

Merry Life Teachings

Master KPK

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Talk 15

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YouTube: <https://www.youtube.com/watch?v=cflMbrvlubk&list=PLsH2l6BlGH3b4sFdfDUvdUAlqVV8-JaSS&index>

Audio: http://masters-call.net/pcast/en/media/2020-12-21_20_2020_12_19_vaisakh_merrylifeteachings.mp3

Om Namaha...

Master Namaskaram

Master CVV Namaskaram

Master MN Namaskaram

Master EK Namasakaram

Sahanâvavatu

Sahanaubhunaktu

Saha Vîryam Karavâvahi

Tejaswi Nâva Dhita Mastu

Mâ Vidvishâvahi

Om Sânti Sânti Sântihi

May we be protected together.

May we share and enjoy together.

May we work efficiently together.

Let there be no hindrances to our enlightenment.

Let not malice prevail.

OM Let peace be in all the three planes.

Pûrna Madah Pûrna Midam

Pûrnat Pûrna Mudatyate

Pûrnasya Pûrna Madaya Pûrna Meva Vasishyate

'That' is Perfection

'This' Springs from 'That' Perfection

Out of Perfection Perfection takes out
itself yet Perfection remains itself

Om Shanti, shanti, shantihi

Hello, Hello, Hello, Hello, Hello!

Hola!

A very hearty fraternal greetings to all the brothers and sisters for having made yourselves available to the Merry Life Teaching. To make you merry I am speaking to you all with a t-shirt. I am not in formal dress, I am in a t-shirt only to give the freshness of change and you feel happy to see that this man is still OK, and secondly for me, I thought why not like Miguel from Argentina wear a shirt, wear a t-shirt and speaking out wisdom which was the style of Master MN. So, it came to me today that why can't I do that, instead of making a formal dress which I normally do over decades. That is one dimension.

Another dimension, you may be seeing that this is all growing. It is not growing; I have set a belt around. So do not worry that I am growing a huge belly, it is not like that. Some little belly is there, but then, to keep the back in good state upon which I am working, I note it and came to give the present look as it is. So only relate to the teaching and you can relate to my face. If you like you can relate to the belly.

So today we are yet into another dimension of the same teaching where there is a wisdom statement saying "Do not draw life from the surroundings in excess of essentials, instead, transmit life to them, by nourishing the surroundings". Up to a point, man gathers. Thereafter if he gathers, only his belly grows all the time and makes man unfit to follow the path of discipleship. There is a point beyond which you cannot grow your lower torso. It disables you with the practices of meditation that you do. It is important to make sure that we do not gather too much around us either in terms of food or in terms of articles, or in terms of wealth, or in terms of money, so many things men are busy gathering all the time. By such gathering you are drawing life from the surroundings. As you move forward, you should stop drawing too much and start giving life to the surroundings by nourishing them. So, if you excessively draw from the surrounding nature, you get also bound by the nature. You get bound by the nature when you draw too much from the surroundings, which we call the activity of personality. The activity of personality should enable us to cooperate with the activity of the soul.

The soul is in the upper chamber, the personality is in the lower chamber. So, all of us know that we should not gather anything more than what is needed. We should also not eat much more than what is required and we need not eat that which is unrequired. Therefore, one statement of the Hierarchy is "Do not draw life from surroundings in excess of essentials". That is why there are people who simplify their life as they move forward in life. There are people who simplify their life as they move forward in life, and there are people who cannot simplify anything. It keeps on growing and growing and growing. That is symbolic of a disproportionate growth of personality, which does not enable us to work for the alignment of the soul. That is the reason why all food habits have been given to us. All food habits are given to us to make sure that we nourish the body but we do not consume much more than what is needed, we do not consume what is really not required for the physical body. That has to happen.

If you see the teachings of Master Djwhal Khul, he gives out things - what to eat, what not to eat. According to him, meat eating, animal killing, is a huge activity that comes in the way of the growth of humanity. The human is no more required to eat meat. Why? Because he has come out of the physical labour into automation and now we are even further moving into electronics, but the habit of eating continues to be the same. Everywhere people are unable to come out of meat eating. They have to come out of meat eating and meat eating means killing the animals. As long as you kill the animals and eat, you cannot expect to make steps into higher realms. That is why those who follow the path of discipleship they have to make a decision because meat eating, indiscrete eating, and unhealthy drinks are all avoidable, and if we do not do that the lower torso becomes heavy, and the personality does not necessarily cooperate with the soul.

We as souls, build our personality. We have to build it in a fashion that at all times the body cooperates with the discipline relating to discipleship. So, we are what we are today, only because we have drawn too much from the surroundings. In every race there is lot of obesity. The obesity is all around the navel, and that

disables your ability to orient to the soul. Therefore, he says “meat eating, indiscrete eating, unhealthy drinks, are avoidable”.

We are doing such regular animal killing activity, and we do not know what are the consequences of our daily killing of animals for our food. They are all around us in the form of a kind of energy which is just harmful energy. That is why Buddha says harmlessness as the first step and *ahimsa* is what we say. The fundamental of *ahimsa* is stop killing animals. Stop eating animals, and among the animals, meat and pork that are utterly available. You may be knowing from the stories that you read, that Gautama the Buddha was invited by a group of persons with evil intention. They fed him with a dish which is made of pork, so consequently what happened? By that evening he became sick, and thereafter in 2-3 days he passed. And symbolically they say that he was hit by a wild pig. It is not the wild pig, it is the meat that was supplied to him, which has caused ultimately death to Gautama Buddha. He has known it later and he pardoned them.

That is the beauty of the great beings, that they pardon. They continue to pardon. Jesus the Christ also pardoned people who had done harm to him. So, we need to avoid whatever the Masters of Wisdom inform us not to take into your food system.

Now today another dimension relating to animal killing is, the Corona is not leaving so easily. Corona is not leaving so easily because on one side you are producing pollution relating to the animal killing; on the other side you are trying to find medicines to find ways and means to come out of the sickness. But why should we feed sickness to the planet? Time has come that we avoid eating meat and such other things because they cause harm to us ultimately, because we are harming the animal kingdom for nothing. Earlier it was ok because we needed greater physical strength. Now what we need is mental strength, but not so much physical strength, and that you can derive from vegetables. That is why he says even cheese is avoidable. You can look to the teachings of the Master. Eating cheese, eating meat and then doing these practices, will harm the body more than helping us. More than helping all the work that is done on one side, we are doing things contrary and on the other side you are invoking life. So, it is a kind of conflict that happens within the energy system relating to us, as we invoke subtler and subtler energies and we keep on eating very gross energies; they do not agree with each other. Therefore, the Master says, “You make sure that your body is light, you make sure that you do not eat meat, you do not even take the cheese, and all milk products are avoidable”, he says. And he says among the milk products, milk and butter have a different status for some mysterious reasons. He did not explain. So up to milk, up to butter, and most of our groups they even take vegetarian butter, isn't it? Plant butter, not animal butter. Most of the groups are following it, but I need to remind not to get into gathering too much by way of food.

Then we also gather lot of wealth, and lot of material wealth, which also affects the personality. We gather lot of contacts all around. Contacts need not necessarily be made by us. Contacts as they happen in life you have to accept, but you do not have to make excessive contacts into objective life. Through that also, your personality grows like a phantom, like a ghost, and then affects your program of the soul. That should always be remembered, and then ensure that you have good health. Otherwise, each time there is a descent of light - every time there is a descent of light, as a minor initiation or major initiation, the body shatters. When the initiation is intense, the body shatters, so you have to make sure that you have a fit body.

We are all following Raja Yoga but earlier people were following Hatha Yoga, where the body was kept fit, and when it comes to Raja Yoga path, you are given all these suggestions to keep the lower torso in such proportion, in such just proportion that it helps you to cooperate with the soul that you are. So make sure that you give out more and more, and you nourish yourself with as many essentials as possible. All expansions into objectivity is a hindrance for a disciple. Expansions into objectivity is a great hindrance, because the social contacts do not let you make your practices regularly and with intensity. Therefore the body mass shall have to be put to fire. So, the fires of the body when they are put off, then the body tends to be more and more sick. So therefore even for purposes of initiation, the body should be kept light at all times and not excessive weight and then, make sure that you follow whatever is recommended by the teachings in terms of food

eating. It may be out of some social understanding, social courtesy, people say “I may eat” and what you eat is not important. What you speak is important. All that is different.

If you wish your body to be a fit instrument, make sure that you do not get into alcoholic drinks, make sure that you do not think of tobacco, make sure that you do not even touch cheese, make sure that you stop eating all meat, and relate yourself to vegetables, relate yourself to fruits, relate yourself to the water. These are spiritual aids in food: water, fruit juices, vegetables, they aid you, but other foods they do not. I have given in the very first teachings which are recorded in the book Mithila on food, what food is desirable. What food is desirable, was given in the book Mithila. It is a fundamental book, but if you review, most of the group members do not follow it. They do not. They keep on listening but they do not follow nor they imparted to their children so the whole practice continues.

So this is one dimension that the Master says: “Do not draw life from the surroundings in excess of essentials and instead, nourish them”. Take care of the animals, take care of the plants, take care of the environment. Let there be a contribution to the environment but not a hindrance to the environment. If you have a hospital on one side, a hospital on the other side, your prayers should also reach those hospitals so that the patients who are suffering in the hospitals also receive the benevolent energy. That should be the attitude. We can do that well, if we can invoke light well. But if we are to invoke light well, we have to set our personality in tune with the soul. It is one of the important dimensions, we should note. There are three centres in the lower torso. Long ago I spoke to you of these three centres as the crocodile or *makara*, meaning it grips you. The crocodile grips you, so your personality grips you if you do not follow the regulations relating to personality. And we have to transform it into Kumara, we have to transform the personality into a Kumara but do not leave it as a *makara*. When it is retained as *makara* you are almost gripped by the body, and you cannot do your practices as you progress in life. So therefore, that is one dimension.

Another dimension is that your practices also when they are intense, when they are sincere, you need to make sure that your intake is altered in a better manner. That is how it goes on and that has to be noted and followed because I see in all these groups there are many senior disciples, they should follow it, and they should impart it to those who are around them and also to their children, so that we would be contributing to the future. The present is always getting into past. So, what we do should be a contribution to the future. That has to happen. The three centres, solar plexus, sacral and base centre, these three centres are ruled by Moon, Mars and Saturn.

Long, long ago, almost in every place, I taught this. Moon, it always reflects the surroundings, it can also reflect from higher planes, provided you are more oriented to the higher planes, but otherwise Moon always gathers information from around. It is not very helpful unless it is regulated.

Secondly, Mars, in sacral. Mars is a great force, and unless we handle it well, unless we handle the force of Mars in tune with the program of the soul, Mars can cause a lot of damage. It does so much damage because it is all – powerful. Mars is the planet of force, and you should make sure that your force is always into constructive directions, but not into every direction. That is another important dimension. Therefore Mars, since it rules your sacral, you have to take to the discipline of Mars for which a book is given, a teaching is given. Likewise, Saturn, its work itself is to grip. So, these three planets together they are called Makara in Astrological symbolism. So, we have to make sure that these three energies they are cooperative with the higher circles.

There are two centres in the upper torso, that is the heart centre and the throat centre. Therefore we have to make sure that we work with these centres by appropriate speech, which I have spoken so many times, you yourselves know a lot about it; appropriate sounding of mantras and make sure it is kept as vibrant as possible by very appropriate use, by which the throat centre can also cleanse the lower three centres. That is the beauty, and the presiding planet is Mercury. Mercury presides over the throat, and therefore it has to be intelligently used, in the sense that it should be used mostly for sacred purposes, and at other times only to fulfil the essentials of life, and never misuse the throat centre.

And then comes the heart. The compassion in the heart is the result of your (being) regular- when you set order to your personality and then be considerate to the surroundings. I told you that you distribute warmth from your heart, but not conflict from your heart; wherever you go harmony should prevail, and conflict should reduce. But generally, wherever we go there is more and more, more and more, more and more conflict. The humanity today is full of conflicts. Not much can be done for the present, that is why I say we are working for the future. In our working for the future, healing those who passed away through corona, people who are sick through corona, we should think of healing them, and we should make sure that we do not fall into those areas because of the kind of scene we hold with us.

These three are better supported by the throat centre, by Mercury. Then it enables us to relate to the Venus in us, which is in the heart where you have the ability to enter into the occult side of Wisdom. Occult Wisdom is possible only for those who can enter into the cave of their heart. That is how Madam Blavatsky writes in Secret Doctrine that you need to step the Holy of the Holies. Unless you step the Holy of the holies, and the get into the Sanctorum, you do not get the kind of energy that you are looking for. So that has to happen, by which what we do is we tend to be much better human than others. That is why there is a slogan which is being spread out: “Just be a human to start with, be a human, do not think of being an angel”. Be a human by overcoming the limitations of the lower torso, by ascending into the higher torso with appropriate use of the throat and appropriate practices of entering into meditational techniques. The meditation technique is basically the work of entering into your person. **To enter, the only means is respiration.** So associate with respiration and then conduct all those dimensions of the fourth step of Yoga, Pranayama. Only then, you are able to set into yourself. Thereafter starts the program for the soul to move on with the cooperation of the personality. So the throat centre, ruled by Mercury; heart centre, ruled by Venus; solar plexus, ruled by Moon; sacral, ruled by Mars; and base centre ruled by Saturn. They all have to fall in order.

The planets around the Sun, they all move according to an order. So, the planetary centres in us shall also have to take to this discipline of finding an alignment between these five chief planets. Three relate to the lower torso; two relate to the upper torso; that is where the whole discipleship is. The discipleship is essentially in relation to the speech, and then action with love. Goodwill in action, which generates from the heart, and then cooperation comes from the mind which is at solar plexus. The force comes from Mars to conduct the work and the Saturn will give you the kind of rhythm that would enable us to move forward. That is why with that purpose, the teaching relating to the planets is given all over our groups, and they are also brought out in the form of books, so that you can take to the discipline of this planet. The teachings that I gave in the name of the planets, they are not from astrology as such, they are not just from astrology. They relate to you, and then you can relate to them, and then you can relate to every planetary discipline and move forward. That enables you to move to the head centre.

In the head, you have two centres, major centres. One is Ajna where you can visualize the Sun. The Sun is but the soul, you are the soul and you have the facility of speech, you have the ability of compassion, and you reflect into lower torso and conduct in the world. So, you are the Sun, and **you relate to Jupiter, which is on the top of the head.** Jupiter is the Master; Jupiter is also called the Divine. So, from divine you receive instructions to Ajna and then you transform them through speeches and through your actions. For that, the lower three centres shall have to cooperate. Therefore, there is a placement for personality, a placement for the soul, and a placement for the soul which is connected to the super-soul. That is how we have an order in the seven centres: Jupiter at the Sahasrara, Sun at Ajna, Mercury at the throat centre, Venus at the heart centre, Moon at Solar plexus, Mars at sacral centre, and then Saturn in the base centre. These all are required to be aligned. When that alignment happens, all is possible. For that alignment only we are doing these practices, variety of practices.

Today I received a mail that “for so many years you gave so many practices. Is there a complete book relating to all these practices prepared somewhere?” I did not answer the mail. I did not answer the mail, because it went on, and on, and on, and to me to recapitulate the teachings over 36 years is not within the human possibility. So you may have to collect the instructional part of the teachings, and then make sure that it is

distributed among groups and ward them out. We have enough knowledge coming from Madam Blavatsky and Master Tibetan, Master EK and the teachings that came through. And you have enough information from the books coming from Agni Yoga. So, you have enough to work with yourself, and we have to make sure that these instructions are followed. The first step is to make the physical body fit to receive the light. Just some arbitrary practices, worships and rituals cannot help us because there is a scientific way of doing it. The scientific way of doing is what Masters are imparting, and we have to take all simple steps seriously, and ward them out. Instead of doing that, people are trying to use the energy for more and more comforts, which are unending. All prayers are only for seeking personal comforts. And then, gathering money and depositing money in banks, or in properties, or indulging in excessive sex, this is how the energy is lost. That cannot happen with those who follow the teachings of the Hierarchy, and that you have to make sure. We are three in one, they say. We are three in one: **the head is cosmic, the upper torso is solar, the lower torso is planetary**. Take it like that. The teachings of Master Djwhal Khul always speak in three steps: planetary, solar, cosmic. That, in Sanskrit they say: "*Bhur, Bhuva, Swaha*". So, there is the personality part in us, there is the area relating to the soul, there is the area where the soul has the facility of relating to the Father in the Heaven. So that has to be regularly recollected and related to. When we do that, in our meditations we mostly move in the spinal column. We move from the brain through all the centres, down up to the base centre, and again from base centre, via the heart, we move up to the head centre. And relating to these centres in the vertical column, basically enables you to gain these energies, provided you know which centre stands for what, which centre uses what energy.

In Raja Yoga we see Masters (promote): "Relate to the heart, relate to the throat, to Ajna, to the brow centre. Do not relate to the lower centres, because you do not know how to handle them." So, at least relate vertically from the diaphragm up to the Ajna in meditation. For that, your mind has to get in. When your mind is labouring, when your mind is drifting, you cannot contemplate. That is why the exercise of Pranayama, which leads you to Prathyahara, and then, which again leads you to Dharana, Dhyana and Samadhi-that is the order, and as you follow this order of the path, you realize every step. But if you follow in a haphazard manner, you are into some kind of illusion, some kind of personality glamour, and each one knows how much he has found light in himself, how much love it is found when you contemplate. Is that light shining more and more, year after year, or every solar year you can review. Likewise, every Venus year you can review. When you make these reviews, you clearly know where exactly you are. Likewise, where exactly I am. It has to be done. It should be done, and then, in case you get into sickness the teaching is an opportunity for introspection.

Sometimes as I said, when you have some initiations, then also there would be some disturbance in the body. I know initiates who went almost mad for a year, and then again came back to normal. Light, when it gets into you in greater measure, your body should be well prepared, and that should be ensured. For that all these practices can be simultaneously done during daily routine, because you can set them into an order and then make them sure that you live a life. Again another dimension that comes from the teachings is "Let light be in just proportion". Let it be in just proportion, let it not be excessively with material, let us not be excessively with the spirit, let us not be excessively with money making activity, let us not excessively indulge in group activity. Let everything be given its place, and let a proportion be decided. That is where Master CVV says "All round development". "All round development" "All round development". For that, in the hierarchical teachings they say: "First have a sense of proportion". Have a sense of proportion and then adjust it to just proportion. Just proportion means, it is the best combination of all activities.

No Yogi or Yoga student is recommended to avoid things. You can have your family life, you can have your professional life, you can have your spiritual practices, you can also have some kind of socialization among people who have similar attitudes in life. So, you do not have to leave anything. Nothing will be left, everything can be accommodated, then it becomes an approach of synthesis. Lopsided practices, there are people who are excessively stuck with family, there are people who are excessively stuck with social contacts, there are people who are excessively stuck with their indiscipline. Indiscipline relating to food, speech and

other things, and there are people who are excessively doing the spiritual practices. Anything in excess is avoidable, because all that the Yoga wants is an equipoise and a just proportion, and it is why we say “adjustments”, “Master’s adjustments”, “Just adjustments”, like that we sometimes say to make sure that we fall into a rhythm by which all is accommodated and nothing is given excessive importance, while for a disciple the paramount aim is to realize the light in oneself, therefore follow the order of the planetary hierarchy. The planetary hierarchy of the Sun is connected to the cosmos. The Jupiter is connected to cosmos. The other planets are also connected, but they chiefly work for the solar system. So, when you get to the upper part of your head, you are into cosmos. If you are in the lower part of the head in your energy, you are with the Sun energy or soul energy. When you are in the heart, you have descended to be human. And when you get down from heart to lower torso, you are only just being an animal in human body. There are many humans who behave like animals. There are beastly persons, there are truly human and there are truly initiates within this humanity. And we make sure that we regularly recollect to ourselves what we need to do and ensure that we only keep doing that, and it includes all program of life. That is where it is Merry Life. You are not prevented from being holding a family, you can have a good family, and even children, grandchildren, all this is possible. You can have a good profession, you can have a good social conduct by which the society respects you, and you can have the practice relating to the path which will lead you in a matter of thirty years to a point where you do not return. You do not return.

That is how the Saturn enables us to complete the work and that we all have to do by gradual elimination of things in our personality, so that our sail is unhindered, our path is unhindered and our cruising on the path remains peaceful and consistent, and then we should know, even while you join as an aspirant and conduct yourself as a disciple, it is like being on the headway. Headway, that is what I say the path of Sagittarius, the autobahn. Once you are into the occult line, meaning you are able to reach the heart and conduct yourself, from the heart there is only one line that leads you up. Only one nerve, that leads you up. There are more than hundred nerves that can lead you into sideways. Sideways! People who entered into the heart also get tempted by different dimensions of life, they get distracted and they look for things which are not intended for a disciple.

In the olden days there was such a regimentation relating to discipleship, but in the modern age the grand masters had made it easy, that we can follow with certain moderation, meaning you also have to make sure on a daily basis: are we on the autobahn, are we on the *autopista* or did we take to an exit route? Because there are so many exit routes when you are moving on the autobahn. So, if you take to an exit, it takes again long time to get back into the main path. That is why beware of exits. You are all travelling by road so much, so wherever you need to exit, only there you have to exit. If you exit before, you have a kind of roundabout program. If you ignore a right exit, again you have a roundabout program. So ensure that whenever there is an opportunity for an exit, do not exit. There are so many exits: to the left, to the right, but do not get down. You exit at the right exit. That has to happen, otherwise we keep on moving around and around and around and it makes us difficult to progress in the travel. Like in India we do not have such good roads as you have in Europe or in America, there the people who drive, they have to be excessively alert not to miss an exit. If you mix up an exit, the rest of the persons in the car will blame you, because you do not only exited but you also caused the exit for others. So this is a contagion. Exit is a contagion, so do not get into it on, be on the path and keep moving. On the way you can do some parking at the arrival (?) place. You know, we stop at a parking and have a cup of tea or have a piece of bread, and again join the highway. So, relaxation is allowed, refreshments are allowed, being alert is what is important. That way, when you work with your being, with your personality, your spine and your brain and your heart, these are the three major centres. The Sahasrara, Ajna in the head centre. Then you have in the heart region the heart, and the throat, and you have down under the three other centres, which are covered by the cerebro-spinal system. So many times, I speak of cerebro-spinal system. We should recollect, that we, as columns of light, we exist as our cerebro-spinal system, which is symbolic of a mace. So be that, remember that, and then conduct yourself. Then you would do well.

Then comes the other planets. In the West people try to work with planets like Pluto, Uranus and Neptune. Pluto, I was asked this topic in Paris, how are we to build the bridge between Neptune, Uranus and Pluto. So, I made a symbolic presentation by combining the three symbols and showing how the Neptune is the lotus that unfolds at the top of the head, how Uranus stands as a column within you with two vertical columns, and a downward symbol that links you to the base. There you have the Pluto, which gives you the solid blaze to conduct the work and then conclude it meaningfully.

These are the three planets, which are meant for advanced initiations, not for all. I spoke of this in Paris, among those very popular astrologers in France, coming to the conference under the auspice of a person who related to us up to a point.

So, Neptune is the unfolding lotus at the head, and then Uranus is the spinal column and Pluto is the strongest base upon which the ultimate adept (?) is built. That is how we include the other three planets also. This is only for understanding, there is nothing that you can do with those energies, and for that we have the representative Masters. There are Masters of Wisdom who stand as an outpost for these planetary energies.

Neptune, it works through Lord Maitreya. Lord Maitreya is given the responsibility of regulating the Neptune energies. It is another topic by itself. I do not want to get too much into astrology.

And then Uranus as you all know, I have been informing almost in every group the work of Master CVV, and then, the build up of the spinal column. For that, Pluto gives excellent regulations. The regulations of Pluto are even more deeper than that of Saturn. So when you workout what all has been said even today, these three would be relatable to you, you gain the understanding relating to them. The understanding relating to Pluto, Uranus and Neptune is good to know, but we are too small for them to touch, because we get smashed when we are touched by any planetary energy without preparation. That is why the Wisdom says: Your practices of Wisdom are like you are playing with fire. You have to be excessively alert, cautious, and follow the regulations so that fire elevates you, but does not burn you, otherwise the fire can burn us. There are people who began; after some days, they lost their brain. We do see people who are doing these practices losing their brain. We also do see people who have destroyed their heart functioning and we also see the people who get their spine also in a way damaged. And the Master says: brain, spine, heart. That is how he puts it. Brain, spine, heart. So, spine means it is in Uranus - Pluto. Heart in the middle of it. Neptune means the top of the head. So, this is how another dimension that I give you in the name of the teachings which are eternal, but each time we relate to the same teaching of ...it gives us some practices which we can relate to, or make an understanding and then relate to them in our meditational hours. Such is the work that we do with an attitude of smile. That is the fundamental teaching, with an attitude of cheer, with an attitude of smile, with an attitude of being merry. So relax and yet be aware and with humour we keep moving on in this manner by practices. I am exceedingly glad that so many groups are relating again and again to the teachings, because I know they feel refreshed. They feel refreshed and some of them may even pick them up for their understanding and implementation into daily routine. So, may that happen to all of us and we keep moving and we need to move into light because this is an opportunity.

The crisis in the world is an opportunity for initiations. Therefore, avail of it and remember that the revisit of Corona again and again is only because we again and again on a daily basis keep doing the same things which cause spread of the sickness. That is why when one disciple came to Master Djwhal Khul and asked him "I want to serve the animal, Master, will you please give me a program?" The Master said: "Stop being a non vegetarian and start being a vegetarian, there is already a service to animal". If you do not eat, at least on account of you is not as big, but if all humans stop eating meat, we are doing enormous service to animal kingdom, and it is a great contribution for ensuring that the planet is made light and we also move in an ambiance of much thin air.

You know Josep Paradell; when he first came to India, he said: "Master, the air here, we are told, has lot of pollution but here I find the air smelling in fragrance". He found fragrance in the first time in India when he landed here and was with us in the group life. How is it that the air in India is not like the air in the West, In

Europe? Because generally it is believed that pollution is more in the East, pollution is less in the West, but there is a different kind of pollution. So, I told him-this happened when we did a seminar for the group in the Andhra university campus-we did two times seminar there- I told Josep, "This is because the degree of animal killing is slightly less in India". Slightly, it is slightly less in India while it is much more in the West, but even here people are getting more and more into non vegetarianism, by which slowly things fall.

So, there is a group which developed the dimension of *ahimsa* with great intent right from the times of Buddha, and Buddha came in. *Ahimsa* was first embraced by the Indians, so there are as many vegetarians in India as there are non -vegetarians. Therefore the air smells different in spite of the outwardly pollutions. Therefore, the immunity is also good, there is not such frequent revisit of Corona here. I am only speaking not because I am Indian, I am speaking because these things are all in the books of Master Djwhal Khul. He said humanity would do well if they stop burying and start cremation. This humanity, two things if they do, they clean the planet. We think of cleaning the planet and all that. If you do not bury the dead bodies, it is a great service to the planet. If you stop eating meat, or animal food, you are doing a great service to the planet. That is how the planetary service is. So therefore, we are to make sure that those who relate to us, they get into this discipline. When I came to Europe there are so many who were smoking in the groups, but today hardly you see anyone smoking. So is the case in India. Likewise, there were many now in the groups who do not eat meat. This is the reason why in India animals are respected by those who know. That is how they think of a cow, they think of a horse, and all our symbols are full of animals. Therefore, we are contributing to our own downfall. That is how Corona remains. It was supposed to leave by December; it is extended to March... Now (?) it is said, it will go up to June, we do not know, they say.

We have to change. "We" means the humanity as such, but we, as group members, shall have to make a little contribution towards that. That would be a great service and that would be a great healing for the animal kingdom and also for the planet as such. Thank you one and all. Namaskaram.