# Master CVV Gurupujas, Visakhapatnam

# Master KPK

**Discourse 4 on 12 January 2021, morning**

(This translation does not give the complete talk. Only for personal use, might contain mistakes.)

**YouTube:** https://www.youtube.com/watch?v=rOFkmDIQFiA

Greetings to the Brotherhood. We have completed the 4th prayer during these Gurupujas and now we begin the 4th discourse now. We all come with a lot of enthusiasm to participate in these Gurupujas and generally the enthusiasm increases day after day as the mind starts cooperating as we stay more and more in the presence. There is no conflict to those whom the mind cooperates instead of trying to find an alternate logic. The mind is generally confused and finds it difficult to choose between the inner world and outer world. Today I felt the prayer was better than yesterday which indicates that all the minds here are more cooperative than yesterday. We should also keep requesting the Master to help us in gaining the cooperation of the mind.

Today is the birthday of Sri Vivekananda who is a representative of humanity while his guru Sri Ramakrishna Paramahamsa is a representative of Divinity. So, Swami Vivekananda is a representative of us to link us to the Divine. He acts like a bridge. This Gurupuja event is also a bridge for us to link to the Divine via the Master or guru.

Now coming to the teachings of Rishabh. He is emphasizing on destroying the Linga Sareera. This does not mean we have to destroy the body but we have to tame it like an animal so that it does what we tell it to do instead of being under the control of the personality. If the body is not at all cooperating then it can be left for a new one. If it can be tamed or transformed, then that needs to be done. For some the personality and desires might be so strong that for them yoga practice is not at all possible. Such ones have to wait for a few lives before they can even enter the path. So, there are different paths for each person depending on where one stands. For some yoga practice might be possible, for some it might not be possible. Master EK used to even tell some people directly that they cannot enter the yoga path in this life. So, it is better they do something else and wait for some more lives until the spur comes from within. It is because he could

clearly see that their personalities and desires are so strong that they cannot succeed in any yoga practice. If one has a strong personality and many desires, such a one cannot attend events like this for years together. If you people are able to do so for many years, then it means we have certain Divine aspirations. We should try to keep increasing whatever aspiration we have so that there is constant progress in the path. Every day we should try to know something new. We should keep checking if the practices that we do are happening well or not.

So, going further into the teachings of Rishabh, he says, "Recollect I AM THAT I AM". We should remember that each one of us is THAT I AM. And this recollection should start with us thinking about the Divine because we are images of the Divine and not other way around. It is wrong to say, "Your father looks like you". We should say, "You look like you father". So, our recollection should be, THAT I AM has come down as this I AM. THAT I AM is always there while I AM emerges and dissolves into THAT I AM. THAT I AM is the original while all individual I AMs are copies of it. Everyone has come out of the ONE. Each one is an original because it is the original itself that has come out as many. There is no need to compare because each one is an original. This comparison business is a problem for the mind. When you try to compare, you then try to imitate someone you like. Why do you need to imitate someone? You are an original, so be original instead of trying to imitate others. That is our natural state. Master CVV said, "I AM Brahman". That is true with each one of us. Master CVV realised it but we are yet to realise it. If you realise the same, then you too can give that statement. After all THAT I AM is the true identity of each one of us. That is the higher state of identity. I AM THAT I AM is the next state. Only I AM is the next state. This state is dangerous because we forget THAT I AM when only we remember I AM. So, remember THAT I AM first and then think that this I AM is THAT I AM. This recollection should happen every morning. If not, all the false identities come to your mind and there might be identities that trouble you. If you remember THAT I AM first then the problems associated with other identities become easy to handle.

Rishabh further says, "Look for the virtues in others". This is difficult for many as everyone is interested in looking for mistakes in others. Even the world news runs in this manner and they only report the flaws in people. You should learn to see the virtues in others and remember that those virtues represent the Divinity manifesting through them. This helps you relate to the Divine in everyone. When you talk about a person, it is the virtues in that person that you need to talk about. The more you see and relate to the virtues, then those virtues start manifesting in you. Not only people, virtues can be seen in nature, plants and animals. It is wonderful to see the sun but people are hardly interested in seeing the sun every day. But huge gatherings happen to see the sun getting eclipsed. That is an indication as to how interested we are in looking at the flaws instead of the good qualities in others. People even skip sleep sometimes to watch a lunar eclipse but are they interested in relating to a full moon? So, learn to see the virtues in the sun, in the moon, in different aspects of nature, plants, animals and humans.

Rishabh says, "Do not develop enmity towards anyone". This is not good for either in the outer world or in the inner world. It is a huge drawback to have enmity in mind towards anyone.

Rishabh says "Have equanimity towards everyone and treat everyone with respect." You should see everyone equally and treat everyone with respect because it is the same Divine present in all. The outer layers might look different but the inner essence is ONE for all. If you see the ONE in all, then you can treat everyone equally and with respect.

Rishabh says, "Learn to be stable at all times, irrespective of the situation". You should not over-celebrate a happy event and you should not get depressed for a sad event. You should remain stable in both these kinds of situations. If there are too many disturbances in the mind based on the situation, the prana also gets disturbed which affects your health. So, as much as possible, try to remain stable instead of being too

emotional. Stability is important for yoga practice because a mind which is easily disturbed cannot take up spiritual practices. Inner vision is possible only for a stable mind. It is like being able to see the bottom of a river which has very clean water. If the water is muddy or has ripples in it, then we cannot see through.

Rishabh says, “Remember that the body and other things in this creation are given to you and you do not own anything.” We are all trustees to our bodies and whatever wealth given to us. We do not own anything in this creation. So, do not think “this is mine”. Nothing is mine and nothing is yours. Only the Divine is the true owner in this creation. Everyone else is a trustee. As trustees we only have duties and responsibilities but no rights over anything. We have duties and responsibilities towards spouse, children, family, friends, society and nature. We only have fundamental responsibilities but no fundamental rights. Great ones felt sad when in the United Nations only fundamental rights were introduced but there is no mention of fundamental responsibilities. If you are made head of an organisation, it gives you responsibilities but no rights. If you are a trustee by nature, then nature trusts you and hands you over its resources to be utilised properly.

Rishabh says, “Yoga practice and knowledge go hand in hand”. Yoga should be practiced with knowledge because without knowledge, you cannot progress beyond a certain stage in yoga. Practice and knowledge should go hand in hand. You can learn as you practice and you can practice better as you learn. If you practice without knowledge, you might do something wrong and you may not even realise the mistake. Without knowledge, one just creates more noise in the society. No productive work happens without knowledge. No action after having knowledge is also useless because finally it is action that matters. A man is known by his deeds but not by his knowledge and speeches. Your speech matters only if it inspires and uplifts others. Other speeches do not matter. Rishabh also says that this knowledge and yoga practice should be gained from knowers. It should not be learned from those who have half knowledge. Even reading books is not sufficient because only a knower can reveal the secrets hidden in Scriptures and just the knowing the language is not sufficient to read and understand the hidden wisdom in Scriptures.

Rishabh says, “Divine is available to each one of us within. Relate to that Divine.” Though the Lord is one, he is available to each one of us on an individual basis. The Lord is available to each one of us individually, within. It is like the sun being one but each one sees the sun from one’s own window. The Lord can take to different states to satisfy each individual. As you keep relating to the Divine within, you gradually realise that it is ONE appearing as many.

We discussed about 19 teachings until now. We will continue in the evening.

-Swasthi