

Merry Life Teachings

Master KPK

Saturday 3 October 2020

Talk 9

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

We have been considering the ten flames that have come to be in our planetary system as also in our system right from the advent of the second Manu whom we call Swarochisha Manu or Priyavrata. When all these flames are at work, man remains a completely fulfilled being. We have been considering the various flames as were explained in the last 2-3 classes, namely the flame of speech, the flame of taste for life, the flame of thought, flame of goodwill in action, flame of fertility, flame of vitality, flame of utterance, flame of assimilation, flame of intuition and flame of continuity which is also called the flame of creativity.

We have considered up to seven flames in the last class. We were speaking about the eighth flame namely the flame of assimilation and there was a question asked by one of the listeners to kindly explain a little more about the flame of assimilation and how are we to work with it so that we have adequate assimilation at the level of food, at the level of perception of the senses, at the level of mind and then the related comprehension. Unless all that we perceive, all that we conceive, unless it is well assimilated, we will not be able to move forward in terms of the horizons of our comprehension. The key to that is that we have to follow the discipline of Yoga up to the state of Dharana.

The flame of assimilation is at full glow when the steps of Yoga- namely Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana- until these points the steps of Yoga shall have to be practiced and fairly accomplished. By that one's assimilation becomes very complete, in the sense we can conceive well, we can also perceive from the surroundings well, and he gains the ability to see a little more than a normal mind and listen a little more than normal mind. That is how assimilative fire enables us to gain as much comprehension as possible in a given place and a given time. That is the flame of assimilation.

Then comes the flame of intuition. When the instrument is well prepared with the help of all these preceding flames man stands as a fine-tuned musical instrument that can catch up to the intuitional dimensions. Intuition does not stay all times with us, intuition comes and goes. It is like an electrical phenomenon. I was explaining to you last week that intuition is a flash that comes and leads you further in relation to the purpose of your life and the work that you do.

A man of intuition progresses faster than the others, and the preceding step is assimilation and then the preceding step is uttering forth with the help of the throat. Like that, all the steps which are been given before we need to concurrently work with all these, and intuition is not what we can plan. Intuition is what happens. It is an impulse coming from higher circles. It comes to you from a brain which is besides your brain. That is what is called Uranus, the principle of Uranus. Today it is very actively functioning amidst humanity, and much more so in the field of science and in the field of electronics and then the software. In those fields it is much more expressing itself. Once we are intuitional, we are able to step out of the barriers of mind that we normally are stuck with and we move forward, and this flame is said to be a guest at home. It is beautifully said in the Scripture that it is a guest at home. He comes in and he goes out, not according to our understanding but according to his convenience. That is where a guest is also kept in the house in the most exterior room, so that he has the facility to go out and to come back, and to go out and come back. Like that there is a facility within our human system where the messengers of God can come and contact or he can send a thought, or he can give a vision, anything can happen in that chamber and that is what we call "the extra sensory perception" which would enable us to move forward in greater strides.

That is an important dimension which happens when we have worked with the other flames in complete dedication and devotion. We have to make sure about our speeches and then our taste for life and then our quality of thoughts and what kind of goodwill is exhibited in our actions and how fertile is our body filled with all the seven tissues fully prepared through the food and then the related vitality. All this would also show in the form of the vibration of your voice. Not all voices vibrate well nor do they radiate enough energy and then not all voices can also magnetize the surroundings either by speech or by singing. So, when these flames are set into action through regular practice then the assimilation dimension happens with the help of the six steps of Yoga. In the six steps of Yoga, the first three steps are external steps. That is Yama, Niyama and Asana which you all know. I don't have to repeat them. For want of time I do not wish to repeat also.

Yama, Niyama and Asana are the external steps. Pranayama is a step that leads you into yourself. That is the fourth step. The fifth step, Pratyahara is, you are absorbed into your own being - that is into your pulsation and subtle pulsation. That is the state of Pratyahara where you are withdrawn into your own being and then you move up and get to the Brow Centre and stay stable there. That is what is called Dharana. In that state, the ability to assimilate becomes easier. Earlier states assimilations are

somewhat incomplete. Therefore, the six steps of Yoga necessarily coming to our daily practice preside all other regulations which are given by the Manu here.

And the final step is a very important step. It is the flame of continuity. It is also called the flame of creativity, the flame of creativity and continuity.

Once you are intuitional you tend to carry out acts which are never before. The word expresses through you and you tend to be very creative. That is the beauty of all the seers who either write, or speak, or make a painting, or present something or an innovation which was never before. That is what we call Apoorva. To procreate, to recreate is common. To create as such which is for the benefit of the Creation is the ultimate of the flames and also that flame gives you the ability to continue in your consciousness.

Continuity of consciousness is set as the goal by the Hierarchy to this humanity in this cycle of time.

According to the Hierarchy, the humanity is destined to transcend death. Transcending death is the other way of expressing continuity of consciousness, meaning even if you are out of the body you continue to know and you carry the same consciousness as before even when you take to another body. That is what is called "continuity of consciousness". It is also called the third initiation. When we work with these flames ultimately, we learn in that direction that we try to work out for our transcendence of death or immortality which is nothing but continuity of consciousness. That means even after you depart from your body you know who you are and you continuously carry the same consciousness as before. That is what is called third initiation in the books of Master Djwhal Khul. It is also called resurrection in certain other systems -that you overcome your body and then you continue to exist and carry out the work that is intended for you. That is how the final step relating to the flame is expressed, and this can be done only with the help of the preservation and upliftment of the sperm and the ovum in the male and the female.

The sperm and ovum which are responsible for procreation when they are preserved and are put to uprise, upward movement through practices of Pranayama, Pratyahara and Dharana, the energy moves up. And then your seventh tissue which is called spermatozoa in the case of the male and ovum in the case of the female, that energy is the essential energy relating to us. Actually, that energy details into seven flames in the seven tissues up to the bone.

We know the seven tissues from sperm to the bone in the descending order, and when the practices of discipleship are working with these flames, when they are carried out, slowly that which has come down as one into seven and formed the seven layers of our body and which also exist in us as seven tissues right from the bone and then the skin, the blood, and then the bone marrow, all those which you know very well up to the sperm. These seven tissues are formed from one tissue only, that is the sperm of the father that has entered into the womb of the mother and gave birth to a bubble and slowly gathers its form giving out the vitality and the fertility of the sperm into the body and thus the one tissue tends to be seven tissues.

So, in the process of Yoga or discipleship what we are trying to workout is we try to re-gather the original strength of the seventh tissue which is called *Sukra* in Sanskrit. *Sukra* in Sanskrit is sperm or ovum in English. Therefore, we gather the globe of *Sukra* at the forehead and then we move forward and then this *Sukra* can further be illuminated through Dhyana, that is important.

Dhyana is for those who are able to sit stable at the brow centre. Unless you have reached the state of Dharana you cannot think of Dhyana which is the ultimate of meditation, where you keep on adding and adding and adding more and more Will, Love and Light to the energy that has gathered here in the form of a rice grain. It stands to be like a rice grain over there, and it tends to be more and more and more resplendent. Some of you when we see pictures of the Masters of Wisdom where they show lot of light coming from the Ajna or from the brow centre as the rays for transmitting into the surroundings, it is only to give us an idea of what kind of energy that a Master of Wisdom holds in his head and that which he transmits. All that is what he has prepared for himself by virtue of his meditation, no one endows him anything, he had to work out on the basis of what is given as a practice and keep on increasing it and increasing it, and increasing it and increase his mental power. When that happens, slowly that which we call the light of Sukra which is equal to the light of Venus.

Sukra is also the name of the planet Venus. That is where there is a key which we have to comprehend. In 1993, in November, in Switzerland, in a place called Gunten, I spoke to the group about Venus, the Path to immortality. And thereafter we have also brought out a book. If you recall that book, we will know that this very planet Earth is conceived by Venus. Venus is Sukra. The energy of Sukra has come down to form this planet Earth and the planet Earth is also formed in seven layers. What we see as the physical Earth is but 1/7 of the whole thing. There are seven layers. Each layer is twice bigger than the other. That is another dimension, but the information is from Venus to Earth the energy has come down in the form of the energy of Sukra which is imbedded in the sperm and that is why the sperm is compared in the Scriptures to the rice grain. This rice grain enables to procreate and continue the activity in Creation, or to utilize it to make an upward journey and get in connection with Venus which would enable us to gain greater radiation. To gain greater radiation to Sukra where it becomes an eighth tissue.

Seventh tissue transforms to be an eighth tissue. That eighth tissue is called Ojas. There are no names given in English for this, except we say greater radiance and greater illumination. Then the eighth tissue further transforms to be ninth tissue that is called Tejas. Ojas, Tejas, Brajas.

Like that, three more states of illumination happen to this energy, your own energy that reaches here in the form of a rice grain. Then you are able to be in connection with Shamballa and also in connection with Venus. From Venus we came, and to Venus we return. That is how the Scriptures speak of. From Venus this humanity has come down and to Venus we all return and for that these ten flames have to be completely aflame in you. That is what the Manu taught to start with. If we waste away these spermatozoa or the ovums in the form of sex, you degenerate yourself and take to a lower quality birth in the next life to come.

That is how the Scriptures say "Be respectful to your acts of sex. Let it be used only for limited purpose of procreating as a part of the creational Plan." Cooperating with the third Logos and having completed that obligation we shall make use of this energy for upward movement and thereby build a bridge towards Venus. Unless we do that, we continue to degenerate ourselves and the planet. We decay and then we degenerate, we die and we get more and more inferior bodies, when we weaken our seventh tissue of the body. That is the secret which the East speaks of, to take extreme good care of the seventh tissue relating to your body – not to waste away through indulgence into sex, not to waste away in an indiscrete manner, but to get into a healthy ethical and moral system of marriage and experience the sex for about a cycle of Jupiter, complete the obligation of giving birth to incarnating souls, thereafter turn towards moving upwards.

It helps in two ways, firstly you stand to gain a better body in extent, secondly you stand to gain that continuity of consciousness which comes to you as you step out of your body through Ajna centre having accomplished enflaming all these flames. That is where the work is.

Man stands at a junction where he can go down further by abuse of sex or he can move further up, and get back to the source by appropriate use of sex. That is how the two paths are said to be available on Earth, and astrologically this energy is present to us in the constellation Mula, which is the 19th constellation which is posited in the zero degrees up to 13 degrees of Sagittarius. Mula, zero degrees to Sagittarius 13-14 degrees; those 14 days, there this double path is available - that you can move upwards or you can move downwards. It annually happens according to the way you have conducted yourself throughout the year.

Therefore, this activity of sex in all ancient theologies was given paramount importance. It helps us to cooperate with the Plan by giving birth to children for a period of time in life and it also helps us to get back to our source which is Venus, and Shamballa is but an extended office; I would say an extended centre of Venus upon Earth. Shamballa is the most highest as far as the Earth is concerned. In us the most high exists in the cranium of our head and we shall have to reach there and for that the ultimate step is Dhyana, the seventh step, which leads you to culmination into That where you gain a state which is beyond the body and you feel completely conscious of what you are and you can see your body outside staying on a chair or in a meditative posture or in a lying posture.

This dimension when it is achieved then the work which is ordained by Manu is complete. He very specifically states, "take care of the seventh tissue". Take care of the seventh tissue and marry and fulfil it as quickly as possible. The time period given is 12 years, a Jupiterian cycle. And then the rest of the time utilize it to move upwards enflaming all these flames which are being mentioned here. That is where there is a story relating to Sukra or the planet Venus, that his daughter was given in marriage to a person called Kacha with whose help we can move into upward regions. Anyway, the Puranic stories are not so very important for you to be explained, the principle requires to be explained. But if you wish to read the Puranic story, it is given in the book Venus about Devayani, Sharmishta and then Kacha and how Sukra helps. That is the planet Venus's help.

Either way, the planet Venus he helps for procreation, he also helps for creation and he helps for moving upwards and tend to stay in an angelic form, in an etheric form, in a form of light, by which either you continue to work within the sphere of Earth or you move forward according to a choice that would be offered to you. Such is the beauty relating to these ten flames that I wished to present to you.

Remember from Venus this Earth has come. The energy of Venus, the ray of Venus has brought this Earth and this Earth has itself detailed into seven gradations. Therefore, the seventh tissue also divided itself into seven states, the grossest of which is the bone. Today we are suffering from so much of bone degeneration, isn't it? The entire humanity is getting into a state where there is faster bone degeneration as compared to the past. Arthritis, rheumatic arthritis, so many varieties of bone pains and bone sicknesses. They are rampant because the humans did not know how to make use of the given body and they have excessively indulged with gross physical things. When you are excessively engaged with gross physical desires, the entire energy relating to the seven tissues of your body reduces into the grossest level and degenerates. As a consequence, you have all these bone disorders. If you see the book of Master Djwhal Khul on Esoteric Healing the Master says today the rheumatism

and arthritis they are all caused by excessive mundane desires. Excessive mundane desires to the point of eating indiscreetly.

Eating is an activity by which you invite more and more earthy things in you. The only sense through which we take physical things into us is through the mouth and through the sense of taste. The more and more you relate to gross physical things the more and more the quality of tissue gets into inward direction and you become just a physically weak person, physically weak person with a huge body. That is how these obese situations also emerge. Anyway, that is a different dimension but we should know that in us the skin is important, blood –you see how blood is getting polluted- all sicknesses are accounted for in the blood and that is why there is so much of blood test that is happening, isn't it? Bone sickness is there, skin sickness is there, blood sickness is there, and then there is malfunctioning of the glands where there is what you call *madia* [?] or the marrow. Endocrinal secretions are not properly functioning, brain functions are also degenerating, all these because the seven tissues are not maintained in the right proportion.

The seven tissues, they have a proportion. In that proportion they shall have to shine forth. And then this seventh tissue called Sukra shall have to shine forth. The basic shine of the seventh tissue can be seen in your eyes, how glowing are your eyes. What glow you hold in your eyes clearly tells a seer what kind of tissue condition exists in you. There are very dull eyes and there are many people with too many sicknesses to eyes and very frequently they contract infection to the eyes. Eyes are the most important because among all organs eye is the glowing organ in you, and the glow of your eye shows the evolution that you hold on to. The evolution that you hold on to is measured by the glow of the eye. I am not speaking about the size of the eye, big eye, small eye, no. It is the glow of the eye and the ray that it sends forth. That is important. Therefore, the related organ to start with is the eye. And between the two eyes up above there is the third eye which has to be opened eventually when all the ten tissues or ten flames are set ablaze.

It is a teaching of Manu which is complete by itself, because the Seers have such great facility to express the total scheme in small hints or give out as many as hundreds of Yoga sutras or hundreds of Bhagavad Gita slokas or a huge Scripture. Here the Manu has done a great work for us by reminding us to take care of that tissue which is called Sukra. This Sukra is also called the poet, in Sanskrit is also called Kavi. Kavi means the poet. Poet means he receives and he represents. That his creativity dimension. The poet also presents things in a beautiful manner and in an artistic manner. So that dimension is there, and then the poet brings out something which is new. That is why he is also called Kavi.

And we all know that Venus is the planet of immortality. He carries the science of immortality. "*Murta Sanjeevani Vidya*" that is how it is said in Sanskrit, meaning "the science of immortality". He gives us the way to get into immortality and Venus presides over it. Venus works and if Venus is making a good aspect with our Moon consider ourselves as lucky. Those of us to whom by birth if Moon and Venus are well aspected, they stand to gain certain additional dimensions to their mind. But do not get discouraged if Moon is not well aspected with Venus by birth, because every month Moon makes one complete round around Earth, isn't it? Every month you have to make note of the times where Moon makes aspects with your birth Venus. When Moon makes good aspects with your birth Venus, then you stand a chance to gain a higher dimension or a higher perception through your meditation. These days have to be noted. We have to see where the birth Venus is and where the transit Moon is, and Moon and Venus they function extremely well when they are in a sextile aspect. Sextile works with all

female planets exceedingly well and then trine works exceedingly well with Jupiter and Saturn. Saturn, Jupiter and Mars and Sun, to them trine works far better than sextile, but for Moon, Venus, Neptune, the sextile works. For male planets the trine works, gives much better impact. For female planets the sextile gives very good impact. So we can make note since most of you are also aware of astrology. Make sure when Moon is making aspects with your birth Venus - that is a good dimension.

Likewise, there is higher dimension to Venus which is called Neptune. So, Moon, Venus, Neptune and then ultimately, we say the crescent Moon on the head of Shiva. It is called Soma. This is a hierarchy by itself. This is a hierarchy by itself to invigorate your mind with the energy of Venus. I'm trying to give these dimensions. Whenever Moon makes good aspects either with Venus or with Neptune, then you have to make note of the day, and on that day you engage yourself in deeper meditation with this awareness, with this angle; with you it works. That is how you have to work with this and make sure that you move upwards and upwards and upwards, and you get down to work only to fulfil the obligations, nothing more. Nothing more, only to fulfil the obligations. Only to carry out the acts of goodwill you come down. At all other times you can work the other way. That's why in the advanced states of discipleship the student finds taste for meditation. The very second flame is taste of life. All these ten, when you regularly attend to, you get this taste for meditation. Normally meditation is such a boredom initially to start with. But if you are able to develop a rhythm and sit regularly –which is a dimension of Saturn - Saturn gives you the continuity, the patience, the tolerance to sit, because your mind is your problem. To be able to overcome that, sit regularly and at the same time if possible, at the same place, and pursuit; that is the work with Saturn.

Working with Venus is according to the aspects that you get with Venus; and then contemplate upon the heart. The centre of the heart is ruled by Venus according to Master Djwhal Khul. You all know the table given by Master Djwhal Khul in relation to the seven centres. **The Sahasrara is ruled by Jupiter, Ajna is ruled by Sun and then throat centre or Visuddhi is ruled by Mercury. The heart centre or Anahata is ruled by Venus and then the solar plexus [centre] or Manipuraka is ruled by Moon, and the Swadhistana or sacral [centre] is ruled by Mars. And then, base centre or Muladhara is ruled by Saturn.** So, that is the hierarchy of planets as we have in our system from Sahasrara to Muladhara. Jupiter in Sahasrara, Sun in Ajna, Mercury in throat centre, Venus in the heart centre or Anahata, Moon in solar plexus, Mars in sacral, and then Saturn in base centre. This is how the seven planets are looked at for all occult meditational purposes. So, we therefore relate more and more to Venus as our immediate step because our evolution leads us to Venus and our work is also to realize the energies of the heart, where Venus is present.

All practices of discipleship come to us from Jupiter. According to the Jupiter in your horoscope you have the relation with your teacher. If the birth Jupiter is well aspected and is well placed, you have a good equation with your teacher. Otherwise you also have a homework to do to relate well with your teacher. The Jupiter relating to your teacher and your Moon shall have to have a good aspect, and the Jupiter in your horoscope and the Moon in you shall have to find their agreement. These days can also be noted. I am giving lot of homework.

These are all simple techniques by which we can make better arrangement, better agreement, with our teacher whosoever is your teacher. Any Master of Wisdom whom you relate to, you can relate to him well when your Jupiter and your Moon are making a good aspect.

The transit Moon anyway helps you to make good aspects with your Jupiter and there the aspect has to be by way of either sextile or triangle, because Jupiter functions by triangles. So, this is how

somehow we have to make sure that we move into the heart; that is important. All occultism starts only when we are able to move within and move upwards or straight away contemplate at the brow centre and try to gain comfort and stability being there. When these two things happen, we are fairly in good connection with the subtle energy which we call the Venusian energy. So, these practices are all internal. They are all occult practices, meaning that which you have to practice within. Normally we start with practices outside, but as you advance in your practices you have to take it, you have to relate to things within. The whole cosmos is within. You need to relate within and thereby gain the related chemistry. That's why the story says that Moon joined Jupiter to learn, but then ultimately Moon gains Mercury with the help of Venus, that is how it happens. Moon gains Mercury with the help of Venus while Moon is with Jupiter. That means externally the teacher gives you so many techniques to relate to the soul in you or I AM in you, and then you have to work it out. When you work it out, who helps you is the energies of Venus. That is why Venus is said to be the occult Master, while Jupiter is said to be a Master for occult and non- occult states also.

It is for objectivity and subjectivity you meet Jupiter to start with. Later when you turn occult you are more with Venus. And ultimately Venus trains you and hands you over to Jupiter. That is how the work happens.

Why I say all this is, that please make sure that your personality life is well adjusted over years so that you have adequate time to contemplate. You should have adequate time to contemplate. You cannot say that "I do not have time to contemplate". If you say "I do not have time to contemplate" it means you are completely absorbed into your personality, and too much of personality is a great hindrance for the progress of the soul. The soul has to mount over the personality. You can't go on increasing your objective activity thereby disabling yourself to find time to do inner practices. You have to find time for inner practices and do not expand too much into objective activity. Try to find more and more time for subjective activity, meaning the inner contemplation.

And as you grow in age you should know that you are losing time unless you have found adequate interest in inner contemplations.

The final Avatar whom we speak, the latest Avatar that we have on Earth has been Gautama Buddha, isn't it? And his message is meditation. His message is meditation. And then the message of the Hierarchy is Meditation, Self-study and then Service. So, meditation is never set aside because you have too much work. Even if you are indulging in too much of service the chemistry does not happen to you unless you resort substantially to meditation. All chemistry in you happens-what you call the alchemy- provided you keep on gradually increasing the minutes of your meditation. You start meditating say 15 minutes. Slowly the duration has to increase and maybe number of times also will have to increase. The idea is that you work more within than outside as you grow in age.

From 49th year the Hierarchy says "please think of contemplation". 49th year is the final bell. And thereafter first warning is 56 years, second warning 63 years, that's all. After that, very little is left to contemplate because you have not prepared your mind to gain the taste of meditation and keep seating in meditation for long hours. So, you should be able to gain this. This is the final step. The flame of continuity or the flame of creativity by which you would accomplish what is to be accomplished by being on Earth in a human form. Thereafter you have a choice: to work for the Hierarchy or even to move up into the further chain. The other dimension is, which I have to caution, if you do not take the opportunity of being on Earth there is a saying that you move into other worlds. If you see the planetary chain - the globe chains that are explained to us in Secret Doctrine and Isis Unveiled - the

retrograde step for this humanity would be to get into Mars. The progressive step for this humanity is to get into Venus. On one side you have Mars, on the other side you have Venus. And your mind, which is Moon, shall have to find to which orbit you move.

The Earth is very proximately orbited by Moon, and on one side of Moon or Earth, you have access to Venus. On the other side of the Earth or Moon, you have access to Mars. The arrangement is very perfect. To the Earth you find Mars, Jupiter and Saturn on one side- the other side Venus, Mercury and Sun. And within us the arrangement is also in tune with it. We can work it out because I don't want to take time. The three higher dimensions in you relate to Venus, Mercury and Sun. The three centres or dimensions which enable you to relate to the Earth are Moon, Mars and Saturn. That is why Moon, Mars and Saturn - I always taught you as Makara. Makara means that which conditions you. If your energy is predominantly presided over by Mars, by Moon and by Saturn, you are completely bound. You are bound by a crocodile, that is how we call it, Makara. And if you take to the other dimension you get into the angelic dimensions of you.

Therefore, working with this becomes very important, that we work with the tenth flame of meditation and make sure that we move up in our energy and we move down only to do minimal things on the planet to discharge our obligations but always our orientation has to be to move up vertically. This vertical movement shall have to be given greater importance to this horizontal activity and that should be so more and more as you advance in your age, otherwise you miss an opportunity and when you come back – depending upon how you have performed - you are re-born in such situations where you would be greatly conditioned either by Saturn or by Mars or by Moon. If you examine most of the charts these days, even among the aspirants there are so many – the majority of the aspirants - they don't have the right placement of Mars. Mars is the most troublesome planet we find in the birth chart of most of the people. That is because they did not know how to work with Mars. That is where you need to learn to work with Mars the Kumara and make sure that the energies are not spent away for mundane purposes. The energies are diverted to noble purposes. A very detailed account of this is given in the book "Mars, the Kumara", because Mars and Venus when they do not make proper aspects, you shall have to be doubly sure to make sure that your sexual energy is not wasted away. When it is wasted away you can forget forming the tenth flame. And when you cannot form the tenth flame you would get stagnated. Depending upon how you have acted in the current life, the dominance of the planets would show open in the next life. That is where when a birth chart is seen, mostly people see where the planets are placed: where Sun is, where Mercury is, where Venus is, how are they aspected to your Moon, where Mars is, where Saturn is, how are they aspected with your Moon, because Moon is your mind. So, this kind of understanding astrologically also helps but ultimately what is important is: let meditation or contemplation be my primary objective, let all other things be given secondary placement. That should be the case for a person who likes to make up to walk into the Plan of the Hierarchy. So, this is what concludes us about the ten flames. Among these ten flames, the tenth flame is very important. That is the ultimate of the flames. It has to happen.

And then, another flame according to Manu is to help you to rise upwards is the flame of utterance. Don't use your throat to utter inferiorities. Use your throat to utter magnetic sounds. In the last class I briefed you about the importance of working with sacred sounds, secret and sacred sounds or mantras. These are most important and there are schools especially belonging to the Masters of the Sun sign Leo, they make their disciples every day utter for three hours. Three hours only uttering, uttering, uttering either Vedic hymns or mantras or OM. You can imagine how much your

throat gets cleansed and how much it later generates the needed purity. That is why among the ten flames one is the tenth flame, the flame of continuity where you upraise *Sukra* to gain the higher state.

The second flame is the utterance. The third, according to Manu is, the flame to work for goodwill. These three will lead you life after life into a better situation. If you work with these three flames you move forward. You move forward significantly when you can work for goodwill, meaning anything that you do, you only mean good for others. What it is for you is secondary. That is one flame, flame for goodwill, goodwill in action, not just goodwill in thought. That is one flame.

Another flame is utterance. This facility is supplied to WTT members. They can take any mantra of their choice and keep on uttering. And do not use the throat for inferior utterances, that is important. Throat and speech, they go together; so the tongue as well as the throat, make sure that you use it very appropriately. For that, the book on Sound and the book on Mantras, they are very useful.

So, one is goodwill in action, second is utterance, third is meditation. These three will ensure that you get into better life next incarnation, because not all can make the step, but insofar as these three flames are brought into our regular system, into our daily pattern, we are sure to move forward.

That is how He concludes saying, “these are the things that lead you forward”. Others support to form these three. So that is how the ten flames are given as 7 + 3. The flames are given in two sets, three flames as one set, seven flames as another set. It is these seven flames that cause the seven layers of our body and seven tissues, with the help of the other three. So, the three are separately giving you an upward movement; the other seven help you to fulfil in the surroundings. And these seven tissues, as they exist in you, also exist on the planet in seven layers. This planet, what we see is only 1/7th of it. There are six other dimensions. Each one is double the dimension of the visible Earth, double the dimension. The second one is double this dimension. The third is double the second. Like that, this planet is said to be a lotus of seven layers, and in its total dimension it is 64 times more than what is visible. So, there is what we call the earthly sphere, there is the physical Earth on which we are. The physical Earth on which we are is called “Jambhu”, but all the seven together is called “the planetary sphere”. So, in that sphere the seven layers of the Earth are also governed by these seven flames and even this Earth evolves with the help of the other three flames.

That is how the Manu concludes the teaching and hands over the work to his sons. So, we conclude this topic up to this only, because we take only that part which is applicable to us, which is operative upon us, which will help us to make further progress; and do not get discouraged. Any day is good to start with and move forward.

Let all our brothers and sisters make a fresh resolve to move forward with meditation as their main activity, and then goodwill as their activity in the world, and then practising the sacred sounds as much as possible to enable cleansing the personality and enabling the soul to move upwards. The beauty of Visuddhi chakra is, it is extra- pure provided you appropriately use it. Therefore, utter mantras and then cleanse yourself, do meditation and live outer life only for purposes of being useful to the surroundings.

May that be so with all of us, and I must tell you that next week we do not meet for this. I am glad to announce by next Saturday I complete 50 years of my profession. 50 years is a Golden Jubilee celebration that would take place next Saturday and is a function which you are holding at state level, and I am not available the evening to give you the class. But nevertheless, I share with you all, the Golden Jubilee celebration invitation. I will send it to our brother Ludger. He will put it to you all so

that you know what it is. So next week we do not have a class. The week after again, that means on 17th. On 17th October we will meet again. In the meanwhile, whatever doubts you have in relation to these ten flames you may kindly send either directly or through anyone of your representatives a kind of WhatsApp message. I'll collect them and try to answer before I get into next theme. I thank you one and all, and I see you again after two weeks, the Saturday after next Saturday. Namaskaram.