

# Merry Life Teachings

Master KPK

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## Talk 2

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Hearty fraternal greetings and good wishes to all the brothers and sisters.

**02.21** The month of Leo is the month with the many activities in the World Teacher Trust. Apart from the weekly activities that we do, there are special activities in the name of the birth of Master CVV, birth of Master EK, birth of Master MN and also birth of Lord Krishna and birth of Sri Aurobindo as well. August is full of activities apart from the regular activities and we have been meeting through YouTube or even through Zoom much more than what we have originally envisaged that we may not be able to tour and make group lives is more abundantly overcome by the frequent meetings that we are doing for teaching through these media which is either at YouTube or Zoom or sometimes a conference call.

**03.55** When a limitation emerges, man always strives to transcend the limitation. Impediments are therefore seen as opportunities in the esoteric sense of the event. This Corona virus which has arrested us almost to our homes and restricted our movements, we are overcoming all that by making this kind of distant conferences and relating in a much more effective and much more frequent way than what we have been doing earlier. Even to Radhamadhavam, in spite of my being very liberal, there are members gathering to cooperate. Cooperation is the fundamental key for the growth of any person. As much as we cooperate so much we grow. As much as we non-cooperate, we get circumscribed, limited and even constricted. So, thank you for being there at various places on the planet to relate to each other.

**05.38** Long ago I have lost the glamour of teaching because teaching is only helping the teacher to realize the concepts in much deeper sense. They help the teacher to remind himself of what he has to practice. To the listeners, it all depends upon their awareness and their inclination - the degree of their inspiration. So therefore teaching has come to be on the planet and it continues. And wherever it is benefitted, or not benefitted or even doubted, the teaching is unmindful of it and it moves on. Just like during a day the sun rays cover the entire planet from east to west and those who are benefitted are benefitted. So are the teachings. The teacher gets out of the glamour that he is enabling others to uplift themselves. He does it dispassionately as he is ardent to do it.

**07.03** The additional advantage I am now finding is that we are able to see each other and relate to each other - which is an additional dimension to the teaching. Relating to each other is what brings us the needed experience in life. The entire life is meant to relate to, with all our relations. We don't have to build relationships. If we build relationships the ships may sink. Relating is different from building relationship. Relating is a state where you keep relating without cooking each other. That way of relating with each other is what is called friendliness. A friend is one who has free ends. Meaning there are no obligations inter se. Each one of us has our own obligatory karma which we necessarily have to attend to. That cannot be escaped by anyone. And the progress is when we relate to something which is an energy of friendliness, an energy that is available universally, apart from being related to something which is an obligation.

**08.48** Between the teacher and the student there should be no obligation. The teacher should feel not obliged to teach. The students need not necessarily feel that he should necessarily listen. It shall have to be a free flow of energies on either side. Then only the friendliness remains. Otherwise it becomes a drudgery and then each one becomes heavy on the other. So I take this weekly relating as a joyful means of seeing all the nice faces that I have been meeting all through over the last 39 years. Gradually the number of members has grown and then to see them all once a week through these means is much more joyful than the teaching as such. Therefore we continue this as long as it is mutually joyful. Not otherwise.

**10.06** The more and more an activity is conducted in a rhythmic and regular fashion, it reduces itself into a routine. When it tends to be a routine, it leads to a dead routine and that dead routine takes away the very juice of the activity. And that should not happen. Monotony should never get into the activity which we are doing with much spirit. The spirit has to be entertained at all times.

**10.45** We are in the month of Leo and Leo offers tremendous opportunities to transcend our own limitations. Our problem is we circumscribe ourselves a lot. We define ourselves a lot. The more we define the more we circumscribe, that much more we crystallize ourselves and lose that pliability or flexibility that enables us to expand. After all, all prayers and wisdom practices are meant to cause expansion of consciousness and expand the horizons of our awareness. Our horizons shall have to gradually expand, not settle down to a point and be done with it. Then that circumscription of a narrow horizon starts conditioning us while in truth there is no such thing as a horizon. Horizon is but an illusion. It is according to the standpoint that one takes to.

**12.08** When you stand at a particular point on earth, you have a horizon built around you; but if you are not stuck in a point or in a viewpoint then your horizon remains flexible. And as much as you are able to accept as many viewpoints, so much the horizon keeps on growing. Therefore, Leo is one opportunity which is offered by the solar year to ensure that we stand above the diaphragm and not just live below the diaphragm. As humans we mostly live with the mind as our main instrument. We are all human because we have man in humus, meaning man in matter. Humus is mud or matter.

**13.10** So we are the images of God that are set in a form of matter and we don't have to be restricted by matter. When we are restricted by matter, we are called mundane people, mundane men, worldly men. Men that are completely succumbed to material things is called a mundane man or a worldly man and he

is imprisoned by the matter or by the world as such. If you stay in the heart which is beyond matter, it is said to be the state of air and the sky. The sky has no limitations. The air has free movement. Therefore to be in the air of our own being, to be in the sky relating to our being, when we start learning it regularly as a habit, our mind does not suffocate. Otherwise it suffocates within the three elements namely fire, water and matter. Therefore Leo says be in the cave of the heart and be a Son of Man but not a son of mud.

**14.40** We all know the very word man has come from the root word *manushya* in Sanskrit. *Manushya* or Man, they have come from the progenitor or the father of our race whom we call the Manu. From Manu, *manushyas* have come. From Manu, man has come. Man means women as well because man, when we say man it is about mankind; we say about humanity as such. Human and man they are two different terms. Human is one where the man is stuck in humus. Humus is mud. Man is one who is beyond the humus. That's why we have two words differently made in English. One is called mankind, another is called human. In Sanskrit also, the man that stands above matter is called Nara, meaning he is not destroyable. He is eternal and he comes from Narayana.

**15.59** *Narayana* is the cosmic or heavenly man from whom Nara emerges. And this Nara takes to a form of five elements which is full of matter. Among these five elements, if we are able to stay in the upper layers of the five elements namely air and sky, then your horizons improve. If you do not then you fall into the activity of fire which is called the activity of thought. Men keep on thinking thinking, thinking and thinking until their hair grows grey or until their hair falls. The people who think too much, they lose their hair fast. Be it men or women because the heat of the thought does have a lot of side effects. We as humans would like to be away from these thoughts for a while to gain the necessary respite.

**17.11** Likewise, to be in waters means they are said to be in the waters of desire. So that's where the desire-dimension binds us. Thought-dimension binds us. Desire dimension binds us and then with the bottom-most element is matter which punishes us quite a lot because matter arrests the spirit. So matter, water and fire are the three elements that we normally live with but we are sustained by air which functions in us as life principle. And we are sustained by *akasha* which is filled with awareness. Awareness and life preside over the whole being, and when you relate to air or *akasha*, you gain a kind of liberation from your state of mind or the state of your horizon.

**18.18** Leo offers such possibility, it says keep ascending, keep relating to *Soham*, keep relating to respiration. Because we, the men, being generally desire-oriented, tend to be mundane men instead of being human, we tend to be selfish beings and almost tend to be like the beasts. That's why the person who lives below the diaphragm, i.e. in the solar plexus, is called a beastly man. In all theologies all over the world there are mythologies which show that the hind part of man is animal while the higher part of man is human. Isn't it? We have a centaur where you have the upper portion as human and the lower portion as horse. Likewise we have upper portion as man, lower portion as a bull. He is also called centaurian. These are but symbols of human state of awareness. When you are beastly you can be human and if you go further up in you, you can also be divine. Man has three possibilities: he can either be divine person in human form; he can be just human concerned about the fellow humans, he can be very beastly. These are the three categories. The beast is a support but many times the beast overpowers the man. When that happens the man sinks more and more into material.

**20.20** Therefore the scriptures always say in the month of *Shravana* or in the month of Leo, you ensure that you stick to respiration very regularly and then ensure that you move up to the cave of the heart and live in that cave where the functioning element is air which leads you to the sky. The sky is the permeating light. It is called *akasha* in the scriptures, meaning its light spreads without limitation. It is light everywhere. It is all light. That state is called *akasha*. From that state air emerges. From air the fire emerges. From fire the water emerges. From water the matter emerges. That's how the scripture says *akashad vayuhu vayor agnihi agnir apaha apah pradhivi*. This is how we descend. We have a choice to live either in the *akasha* or in the air or in the fire or in water or in matter.

**21.42** We are not prevented from living in any of the five elements but we shall have to fix in what proportion which element should be. How much portion of *akasha* should be, we live in. How much of air, how much of fire, how much of water and how much in matter. So the subtler the element, the greater is the feeling of respite and liberation and the absence of limitation. The lower the element, there is more and more conditioning and restriction. That is why the seers say you have five states of your being in the form. You can be in the *akasha* state which is in the deeper cave of the heart, which is called *daharakasha* or you can be with the air regularly by relating to respiration. Or you can be in the solar plexus with a lot of desires and related water and the emotion. You can be in *swadhistana* or sacral centre where you are regularly pried in the thoughts, in the fire of your thoughts, or you may stay conditioned with matter surrounding you and your mind functioning only in relation to material things. So these are the five possibilities we have.

**23.26** The scriptures say if you learn to live in *akasha* you are stable. If you learn to relate to *akasha* and make your abode in *akasha*, you remain stable and you have not even the kind of haphazard movement of the wind. You are a stable flame; you are not a flickering flame. So *akasha* is the most preferred state where there is no death. The scriptures say you have to gain the sarira, this body, the body of *akasha* which is called *akasha sarira*, that body is eternal. The other body is the body of the air which is swift in movement and can fly and can also remain flexible. It can take to different forms and conduct different activities and you have many more possibilities to conduct yourself if you fix your awareness in air. If you fix your awareness in fire, you can deliver certain things because fire can do lot of good work but fire can also burn. And you cannot always remain in fire because fire is fire, it burns. And to be in desire is to get completely soaked in it and then the man who stuck in air slowly stings. And then matter binds us a lot.

**25.03** So through experience the seers have understood the best way to live within the body is in the state where *akasha* is; or where air is. Since we the humans belong to the fiery brand, we are generally thinkers. Unlike the animals we are thinkers. The animal doesn't have such a gamut of thought. It has a few desires. It moves itself and fulfills itself. It has no self-consciousness. It fulfills its body and then it always tries to secure itself from the surroundings because there is always danger to life from the surroundings. This man also does, he also fulfills his desires, he tries to secure himself but predominantly he is engaged in the thought plane.

**26.04** He is a thinking entity and thought is fire. Thought consumes lot of energy. If the energy is spent away for nothing, for nothing, it is like putting the stove on and not cooking anything on it. If the stove is lit and is left like that, the entire gas is burnt out and the stove remains non-functional. So we switch on the stove of the flame, or the flame, only to carry out certain activity which is needed either for us or in the surroundings. At other times we don't have to live in thought. To live in thought at all times is like spending away your energy for nothing and then you get very quickly exhausted. Then the persons who are exhausted very fast because their thought has too much velocity and then there are too many thoughts in too short a time and all energy is spent away.

**27.21** By the time the forenoon is complete they are tired and some are tired by the afternoon. By the time the noon is over they are tired. There are some others who are tired by evening. There are yet others who are not tired even late in the evening. Why because: you enter into thought, conduct the thought and then come back and stay in the abode of air. To be in the state of air and to get into thought when needed is a great facility. It is like you get into and then you get out. To be in thought at all times is the great impediment that man has inculcated to himself. Get into thought to fulfill an action. At other times don't be in the thought, be with the life principle with the support of air. That's why air is considered to be the most noble element that lifts you up. We say at the very entrance of the prayer hall; the prayer lifts up. Isn't it?

**28.36** It should lift up from our thought plane to our activity of air and further lift up to *akasha* which is again, it leads you even further into *mahatakasha* and *parakasha*. *Mahatakasha* (is in the) is in your head, it is in your countenance. *Parakasha* is beyond your *sahasrara*. So these are the states into which



you can move at ease and move out at ease. That is what a yogi should learn. That there is *parakasha* and then *mahatakasha* and then *akasha* and then *vayu* - number 4 and then *agni* or fire and then water and then matter. In these seven planes the middle point is air. If you are with the air you can get to *akasha* easily. If you are with the air you can relate to thought easily. It is equidistant to *akasha* on one side – *akasha*, *mahatakasha* and *parakasha*, it is equidistant to fire, water and matter. To fulfill your bodily needs you step down to thought and then take to thought to fulfill the requirements of the body. If you remain always in the matter, you tend to be crystallized and get very rigid. There are very rigid persons who are suffocating on the account of their own rigidity.

**30.23** And then if you live more in water you are mostly emotional. You are full of emotions and then the emotions cause lot of disturbance in us. The base of emotions is in the desire plane. So that's why to be more in waters is not desirable. To be in fire is needed to fulfill the work. Sons of fire can fulfill the work on the planet but to be in the fire at all times is not needed. We enter the fire of thought to fulfill an act and get back into air. Air can be a safer abode. To be in air is what is called to stay above the diaphragm. Astrologically they said if you stay above the diaphragm, you are generally above your thought plane into the plane of air where you relate to the activity of respiration which is but inhalation and exhalation. If you have associated with the activity of inhalation and exhalation then you are only with one thought and that thought is related to air and keeps you moving inside to outside, outside to inside, inside to outside, outside to inside and there is no other thought.

**31.55** That's how thought can be regulated when you relate to the cave of lion which exists as Leo in you. That is where you will be reborn into light of Leo which is golden in nature. That's why it is said to be the birthplace of the man. While man is born in flesh and blood to start with, he is born again in the cave of Leo or in the heart. Then only he is called *dwija* meaning the twice born one. Meaning, to him his beast does not control him. On the contrary, he appropriately utilizes his body to fulfill the purposes. He utilizes the thought, he utilizes the senses, he utilizes the body and conducts himself. At other times he is above these three elements of fire, water and matter and lives with air which tends you to move more and more into higher realms and get the respite, relief and even liberation.

**33.15** For that reason, in the month of Leo you are required to relate more and more to the sound of respiration which is called *Soham*. By this we are gaining different horizons. Otherwise we are always around the same thoughts and the horizon that the thought fixes. It is like a rodent round the mill all the time. It is called in Telugu *ganugeddu*, *gaanugeddu jeevitalu*. A routine life and the routine thoughts, doing the same things every day and making the same speeches every day and entertaining the same thoughts with no gradation or upgradation of these thoughts.

**34.09** A few thoughts run the daily mundane life. You don't need more than that but the entire life is dedicated to this mundane living which is called a rotational movement. It's a cyclical movement where like a beast around a circle, you keep on moving moving moving and moving. There is a saying that if you pick up a bull or a horse which is used for grinding the millets, even after it is released from the activity, it keeps moving only circular. And in India we say, there were times where we had bullock carts that carried the garbage of the town which is organized by the municipality. A bullock which is used for carrying the garbage, it stops at every garbage point. Isn't it? (Even when) Even while it is released of the cart to do this garbage work, the bullock develops the habit of stopping at every garbage point. Like that, the mind keeps on moving into those points of garbage which cause lot of stink to one's health and disagreement and disagreeability, conflict and worry, irritation – so many things. It's not a place to stay all the time. Mind is never seen as a place to stay at all times. It is a place to get in to conduct the needed work and to get out of the mind is a great exercise given by the seers for which air is worshipped and associated with.

**36.10** That's why we say in our hymn "*Namaste Vaayu tvameva pratyaksham brahmasi*" – you are the direct perception of God to us. We say air is direct perception of God. If anyone asks you if God is there or not [then we answer] by another question "is air there or not?" Air is an element which cannot be seen but it can be perceived. Isn't it? We cannot see it but we can perceive it that there is air. Likewise when your perceptions improve you see the very origin from which the whole thing has manifested. So it's a matter of your reaching higher horizons. The more and more you reach higher horizons, the more and more you are able to see and see new things. You are seeing something more than what you have been seeing and that encourages you to get into greater horizons. This getting into larger horizons and gaining vistas of vision is what is called the process of initiation.

**37.35** Initiation is not a mystical process. It is a question of increasing one's own comprehension gradually around oneself starting from earth and then the waters around the earth and then the fire around the earth, then the air around the earth and then the *akasha* and then get to those orbits where the planets are functioning. Around the Sun on either side there are three planets functioning. And they move around the Sun, isn't it? And Sun is the abode for all this solar system; you can reach up to the Sun. Therefore, initiation is always to ensure that your awareness is not constricted and imprisoned like a bird in a cage. A bird in a cage has no possibility to move around. Isn't it? You see a parrot, it is so beautiful, you bring it and then you cage it. Even if the cage is golden, it is constricted. So however beautifully we make our surroundings, a nice house with all comforts to the point of luxuries, you tend to be more and more constricted by the comforts and luxuries that you build and you tend to be more and more inclined towards matter and the consequent conditioning of matter. But if you take the other way you move further.

**39.15** You move further and you move forward, and your moving forward from this earth is what is seen as a grand initiation. Air helps. That's why *Namaste Vaayu* - you are the direct perception of Brahma, *Tvameva pratyaksham brahmasi tvameva pratyaksham brahma vadishyami* - I declare that you are Brahman in direct perception. I can perceive you. Air can be perceived and it cannot be seen, so also the source of air which is *akasha*. And then the source of *akasha*, the source of *akasha* is in *mahat*. It is from *mahat*, there is a triple energy, a dynamic energy which is called *rajas* and a static energy called *tamas* and a poised energy which is called *sattva*. From *mahat* these three energy flows result into various intelligences and out of *tamas* the five elements have come.

**40.26** So when you grow and then move on into higher and higher realms, you will start going up the ladder and making you understand. That's how the seer Bhrigu taught his son Varuna - "keep on contemplating about that which is higher than the present, That which is the source of the present." Where from the ice block has come? The ice block has come from the water. Where from the water has come? The water has come from the rain or vapor. And where from the rain has come? It has come from the clouds. Isn't it? And where are the clouds? These clouds are in the sky. So keep on moving through enquiry and you reach into greater horizons.

**41.14** Otherwise you are stuck with your own dogmas, with your own theologies, with your own theories, your own doctrines. And then there is no pursuit, there is no enquiry and there is no movement into greater horizons of life. The life pulsates in us. Why should it be pulsating? What is it that is causing pulsation of life in us? Why should the life pulsate? We take pulsation for granted. We take awakening in the morning for granted. We take slipping into sleep for granted. How is it that it is becoming possible? Where is the enquiry? This enquiry is of great relevance.

**41.57** For the comprehension to grow into larger horizons, the more and more your comprehension improves the more and more you are able to include things. That is another dimension. Inclusivity is a dimension of initiation. The more and more you know, the more and more you include. The less and less you know, the more and more you exclude. People segregate themselves more and more out of ignorance. But the seers gather around and then include more and more and include almost all and everything. That's why we say *anira karana masthu anira karana masthu* – let there be no negation. So if your horizons increase you stop negating, you start including.

**42.47** So all these dimensions for that, the footstep, the footstep is at the cave temple which exists in Leo. Therefore, Leo has to be put to appropriate use; this happens once in a year. The month of Leo happens once in a year. And you have thirty days to utilize it because the nature cooperates with you in the month of Leo to enter into your own cave temple and contact the air in you which is incessantly conducting the activity in you. If you are in the air you are no more in the fire. That's why in Mahabharata, the son of air Bhīma - said to be preceding the son of fire called Arjuna. And preceding Bhima the son of air is the son of sky who is called Yudhishtira. The five sons are but five elements. If you understand properly, the five sons of light are the five elements representing the fifth ether *akasha*, the fourth ether air, the third ether fire, the second ether water and the first ether matter. That's how the whole arrangement is in the scripture.

**44.18** So when we move into air we are proximate to sky. That's the beauty. When you move into sky, it is all light. When you move into sky, there are no earthly forms found in the sky. And air is the bridge. So therefore those of us who live below the diaphragm, the entire humanity to start with lives below the diaphragm and it has to lift up itself above the diaphragm. To lift up itself above the diaphragm, the key is relating to the air. The activity of air is breathing in us and that breathing is a double function of inhalation and exhalation. Follow the inhalation and follow the exhalation. If you regularly follow that what happens is, it puts you out of your thought plane. It puts you out of your thought plane, that's where the energy of Hanuman is beyond all limitations.

**45.29** The story of Ramayana, everyone including Rama who is a son of fire has obligations. He had lot of obligations to fulfill. Isn't it? Sita the deity had obligations to fulfill. Every character in Ramayana has obligations to fulfill except Hanuman, he has no obligations. Do you see the beauty of Hanuman? That's why the entry of Hanuman and the activity of Hanuman is said to be the activity of beauty, why? - because he is not obligated and yet he is carrying out actions of good will. He is not obliged to Rama. He is not obliged to Sugreeva, but he decided to be with Sugreeva, he decided to be with Rama. He has no obligations. So we are full of obligations. I explained yesterday how many obligations we have towards parents, towards relatives, towards sons, towards grandchildren and towards the surroundings, towards five elements, towards seers, so many obligations!

**46.41** To come out of obligatory karma is said to be a state of liberation. And yet perform acts of goodwill. That is the state of Hanuman who is called to be an appropriate son of air - Vayuputra. That's why Hanuman is worshipped. He is beyond all limitations and he is beyond all obligations and he is ever available to help people. And he spreads himself in air. What a beauty! That's the state where the Masters of wisdom live. That's the state and they keep moving all over the planet and help the beings. They are our models and we wish to join them. That's our desire. It's an aspiration not a desire.

**47.35** Aspiration is but a desire which leads you into higher realms, that's all. It's also a desire with a difference. A normal desire makes you move around the same circles again and again and again and it

is a rotational movement .An aspiration is also a desire which also allows you to conduct circularly but each time you reach a higher circle. It is like a spiral which leads to a higher circle. That's why a man should aspire. Aspire for higher things to reach higher states of his own being. So pick up to this inhalation and exhalation, when you regularly relate to it you can find the swan song that is happening with the respiration as Soham – Soham – Soham. Then it leads to the pulsation in you and then the pulsation when you relate to, it leads to higher realms. When you are led to higher realms the double sound of Soham tends to be OM – single sound.

**48.48** It is OM as the pulsating principle. It is *pranava* that (transcends) comes down. It steps down as *prana*. *Pranava* steps down as *prana*. As *pranava* it is awareness and pulsation. It is double principle. So from *pranava* to *prana*, *prana* to pulsation, pulsation to respiration there is a path. If you associate with this path you are reaching the higher states. Doing the same things in the name of God would only put you in the same state of awareness. (It has to be) There is a way to move forward with comprehension. There is a way to move forward with comprehension for which Leo opens the door. It opens the door, that's why Leo is said to be the future sign of initiations.

**49.50** Mankind has lived enough with thought, enough with mind and they are complicating themselves with their minds. Isn't it? All our complications in life are all that we build with the help of our mind only. Isn't it? The mind coupled with desire complicates us. So therefore let us not live in those abodes of emotion and thought, let us lift up our abode into the abode of the Master which is also called the abode of air. And it is also called the temple of the heart or the cave temple where you find an ascending path, an escalator, a vertical lift up.

**50.36** That's where we have to reach and that's where you have to contemplate upon further aspiration: who is the Sun in you? At this solar system the Sun is the Lord. Isn't it? In us, the centres of the Lord - Sun exist at *sahasrara*, at *ajna* and at the heart to start with. We encounter the light of the Sun in the cave of the heart which is golden. In the morning times when you look at the sunrise it spreads a lot of golden light. And then by the time the Sun rises to mid-heaven it tends to be diamond-like. Isn't it? So we too, unless associating with the golden light in the heart, will have to aim further to relate to the diamond light which is in the forehead of your own being. Meaning you are trying to take to another dimension relating to it. One dimension is mundanity. Another dimension is to be above the diaphragm where you live with the force of air. And then the final dimension is to get into that state where there is consciousness.

**51.55** The head is said to be the field of consciousness, the upper torso up to the diaphragm is said to be the field of force and then that portion which is below the diaphragm which is called the lower torso is the field of matter. Matter – force – consciousness. So when you wish to relate to the source of consciousness sitting in the cave temple of your heart, you contemplate upon the forehead where there is the brilliant diamantine light of the Sun. That is how the practices have to be. Having reached the heart, from the heart you contemplate to reach the sky. To relate to the sunlight we have to orient to a window that leads you to the sunlight. Isn't it? That window to the sunlight is in Leo. Not all windows will orient to the eastern light, isn't it? The southern window which brings you breeze or the western window which shows you the sunset or the northern window which brings you the winter breeze, they are different. They have different purposes. But then the eastern window enables you to look to the light.

**53.22** Therefore you reach the heart from where you experience the golden light of the Sun. And then set your aim at your forehead – that is *ajna* where the sun ball is. That's the sun ball. You relate to the



light in a circular form as sun ball – that is what is symbolic of our brow mark here. Just make a brow mark only to stimulate that centre, to recollect that centre and to relate to it. When you reach there you are said to be in the higher circles. And this centre is the centre of Aries. That is why in Leo, when we reach Leo, there is a reverse process of reaching the Aries - reaching Aries via Cancer, Gemini, Taurus and Aries. That is what is called the reverse wheel in astrology.

**54.22** Therefore be in the Leo centre and ensure that you comprehend a little more on a daily basis. Not about mundane things. About super-mundane things. See, mundane things have a limitation. They hover just around the matter. Super-mundane things lead you to the different dimension of your own life. And there are teachings given by Master Morya in great length under the caption “Supermundane” which are made available by the Agni Yoga society. Super-mundane wants you to see in between the forms and super-mundane wants you to see through the forms.

**55.15** The subtle dimensions will be opened in you when you relate more and more to air. When you relate more and more to air, you can see certain subtle forms moving in a place like this when certain genuine divine proceedings are being carried out. It happens. They come, they bless and they go and they are very swift in their movement. They can be perceived. So when *vayu* is perceived, everything is perceived. And the activity of *vayu* is in the *anahata chakra* which belongs to Leo and Cancer. Leo and Cancer. That’s why the two sign are of great importance – Leo and Cancer. And we have to necessarily take to these so that we walk into a temple where initiations are possible.

**56.12** Initiations as I said mean gaining speedier comprehension of greater horizons relating to the creation. That’s where it happens. And this Corona times help us. The word Corona is also related to the heart you know? Do you know that Corona also means the heart? Coronary arteries we say. So you relate to the other dimension of the word Corona, relate to the heart activity which is circulation of blood and respiration. Isn’t it? The blood circulation is an incessant activity that happens in us, which starts cleansing the used blood back into fresh blood, isn’t it? The blood circulation is a means by which the used blood is recycled once again as the fresh blood. Just like we are recycling waters for a fresh use again, isn’t it? Desalination plants are set up all over even to claim salt waters which are otherwise not drinkable or not usable. And we are trying to use those waters; likewise the heart recycles the blood within and makes it fresh.

**57.55** Purification is one dimension relating to respiration. Another dimension relating to respiration is, it has its unfoldment and foldment, unfoldment and foldment. That’s what is called centripetal and centrifugal activity. When it is unfolding it releases, when it is refolding it is again consolidating you. You unfold and you consolidate, you further unfold and consolidate, you unfold and you consolidate, like this there is a series of unfoldments. If you see a flower, specially a lotus, it gradually unfolds. If you see the regular flowers around in our house, it unfolds by a day. A lotus unfolds by three days gradually with the help of the sunrays. We too by relating to the sunrays in us which exist in *ajna* centre, we keep on gradually unfolding and expanding our horizons. That’s how the unfoldments have to come, by relating to the source of light which is Sun to us. And the Sun itself is a transmitter and he is receiving light from higher circles. And from that higher circles there are still higher circles.

**59.14** So likewise the entire universal awareness, it has transmitting centres as the Cosmic Sun, Solar Sun, and planetary Sun. So we have the cosmic Sun centre, the *aditya* centre at *sahasrara*. We have the Central Sun centre at *ajna* – corresponding centre. And we have the planetary Sun centre at Leo. Relate these three and move out. That should be the purpose of our chanting Gayatri. That should be

the purpose of our chanting Gayatri - as much as we unfold into higher realms so much you also expand into the surroundings. That's the beauty. It is simultaneous.

**59.59** The horizontal expansion and the vertical expansion, they are concurrent. One supports the other. The more you walk into light the better is your ability to serve the surroundings and expand your activity. So there are people who have caused a meaningful expansion of activity to the entire globe. Isn't it? There are persons whose influence is limited to their own house or their own street isn't it? So what is the difference? It is an unfoldment process by which there is a parallel expansion and also a vertical expansion. That's the beauty. As much as you grow into light so much your effectiveness also grows into the surroundings. So you grow in all dimensions. See from horizontals to verticals it is 90 degrees. Isn't it? It covers one quarter of a year. It covers one quarter of the day. So you can expand in that manner and keep on expanding either way and that is what is called yoga or discipleship.

**1.01.19** It's not just vertical expansion without its impact into the surroundings. That's why among the trees we see banyan tree as a very important tree, where there is as much expansion vertically and also horizontally. Its usefulness keeps on expanding into the surroundings, and its growth into the verticals and receiving more and more light enables a banyan tree to be an abode of invisible beings. Invisible seers, the *sidhas*, the *sadhyas* and the beings of that category. To them the banyan tree is an abode, a *Ficus Religiosa* tree is an abode. The higher the tree, the better it is for a seer to live on. That's why they say on silk trees which are called ceiba trees or on pine trees which are also very popular in Europe, Ceiba trees are not available everywhere. There are silk trees which are there in Himalayas; they are there again in South America, and mostly around the mountain ranges of Andes. And there are sandalwood trees which grow very high. And red sandalwood trees.

**1.02.46** There are certain trees which grow very high which become abodes of the seers. So if you grow vertically you also become an abode for a seer. A Master can be associated with you and can also function along with you. That means you have made yourself available into higher circles. For all these dimensions the fundamental helipad as I say, where you can take off vertically is the cave of the heart. And that's where we all have to enter and then keep unfolding. Do not just limit yourself to your routine practices, not associating yourself with the process of increasing your awareness.

**1.03.42** As much as you increase your comprehension so much your know-how grows. Know-how to align with the divine is called the know-how relating to the divine. That's what is called the theosophy. Theosophy means wisdom of God. *Sophia* is wisdom, *Theos* is God. So wisdom of God should enable you to be an abode of God. That should be the case. So that is what we have to plan, and do not just satisfy with your routine theistical practices. It has to be associated with the process of ideation. Just *achara* or a routine practice is not enough. *Achara* should be coupled with *vichara*, meaning ideation.

**1.04.38** The ideation is helpful. The scriptures help us to ideate. The teachings of the seers help us to ideate. And on that basis you keep on improving your own ideation. When you are in a process of ideation, those who are ahead of you also cooperate with you and help you to reach the higher planes of your own existence. That's where Leo is the abode of Hierarchy. The future festival of what we call Vaisakh festival which is being conducted in the month of Taurus is now being shifted. The present Vaisakh full moon ritual is being shifted into Leo full moon now. Why? Because the Masters of Wisdom decided that we relate more and more to the heart which is a centre of solar light from where you can move on.

**1.05.40** Aries is the centre relating to electric light. Leo is the centre relating to solar light. Sagittarius is the centre relating to frictional light. The three dimensions of fire are available through the Sun signs Aries, Leo and Sagittarius of which Leo is the midpoint. From Leo you can get into the lower circles and you can get into the higher circles. That's where the Master would like to meet you. The Master whom you adore, you worship, may not necessarily be your Master but it's okay. It is your choice. Your Master may be some other who may be guiding you and the Master whom you chose would be willing to cooperate for that Master [your Master]. But when you enter the cave of your heart you know your Master who has been guiding you. For those who follow the path of *Guru* and *Sishya* or teacher and student, he would encounter his own Master in his own cave temple. Not outside. There he knows who his Master is.

**1.06.50** Stay at the feet of the Master in the cave temple and conduct your meditation and move from mundane dimension to a state where you are beyond mundane. Meaning the mundane does not condition you as much as before. That's the first step. Then the beast is released from its bondage. The animal is released from its bondage and it can find its way out. From the cage the bird is released and the bird can find its own expression into the sky. So that's why entering into the cave is of predominant importance and that is what every *Upanishad* speaks of. That is what Bhagavad Gita speaks of. That is what Patanjali *yogasutras* speak of. But somehow we listen but we do not act upon. I therefore thought that in this series of teachings we take to this first step of initiation which leads you to three initiations within your own cave of heart which I will explain next Saturday.

**1.08.04** Thank you one and all. Thank you for your very patient hearing. I tried to be slow, I suppose, to enable the translators to translate into German and Spanish but I don't know if I have been really slow or not. Maybe I require your feedback to ensure further slow delivery of the speech if required. Thank you one and all. Namaskaram. See you soon.