that because of our pride and prejudice. We always find mistakes in others and keep criticizing them. We should always try to see the good qualities in others. Then you will be able to see the ONE principle in all and it further aids us in the practice.

In the 18th chapter of Bhagawadgita, the Lord tells that we should reach such a state that we do not care of liberation or salvation. It is a state of remaining in alignment with ONE. He gives many instructions and finally says that all this cannot be done by you, so just surrender yourself to me. I will read stanzas from this chapter and we will discuss them in detail.

Krishna says “Never leave Yagna (Sacrifice/ritual/impersonal action), Dana (offering) and Tapas (Penance/fiery aspiration).” Every act should be done as a ritual and offering to others. Keep offering something to the needy and animals. Let this happen on a daily basis. We should not keep working for oneself but keep working for others. You will be taken care of, if you keep working for others. This instruction is especially for the ones who are into 40s. If one can live selflessly at a lesser age, it is even better. In your selfishness, we may be even hurting others. It amounts to violence. It may not be only in action but also in speech. So every morning, when we wake up, we should recollect the Lord once and ask him to ensure that we lead a life that would be of help to others around you. You can say to the Lord “Let your will be my will.” That is what Jesus said “Father! Thy will be done.” We do not know the divine will but when we submit ourselves to him, he will ensure that you are a part of divine will. So the litmus test is “How did your actions help others?” We should put this question to ourselves constantly.

Some ask “How long should this be this?” The answer is “As long as you wish to remain in the path.” Master EK gives an example. If one asks “How long should we pedal the bicycle to travel on it?” What is the answer? The answer is “As long as you wish to travel.” The moment you stop, you lose balance and cannot move further. So offering should happen forever as long as you are in the body.

A person came to me and told me that he is not begetting children and wanted me to give him a solution. Then I told him to offer a banana to a cow daily. He did so and within a year, a son was born to him. He invited me to the naming ceremony and I asked him “Are you offering banana to the cow?” That man replied “Why? It is not required now. I have a child now.” So there are people like that. I felt that the wish was fulfilled too early, had the child been born after 5 years, the man would have got habituated to feeding the cow a banana daily. Anyway, the message here for us is to keep offering regularly.

There is a caution here. If you keep offering regularly, one may develop some attachment towards it. This should not happen. One may develop an inclination for the result that comes out of it. It should not happen. Offering should happen without any attachment and inclination towards the result. When we do prayer or meditation, we should not think of what we get in return.

So we should never leave Yagna, Dana and Tapas. We should keep doing them without thinking about the result as long as you are in a body. The body will definitely cooperate with you.

If you feel like avoiding one among them, it means that Tamas (inertia) is growing in you. If you do it with some expectation, it means that Rajas (dynamism) is dominating. If you stop doing something, which you have to do, because it is difficult for you, it means inertia is dominating. Likes, dislikes, difficulties and comforts should not determine your work.

If you keep doing what you have to do without expecting any results, you are in Satwa (poise). Only such a one is detached one. He is a Sanyasi. Detachment/Renunciation does not mean you stop doing everything. It means that you stop expecting results and keep doing selflessly. It is almost impossible to stay without doing anything. So keep doing but with any expectation. Every act should be done as an offering to the Lord. Even while eating, remember that we are offering it to the Lord and his representatives (devas) working within us. That is why we should start eating with a prayer in which we recollect that the food we are eating is an offering to the Lord within. This is to be taught at a young age so that one does every act as an offering to the divine. It is difficult to follow if you learn at a later age.

If we keep doing everything for oneself, we develop likes and dislikes, we become ignorant. One, who does everything as an offering, does not have likes and dislikes. If in doing all these acts, you feel that you are the doer; it means that you are ignorant. The will in you is the doer. The will comes from divine. So the Lord is the doer in all and we are all observers. Keep observing the thoughts that come to you. You then know the quality and variety of thoughts that come to you. An aspirant only acts to the thoughts that are good and ignores other thoughts which are of no use. He acts as per his discriminative will (Buddhi).

Thoughts emerge from Buddhi, to Buddhi they come from nature and to nature they come from THAT I AM (divine). After the thought comes, we act. A judge though gives judgment based on his discretion; his judgments are based on the already existing principle of law. The law for us here is dharma (the eternal law in creation) and we should act as per the law remembering that we are not the doers. Then we are liberated from the effects, results and conditioning of action. Such a one, even though he kills everyone in this creation, he is not conditioned.

So everything happens through nature and the 3 qualities and we should remain mere observers. If you cannot remain mere observers, you can do but do it as an offering. Do not expect anything in return. Even if that is difficult for you, do whatever you want but just pray to ME before doing everything and I will take care of that. Accept whatever comes to you. That is what Lord Krishna says. So that is the simple instruction finally.

We should learn all this just for expansion because we cannot do everything that is told here and that is why Krishna tells finally “Just surrender yourself to me and I will take care of rest.” Though it is the final instruction for us, we will go through the details for the sake of knowledge and expansion. There are more instructions which we will discuss at noon time.

There are 66 slokas in this chapter and we are still in the 16th sloka. We will try to move quickly and get to a conclusion by the end of evening discourse. We will continue at noon time.

-Swasthi