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Vizag Gurupujas – Labours of Hercules

Discourse 3 by Master K.Parvathi Kumar (11 Jan, 2014)

We are into the 3rd discourse of this Gurupujas. A disciple, Hercules, reached the heart and made it a practice to live there and then started hearing from within. The word that he hears is to win over his personality and enter the inside world. This personality gains strength from us so much that it dominates us. It is compared to a lion. We have many stories of taming or killing of lion. Lion is symbolic of violence. Everyone is harmed by their own nature, the lion in them. Some try to transform it but mostly fail because it is stronger than the being. It is no mean task to overcome the personality. Only the one, who has the ability to make the mind turn inward, can overcome the personality and cross the gate into the world within. It is like the transformation of a caterpillar into a butterfly. For this transformation to happen, it requires constant and long period of practice and all the practices, services, etc. that we do are a part of that programme. It is a huge programme. Once it is done, the being is said to be born again.

In this labour relating to the sign Leo, we are told to overcome this lion, the personality. The same word, Hercules hears from within. He makes lots of efforts and he has many weapons as well but none come to his rescue here. He now develops his own weapon which we discussed that Hercules developed in the lectures during 2012 Gurupujas. It is a wooden weapon. It is none other the sound SO-HAM. That mantra can help one to transform this lion into a swan. It is long practice with that mantra which I gave in detail in the book “Pranayama” and also in a series of discourses on Katha Upanishad during Guru Purnima Celebration at Hyderabad in 2012.

The mantra SO-HAM signifies the truth that we none other than divine images. I AM THAT I AM. This mantra has to be constantly practiced by recollection and recognition. We need to constantly observe the movement of the pulsation within. Then the respiration takes to background and pulsation becomes primary.

We observe that this pulsation opens and closes continuously and we have to enter inside during the interval between opening and closing. We need lot of patience to wait for the right opportunity and just when it opens and before it closes, we need to enter inside. That is why, it is told, Yoga is not fruitful to those who do not have patience. Even some do penance waiting at that state, inside. When we are closely aligned with that pulsation, we know the interval so well that we can cross over and enter the cave. That crossover happens when the divine graces us. It is a cave inside the cave and one is waiting at a door in a cave, which gives an entrance to another cave. The ambience inside that secret cave is magnificent. Many grand secrets are revealed to

you in that cave. There are similar caves even in the objective world which certain people like Madam HPB and Master Nicola Roerich could have an access to. Normal people cannot enter such caves. First you have to enter the secret cave in you and then the secret caves in the objective world are also revealed to you. We even have a book "How to enter the Ashram of a Master". That book also relates to this story.

Hercules, at first, could not find the lion. First you need to reach the pulsation. Until you find the pulsation and hear it, you are said to have not found the lion. In the interval between inhalation and exhalation, you need to wait and observe. That interval point should be recognized. This is what Lord Krishna tells in 5th chapter of Bhagawadgita. Look for the interval where prana transforms to apana. Then you get to know the pulsation happening in the background.

"Suddenly he saw the lion. Upon the edge of a deep thicket of young trees it stood. Seeing an enemy draw near and one who seemed quite unafraid, the lion roared, and with his roar the young trees shook, the Nemeans fled and Hercules stood still. Hercules grasped his bow and sheath of arrows and with sure hands and eye of skill planted an arrow in the shoulder of the lion."

So finally Hercules found the lion which roared on seeing him but Hercules was not afraid. The trees shook at the roar of the lion which means that as go close to pulsation, you observe in the form of vibrations coming from within. He has proficiency in using the bow and arrow (Uttering OM) with him and he shot an arrow into the shoulder of the lion. We should keep uttering OM and listening to it. There is also OM happening within. Once you are aligned with that OM, you hear it even without uttering. Here, Hercules, when tried uttering OM, instead of aligning with the OM happening inside, the OM which is happening inside disappeared. As a result, it is said, he could not catch the lion with the Bow and Arrow. It is not the way to catch this lion.

"Again and yet again, he shot the lion until there rested not an arrow in his quiver. Then towards him came the lion, untouched, unscathed and fierce with rage, quite unafraid. Throwing his bow upon the ground, the son of man, who is a son of God, rushed with wild shouting towards the lion who stood upon the Way, blocking his path, amazed at prowess hitherto unmet. For Hercules came on. Suddenly the lion turned and rushed ahead of Hercules into a thicket on the rocky sides of the sharp mountain way. And so the two went on. And suddenly, as he travelled on the Way, the lion disappeared and was no more seen or heard."

Hercules kept shooting arrows again and again until all his arrows were over. The lion did not fall down but started to move towards Hercules. He even makes other efforts to catch the Lion but he fails. Then he learnt to wait. He understood that there is nothing more that he could. We should learn to keep hearing to the pulsation within and wait. It is like waiting for the dish to be cooked after putting all the items in a utensil and putting that utensil on a burning stove.

You can respire for 3 times and get to the pulsation and keep hearing it, as long as you can. If you cannot hear it, respire again and hear the pulsation. The respiration should be slow, soft, deep and uniform. This should happen continuously. You keep experiencing the pulsation constantly and patiently. You only win over it by the patience and grace and nothing else. You should do it for 9 (3 * 3 respirations) such times and Master EK called it a set. He asked us to do 3 such sets. This was the last teaching of Master EK in 1984. So it is 3 times 9 (27 respirations). It will take you 24 minutes and we are instructed to do it for 3 times a day (72 minutes). Then it is possible for you to transform your personality. It does not happen in any other way. If you keep doing some prayer without any transformation happening, it is useless.

In Spiritual Astrology, Master EK wrote that if it is done continuously for 72 minutes, it becomes Pranayama. We have been trying to achieve this in our prayer on equinox and solstice days by sitting in meditation for 72 minutes or more. The purpose is to enter the world within and de-link oneself from his lower self, the personality. When that de-links happens, you become immortal. As long as you are linked with your personality, you are mortal. Only when you become immortal, you can progress towards divine. If you want to reach divine, you have to leave this lower self.

We can alone go to the divine but not with all our false identities and relations. The path is too narrow to tread and you alone can make it. When this constantly happens, gradually you will be able to enter the inner world. If you are able to achieve it, you cannot associate the achievement with any practice of yours. It is your patience and divine grace that will make the achievement happen but no logic can tell you the cause of you entering within. You need to have complete faith in the Lord that he would grace you. In this process, the Master lends you complete support if you keep recollecting him from time to time. In this practice, you can say “Master Namaskaram” in between for re-alignment with your pulsation. I am not reading the myth completely as I want to move little quicker with the story.

So, in the process, the etheric body also starts developing within. That is what Master CVV promised to us. It was his primary activity of developing a divine immortal body. To be separated from the personality is a part of that story. So in this process, when you go inside, you start seeing, hearing and touching within. The subtle senses are so tasty that you will not like moving outside much. You will want to remain inside as much as possible. The outer programme is common, temporary and keeps repeating again and again. Apart from that, there is a permanent story happening inside. We should be aware of that permanent story and become a part of it.

The 5th sign in normal zodiac is Leo and in the reverse wheel, the 5th sign is Scorpio. These 2 signs are complementary to each other. They are like the 2 sides of a coin. Master DK says “If

there is Scorpio related nature in you, this transformation would happen more easily.” It means a nature to live inner and deeper. Both Lion and Scorpio remain within, deep, most of the time. They do not move outside like a stray dog. The lion comes out of a cave only for hunting food for its sustenance.

So you may have lot of knowledge and did many practices but unless this transformation is complete, you cannot become a part of the permanent story. Every other activity is temporary and limited to one life. That is the real purpose of taking to a human life. People, who know, keep working towards that direction and their objective life is very limited. It was so with Jesus. He used to some significant work in the objective world and used to disappear, go inside.

With this transformation, a son of man becomes son of God. One who has gone inside and comes outside again, he is completely different. His behavior completely changes and even the people around you start noticing that drastic change in you. That is what happened to Moses when he came back after going up the mountain.

This is the primary labour of all labours. It is the re-birth. It is recollection of the original identity and realization the identity that he has been relating to is not his original identity but it is his mistaken identity. Then he knows his real, permanent name. The names of Maru, Devapi, etc. are such. They are permanent names. They may also have some objective names when they take to a form, if necessary. Apart from that objective work, they keep working all over the world subtly, with a permanent name.

Master DK also, when he entered the inside world for the first time, it is said that he has entered a box. What is the box? It is the heart cave. He travels with the help of a magical ring. What is that ring? It symbolizes the word of the Master. When you follow the word of the Master and enter the box, the heart, you go into the other world. Master DK used to wake up, on the other side, in the cave of a Master. That is what we read in the book "Music of the Soul". Master EK wished that this book comes out as a movie. He wanted it to happen so for the welfare and upliftment of the humanity.

In that book, the practice done by Master DK is not given in detail as it was not the intended purpose of that book. There are many secrets relating to entering the subjective world given in that book. Even some secrets are given in the book "Man Sacrifice".

So this is the purpose for which we have been travelling in the path of Master CVV. Master CVV says "First immortality and then realization of THAT." So for the travel to happen from south to east, we first need to travel south east and the lion is said to be in the south east. Once you enter the cave, you start moving up towards east. From east, one travels north, the Sahasrara.

In south east, there is a gateway to overcome our personality. Unless you cross that gate, the personality will not change by any other means. To cross that gate, we need to practice constantly and for that practice we need time. We need to adjust our routine in such a manner that we have sufficient time for this practice.

We have the example of Sri Kotta Ramakotaiah. Anyone who used to go to him, he would ask "Shall we sit?" He used to sit in a sleeping chair and used to relate with the heart centre. In Raja Yoga, there is no need to sit in a particular position. You need to sit in a position in which you can sit stably without any dis-ease. When you are comfortable, you remain stable. Stability is most important than sitting in a particular position. Asana is very important. It is more mental than physical. The mind should be in a comfortable position. Patanjali referred gave importance to the mind while speaking on Asana and not to the physical body.

Once myself and Master EK went to a famous book store in France and there were many books on Pantanjali Yoga, in that store. I asked Master "Are all these books authentic sources?" Master EK replied "There are 2 aspects which reveal the authenticity of a book on Patanjali Yoga. First one is explanation of Asana. Asana is the 3rd aspect of 8-fold Yoga and 3rd plane is the mental plane. So Asana relates to mind but not body. Mind should comfortable and thus stable."

Only when your mind is in a comfortable position, you can do pranayama. Pranayama is regulation of prana. For that to happen, mind should be stable and comfortable. It is possible for the one who follows Yama and Niyana, the first 2 steps of Yoga. In Pranayama, respiration should go into the background and you should align with the pulsation and from that you should align with subtle pulsation. Then you can say Pranayama happened.

In that transformed state, you can observe you personality as a separate entity. You can leave it at will and take to it only when you relate to the objective world. When you are moving to the subjective world, you can just leave it and go inside. Only the self can go into the subjective cave. You cannot go inside with all your false identities.

We should realize that THAT I AM has descended as this I AM. That is our true identity. All other identities are temporary. You may be great in objective world but very small in the subjective world. That is what Jesus says in his teachings. For this realization to happen, the pulsation is the one that helps us recollect. It is said "the heart trumpets the truth." The Lord has come down as me.

So you need to separate between the outside and inside. When you come inside the home, all the outer activity should disappear. Here the home is the heart centre. Even when you come to your home from office, all official thoughts should be left out. The best way for that to happen is to take a Scripture and read it regularly. I used to read Bhagavata Scripture daily, after coming back

from office, to be cut off from official thoughts. What has to remain outside should remain outside and what has to be inside should remain inside. You should not mix up everything.

Even you can use your sleep for this purpose. You can practice and visualize that you are entering the cave before going to sleep. You can visualise that you have moved up to Ajna and sleep there. First visualise that you reached the pulsation and then entered the heart cave and then moved up to Ajna. From Ajna, there is a portal to go outside, into subtle planes. You can enter subtle Ashrams, subtle temples present in subtle planes only when you move out through the Ajna.

You may not be able to go but just visualise. The consciousness will follow your visualization and your pulsation automatically reaches that place in Ajna centre. There is more light at Ajna than at heart centre. Once you reach Ajna and sit there, there is nothing to disturb you. It is like climbing a mountain and sitting there. . It is like sitting on a royal throne. We have been discussing about this practice for years together but what matters is practice. In this manner, Hercules crossed over to the other side by overcoming the personality.

"And thus he killed the lion with his two hands, without his arms and through his own great strength. He killed the lion and stripped its skin, shewing it to the people, without the entrance of the cave. "The lion is dead," they cried, "the lion is dead. We now can live and till our lands and sow the needed seeds and walk in peace together. The lion is dead and great is our deliverer, the son of man, who is a son of God, named Hercules."

So Hercules killed the lion finally and the people shout that the lion has been killed. This cry is the realization that the personality is different from the being.

The one who went inside is different from the one who comes out. This transformation in the path was symbolically shown in the movie "The 10 Commandments", the story of an aspirant called Moses, which was taken by people who were masons of 33rd degree. They knew the symbolisms and they depicted the same in the movie, very skillfully.

Hercules has now become a son of God and he now built for himself, an etheric body. All the intelligences, within, feel very happy. They are people who cried that the lion has been killed.

"Thus Hercules returned in triumph to the One Who sent him forth to test his strength, to serve and meet the need of those in dire distress. He laid the lion's skin beneath the feet of him who was the Teacher of his life, and gained permission to wear the skin in place of that already worn and used."

The lion's skin, here, is the Golden body, the body of light. He could attain because of the grace of the Master. He did not wear it immediately. He places the skin at the feet of the Master and asks his permission to wear that skin as his new dress.

"The deed is done. The people now stand free. There is no fear. The lion is dead. With my own hands I strangled thus the lion and slaughtered it."

Hercules tells that he successfully completed the labour. He thinks the lion, the personality, is dead but the Master tells him that he has to do it again and again. It is a word of caution from the Master to Hercules.

"Again, O Hercules, you slew a lion. Again you strangled him. The lion and serpents must be slain again and once again. Well done, my son, go rest in peace with those you have released from fear. Labor the fifth is over and I go to tell the great Presiding One, who sitteth waiting in the Council Chamber of the Lord. Rest thou in peace." And from the Council Chamber came the voice: I KNOW.

So the Master tells Hercules that the lion needs to be slayed again and again, otherwise it will return. With this, the 5th labour was complete and the Master wanted to convey this news to the Lord. The Lord immediately says "I KNOW".

In this manner, the 5th labour relating to lion is done. We discussed this labour and related practice many times but as we forget it, we need to recollect again because that is the immediate goal at hand. This is the toughest and most important of all labours. Once this labour is complete, the path is smoother from then on. So winning over this lion is winning over the personality. It happens only when you go inside. It does not happen when you remain inside. Even the etheric body is formed when you go and remain inside. You cannot build it by remaining outside.

We enter the 6th labour tomorrow morning.

-Swasthi