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Bellary Gurupujas

Discourse 3 by Master K.Parvathi Kumar (27th Sep, 2015)

We are into the last discourse of this Gurupujas. Man always tries to reach a better state than in what he is now. That effort naturally happens. We all sleep today with a feeling that tomorrow will be better than today. But just that feeling is not sufficient to lead a better life. We need to think higher and also try to manifest those thoughts into action. Then we get better experiences.

The highest of thoughts is to think about dharma (eternal law). We should get thoughts which will help us to lead a life of dharma. There are dharmas relating to everything in life. There are dharmas relating to body, dharmas relating to family, dharmas relating to society, dharmas relating to friends, dharmas relating to acquaintances, dharmas relating to teachers, dharmas relating to 5 elements, dharmas relating to devas (intelligences), dharmas relating to lower kingdoms of nature and so on. Our elders taught us that the more we try to inculcate those dharmas, we get a better experience of life.

Ahimsa (non-violence) is considered highest among all the dharmas. We should not hurt other beings at any cost. Then there is dharma relating to thought, word and deed which tells us that all 3 should be in alignment. By sticking to dharma, we remain victorious as well as experience the splendours of life.

The Lord in the avatar of Rama has descended to demonstrate how one can follow dharma in life. That is why he is called embodiment of dharma. Then there is Yudhistira who is also an embodiment of Dharma. Both of them meet Sage Markandeya during their stay in the forest.

Sage Markandeya was very happy to meet Rama because of the dharma followed by Rama and he also knew that Rama is a human incarnation of the Lord. We can simply understand the dharmas by taking examples from the life of Rama and Yudhistira. If they did something, it is definitely as per dharma.

Sage Markandeya feels even happier seeing Yudhistira because Rama is the incarnation of Lord and following dharma is natural to him. Though Yudhistira is not equivalent to Rama in terms of degree of awareness, but still he follows dharma without failing at any moment. That is why Markandeya feels happier on seeing Yudhistira.

That is why Mahabharata and Ramayana are given as the Scriptures to be followed to understand dharmas in life. Sacrifice is always associated with dharma. Without Sacrifice, one cannot follow dharma. Rama sacrifices his kingdom just to uphold dharma. Yudhistira did the same thing. He sacrificed many things to uphold dharma. They did so because they knew that living to uphold the truth and dharma is the greatest wealth that one can have. There is no wealth greater than dharma. Without following dharma, you cannot reach the Lord easily. Even if you worship him without following dharma, he will someone make you follow dharma. No Master will accept has disciple to lead a life without following dharma. You cannot reach and remain in higher planes without following dharma. So you cannot do practice without following dharma. Your inner self keeps questioning you "Why did you do so? Why did you speak so?" The inner self is awakened only for those who do self-study. We discussed about self-study yesterday. Then no one from outside need to question you. You know it for yourself; what you are doing is right or wrong.

The Lord is very pleased when you follow dharma. So all aspirants must remember this and try follow the dharmas that one has to follow in life.

There are bodily dharmas like giving the body right amount of food at right time, giving it the right time to sleep, giving it enough work to do. The body here is not only the physical body, it is a combination of body, mind and senses. So there should be enough work for the body, mind and senses. And whatever you do through them should be as per dharma. You should be cautious enough that you do not indulge in something which is not as per dharma. If you do lot of work without sticking to dharma, you get into lot of trouble later. If you stick to dharma, then you are not stuck in anything. You do not have any bondages.

Dharmas are there is small things as well. First try to follow them. Bigger dharmas can be followed later. Respecting elders is a dharma. Having compassion towards younger people is a dharma. In this manner, there are many dharmas. People are forgetting them in this age. The only thing that people are concerned about is earning money. It should not be so.

If you follow one dharma sincerely, then you are presented with opportunities by which you can be uplifted. That is what Lord Krishna promises in Bhagawadgita. By following one dharma regularly, we get inspiration to follow one more dharma. Then it keeps on multiplying.

If you forget dharma for a temporary comfort or benefit, then you get into problems due to that later. Many people have forgotten this principle but aspirants should atleast follow it.

One of the primary dharmas is to do only what is to be done and attending to duties without fail. You should check whether the work you are about to do is "what you want to do" or "what you should be doing". The duties vary from person to person and they vary depending on the age group. Children have certain responsibilities, youth have certain responsibilities, adults have

certain responsibilities and old age people have certain responsibilities. You should know them and follow them without fail.

As an adult, you are responsible for everyone who is staying in your house and who is closely related to you. A family life is like an institution. You should take care of your spouse, children, parents, siblings and even servants who work in your house. You cannot ignore your parents or siblings after you are married. If you do not care for your parents, then your children will not care for you in future. In such aspects, you get back what you did. If you cause happiness to others, then you remain happy. If you hurt others, then you have to face the pain.

There are many dharmas given in Mahabharata. You can try to understand each one of them and follow them if it applies to you. There are certain dharmas called Mahadharma which have precedence over other dharmas when there is a conflict. Veda Vyasa was asked to tell one dharma which one can follow, as following all the dharmas given in Mahabharata is very difficult. It is just like telling that the name of Rama is equivalent to the 1008 names of Vishnu given in Vishnu Sahasranama. By constantly recollecting the name of Rama, we get inspiration to follow dharma.

So Veda Vyasa was asked to give one dharma. He then tells "Do not do something to others, which pains you when they do it to you." If you are pained by some action of others, never do that to others. But that does not mean you do anything which pleases others. You should do only something which is good to others.

Suppose there is drunkard. He is happy if you give him a bottle of alcohol. But it is harmful to him. So you cannot do that because it causes harm. Will you harm to yourself? In the same manner you should not do something which causes harm to others even if it pleases them.

Dharma is very subtle and it needs to be understood properly. Even if it appears bitter to follow at times, you better stick to it. It is like a medicine which is bitter to taste. If you do not take the medicine because it is bitter, then the disease ruins you. Same is dharma.

There are many who face lot of difficulties in old age. Both the husband and wife become old almost at the same time and they cannot take care of each other. If you just teach your children to earn money and nothing else, then they will not take care of you in old age because they will go to some other place or country to earn money, leaving you. If you teach your children dharma from childhood, then they will know that they have to take care of you in old age. If you follow the dharma from childhood, then you will be taken care of in old age, through some means, even if the children are not around you. A test to check whether one has followed dharma sincerely or not, is to simply see the kind of life that one experiences during old age. If you have lot of difficulties in old age, it means you did not follow the dharma properly.

Dharma may appear bitter for those who just know it but the taste of dharma is experienced only by those who follow it. Rama went to the forest to uphold the promise given by his father sometime in the past. Though his father did not want him to go because he was attached to Rama, Rama knew the dharma and went to the forest. Out of his attachment, Dasaratha (father of Rama) chose to ignore his dharma of keeping the promise. But Rama did not want his father to ignore Dharma for him. Later, when he was pleaded by everyone to come back to the kingdom, Rama does not come saying, it is not as per dharma. He returns to the kingdom only after the promise of his father is fulfilled. So Rama believed that it is his dharma to fulfill his father's word and stayed in the forest for 14 years. After the promise was fulfilled, Dasaratha in the higher planes feels happy and he was uplifted further because his word was upheld by his son. So following the instructions of father, mother and teacher are given as dharmas to us.

In Master CVV Yoga, the dharma for all of us who are following the path, is to do prayer in the morning and evening daily without fail. If you do so, Master CVV will grant you with everything he promised to us. He causes lot of transformations and you start knowing and following all dharmas which apply to you.

If you ignore dharma for temporary comfort or benefit, it is like committing suicide. So we should stick to dharma at any cost. For that, we should read the stories of Rama and Yudhistira in detail and try to understand the dharmas followed by them.

Sita is the most loved person for Rama. He cannot live without her. But when it comes to following dharma, dharma comes even before Sita. That is why he asks her to enter the fire after she returned from Lanka. She asked her to enter the fire because she became impure. The impurity is not because she stayed in Lanka under the custody of Ravana for so many days because Rama knew that no one external impurity can touch Sita. However the reason she became impure was the words that she spoke abusing Lakshmana. That is why Rama asks Lakshmana to set up the fire. So as per dharma, Sita had to enter the fire to purify herself.

When Sita asks Rama to catch hold of the golden deer, Rama goes after it telling Lakshmana to protect Sita. That deer was an illusion and when it was hit by an arrow of Rama, it shouts out in the voice of Rama, asking for help. So Sita felt that Rama was in trouble and asks Lakshmana to go and see. Lakshmana tells that it is an illusion and there is no way that Rama could be in trouble. To make Lakshmana go, Sita abuses Lakshmana with such words that she should never have spoken. The greatness of Lakshmana is he does not complain of Sita to Rama but Rama had the vision to see what could have happened. So by speaking such words, Sita becomes impure. It was the dharma of Rama to ensure her purity comes back so that she is protected. The wife too

has a similar dharma towards the husband. Therefore Rama asks Sita to enter the fire to purify herself.

In this manner, we see Rama following dharma in many cases. When Sugreeva goes to fight Vali, he takes the blessings of Rama but ignores Lakshmana. Lakshmana should be seen equivalent to Rama because he is ever in communion with Rama. Hanuman sees both of them as one principle in 2 forms. That is why he gives equal respect to Rama and Lakshmana. But Sugreeva does not realise that. He gives respect to Rama only. It is not so easy to move along with Rama at all times and ordinary persons cannot remain like that. So Lakshmana is no ordinary person.

So when Sugreeva goes to fight Vali without taking the blessing of Lakshmana, he loses the duel and Rama could not help him. Rama tells Sugreeva "You and Vali are twins and appear very similar. I could not distinguish between the 2." Then he asks Lakshmana to garland Sugreeva with flowers and after garlanding, Sugreeva takes the blessing of Lakshmana. So in this manner, Rama not only follows the dharma but also makes others like Sugreeva follow it. Then Sugreeva realises the dharma.

So we should try to know the Dharmas by reading Scriptures like Ramayana and Mahabharata. The greatness of those Scriptures is that they purify you just by reading them and they inspire you a lot to follow dharma. Remember that if you ignore dharma, dharma ignores you. If you stick to dharma, dharma protects you and takes care of you. So follow dharma in life. There are many aspects in one's life. We need to have the sense of proportion so that one can experience all the aspects of life equivalent. Do not just spend all your time in earning money though it is also one of the responsibilities in life. There are many other dharmas that you have to follow.

Though the society around you may be different, you should have the courage to lead your life as per dharma. So that is the message for today's discourse. The one who follows dharma is sure to succeed in life. One cannot be in Yoga without following dharma.

Once a Superintending Engineer came to meet Master EK at 9 pm in the evening. He was returning from his work and wanted to take Master's blessing. He said "Master! For 3 days, I was having lot of work and I could not even eat or sleep properly." Master EK closed his eyes for a while and then said "Your drive faced a similar situation in the past due to your travel. You ignored his needs and as a result, you are now facing a similar situation. Is it true or not?" That person replied "Yes!" Then Master EK said "Never do so. Being in Master Yoga, you should be compassionate to all the beings around you and those working under you. You should take care of them. It your dharma and Master CVV will not allow you to ignore such dharmas." The same rules apply to all of us. We cannot ignore dharma and remain in Master Yoga. Master CVV will somehow make us realise our mistake through some punishment. The punishment is given

because that person will have to suffer a lot if that punishment is not faced at that time. So that is how Master works. He punishes you at times to protect you. That is required for your upliftment.

Knowing all the dharmas in discourses like these is not sufficient. Only practice gives you the related experience and upliftment. Master will not be happy if you are not following dharma. Offering to others is one of the dharmas that he gave to us. He told that we should never beg in life.

So dharmas may appear severe but without following them, nothing will happen in the path. It is definite that those who follow dharma will be uplifted to highest of planes.

-Swasthi.