

Merry Life Teachings

Master KPK

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Talk 20

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Hearty fraternal greetings to brothers and sisters who have gathered this evening to relate to the Merry Life teachings. Though initially, I thought that we could have a fortnightly meet, I felt a weekly meet is much better, if not a daily meet. The weekly meet enables continuity of thought and a weekly revisit helps us to move forward. If we meet once in a fortnight, we may be needing too much of recapitulation. If we meet weekly, that recapitulation can be reduced. If it is daily, it is still better. Considering the connections that we have I feel that we take to the golden middle principle of weekly meet so that we are with the theme of Wisdom. Without losing much we relate information and the practices.

Some of you may have been going through the sublime thought of Good Friday this weekend but the truth is Good Friday is next Friday. I have given this information in the little book on Good Friday. It is hinted at in the 'Spiritual Astrology' of Master EK. It was also hinted at in varieties of ways by Madame Blavatsky in The Secret Doctrine. Good Friday or the festival of Passover is an age-old tradition. It did not start with Jesus the Christ. It was there before and Jesus Christ, in tune with the time plan, took birth and conducted his work and in tune with the time plan he departed. That is where he is great.

But the tradition of Good Friday emerges from a deeper understanding of astrology which we call esoteric astrology. Later, it developed into exoteric astrology. Good Friday happens on the Friday which is very near to the New Moon of Aries. It was also so with Jesus the Christ. His crucifixion was on Friday. He went through the Passover on Saturday and successfully ascended on Sunday which we call Easter Sunday. But this is an annual process for all beings who are on ascent; for all disciples to ascend. This arc is very important because Sun is in exaltation in Aries. Moon recedes towards the Sun. Around the New Moon the mind, the personality, everything joins the soul. The soul escapes from the body into higher realms. According to the plan, some of them may pass over into higher circles, some of them will come down to serve the humanity. From Taurus onwards via Gemini and Cancer and some of the others, like aspirants and humanity at large, they go through the cycles again and again and again. Passover is a function of passing over into higher circles consciously. Passover is a function that enables a disciple to consciously pass over into higher circles. It has to be practised on every Friday night because every weekend is meant for it. From Friday to Sunday, it is a weekly Passover which we have to relate to. Instead of visualising the weekends to relate to the practices of Passover, the impact of Kali is such that we, the humanity at large, enters into weekend programmes, picnics, parties, indulgence into senses, into food, into sensuous enjoyments, all kinds of things and returns on Monday to join the work again. That is a weekend programme which is absolutely the reverse of the Passover. It is on account of Kali that most of the people utilise the weekend to get weakened bodily, sensuously and mentally. But weekend is meant for strengthening oneself with the like of buddhi, soul and super soul. The reverse is worked out because when we do not have the right knowledge and the right practice, we do not adopt to the time plan. The Old Testament says that the whole creation is made in seven days. Four days from Thursday night to Monday you move forward and on Friday you return back. Friday, Saturday and Sunday are to return. Friday night, Saturday night Sunday night are meant to return back to your source. From Monday, Tuesday, Wednesday and Thursday you can expand into objectivity. Weekly activity can also be seen as a movement into objectivity and subjectivity. Likewise, the monthly activity can also be seen in that manner. From New Moon to Full Moon expand into objective world. From Full Moon to New Moon, you withdraw gradually and by around the New Moon you be with yourself, relating to the personality, relating to the soul, and the soul integrating with the super soul. These are the rhythms that the time cycles teach us. Time cycles are essentially important for disciples. We have to follow the time cycles and move forward. Because Time is the other name for the Lord in creation and beyond Time it is Absolute God. It is Time and Space, presided over by Absolute God, that conduct the whole creation. We move forward and backward even on a daily basis. As you awaken, you move with your awareness into objectivity. As you slip back into sleep you withdraw your awareness into your own source. It is a daily happening. Within a day there are quarterly happenings. Within the week there is a movement towards objectivity and subjectivity and within a year also you do that. Passover is essentially meant for passing over to higher circles specially for those who have fulfilled their obligations in relation to the physical plane. It is a great festival. Passover is a great festival where man consciously passes over via his forehead and Sahasrara. That is the theme. In the case of Jesus Christ, it so happened that it was not only nearing the New Moon, it was also a solar eclipse day which confirms that it is a New Moon because solar eclipse happens only during New Moon times and not during Full Moon time. Full Moon time we have the lunar eclipse. When Jesus Christ passed over, it was a solar eclipse. That is the second dimension.

The third dimension is, which I have been giving you through the teachings of Blavatsky. The lunar phases are different from the solar days. In Secret Doctrine, Madame Blavatsky writes very clearly and these dimensions I have brought out of The Teachings of Madame Blavatsky via Vaisakha Newsletter. We shall have to separately follow the tithis or the moon phases. Do not mix it up with the dates which are coming from Roman times as solar days. Before solar days there was also prominence for the lunar calendar. Even the Jewish system follows the lunar calendar. Indian system

follows the lunar calendar. While solar calendar is popular, lunar calendar holds certain secrets and we shall get into them when we get into the inner side of our being. So, when Jesus passed over, around Friday it started. The New Moon was approaching, the solar eclipse had happened and it all happened in the far end of the month of Aries. Therefore, next week Friday stands greater eligibility to conduct the Good Friday function. Today also we are in Passover, in the sense, it is a weekend and we relate to the Wisdom. Wisdom leads you inside, not outside. Wisdom leads you inside, not outside. The more and more you are with wisdom, the more you are with the inner side of your being and not so much into the outer side of the being. In the outer, objective life, we have obligations which we have to fulfil. Without fulfilling the obligations of your life, you are not allowed to enter inside. Once you enter into the inside you take the inner side of things. Therefore, you make sure you do not create more and more obligations in the outer life. You fulfil what is already your obligation because it comes to you from past karmas. The obligations that each one of us have - some of them are common, some of them are uncommon. We have to fulfil them. We cannot escape from them. We have to meet them and clear them. For those who clear these dimensions in the outer, they should not create more and more outer obligations. Too much of interaction in society for name, for fame, for titles, for personality aggrandisement makes you lose the simple practices of inner entry and inner growth. A great objective life, many times, is an impediment. Better it comes later, after fulfilment, not before. Initially, we shall have to make it simple, keep it clean and make sure that your obligations are well met. Serve your family, your society, your surroundings and then devote more and more time to the inner side of things. The Jews conduct this festival of Sabbath every Friday which is very age-old. The Indians relate to Krishna or the World Mother on Friday evenings. Even the latest religion that we have, Islam, they also take Friday as very important. Jumu'ah, they call it. It is a day to return and relate to the Divine more and more. By Sunday, you can experience the soul that you are, in three days' time. This is how festivals are conceived in an esoteric manner. But mostly festivals are done putting on new clothes, taking nice showers here and there, putting on lot of ornaments, making social parties, and spending time in dance and song. That is festival of personality. This is a different festival; it is a festival of the soul. It is happier when it enters into the field of wisdom, experiences the bliss and realises the soul and relates to the super soul. It has its programme. In fact, each one of us have taken to body to make a soul evolution and we take a personality which we have to tame and make it as a facility for our journey towards the soul. That should happen. Therefore, I thought fit that I inform you of this before we get into the theme of our king whom I introduced in the last class.

I introduced a king whose name is Nala. Na-la means not interested anymore in the objective world while he is also not disinclined to the objective world. It is a neutral state. You are not against the objective world. Religions speak of aversion to worldly things. In Spirituality aversion has no place because subjectivity is Divine, so, objectivity is also Divine. Divine exists in gradations of light and love. We try to experience from the fundamental, physical plane all the seven planes of existence. So, we need to move up in all the seven planes, experience the grandeur of the super soul as also the grandeur of the soul and the bliss and the related joy and also the happiness. These are all the gradations because the soul is always on the hunt for greater joy, deeper joy and even eternal joy. The happiness that we have in the objectivity has its ups and downs. The joy inside it can be held and we have a smiling face in spite of what is happening outside. And then, bliss is still further and then the integration with the Divine is the ultimate. So, everything has its gradation. People who feel that the joy of the outer is enough would like to move towards the joy of the inner. That is where esotericism, discipleship, yoga, ascended Masters and Divinity are all relevant. Not to be just spoken with the mouth anywhere and everywhere but to practise it on a daily basis; to turn inward and to grow and to turn outward. Even the respiration alternately functions. The air goes inside and comes out, goes inside, comes out. The centripetal and centrifugal functioning of the creation cannot be avoided. We don't have to be averse

to objectivity but we have to carve out a life to see that we also dwell as much in subjectivity as we do in the objectivity. Don't blame the objectivity. Don't blame the world. Just relate to it and slowly you find a way where you do not have too many obligations in the outer life. You reach that point.

Here is a king who was very righteous and he ruled the kingdom with the utmost righteousness. He was a Leo-like character. You know the qualities of Leo. I don't have to tell you. A Leo is straightforward. He has noble attributes. He rules himself and he lives in his cave. The rest of the animals in the forest, by the virtue of the presence of the lion in the cave, conduct themselves. A lion seldom goes for hunting. When the lion is in the cave, it is good enough for the subjects to behave better. Likewise, the King reached through his practice of normal virtues which are suggested in every theology. He established right relations with the citizens. He was not only seen as a king he was also seen as the father of the nation. In the theologies of the olden times, we have stories of such kings who played the role not only as a king but also as a father figure and a teacher. It was their quality. Later, the kingly qualities and the priestly qualities got divided. That is why we have two heads for an eagle in most of the symbols. The spiritual symbol itself is divided into two heads- a ruler and a teacher. A double head. Before, the eagle had only one head and one crown. Then, the eagle had two heads with the crown extended to two heads. It was a complicated crown because the teacher teaches in one way and the ruler sees the other way. It is good that the teacher and the ruler are one. He can be a king-initiate so that he sees both the dimensions. A king-initiate is one in whom the First, the Second and the Third Ray are summarised. He knows how to utilise the resources of his kingdom. He has the wisdom. He has the ability to administer. This king, he accomplished the Third Ray of resourcefulness and his kingdom was good enough. His subjects were fairly happy. There was no hostility from the neighbours. If you have hostility from the neighbours, you are always engaged in war with them. Isn't it? You have to secure your borders; you have to protect your fort. He had no such problems. He had friendly relations with others so there was no worry about his kingdom. There was not much to worry about his subjects. The seasons were favourable to him. All the animals, birds and humans were happy in the kingdom. He found that enough is enough, let him find his way into higher circles. Such a one is called Nala, meaning, not anymore attached, not anymore engulfed by objectivity. When you are not attached so much to objectivity, when you are not engulfed in objectivity through obligatory karma, you have enough freedom to be at heart. Most of the times, I tell all our students, be at the heart when you have anything to do. Relate to respiration to get into the heart. Respiration is the key from objectivity to subjectivity. Respiration, which is the fourth step of 'pranayama' leads you inside. The entire quest is more inside than outside. Searching outside, man lands in a state where he has to think of searching inside. Inner search leads you to inner sight, inner perceptions which you may not pick upon in your outer quest. That is why from ancient-most times, all have picked up this faculty of getting inside than moving around outside. We can go inside, we can find transmutation, we can have transformation and then transcend. Thereafter, you can come back to serve with a continuity of purpose. You can come back to do things consciously. What to do is known, where to do is known, when to do is known how to do is known and you keep doing it without entangling yourself into the objective life. That is where the freedom of man, the liberty of man is completely gained. So, Nala means- La is the seed sound for material, La. Lam is called the seed sound for matter. Lam Prithvi Bijaha - this is how Sanskrit says. When you are no more after material acquisitions and aggrandisements, you are no more growing your personality towards material.

To return to this king, he found that in his outer life he had grown as much as he needed to grow. Everything was in equilibrium so, he thought fit to turn subjective. Each one of us have decided to turn subjective. That is why we are here with all these practices for over decades but it all depends on how much we are entangled in the outer world. Our entanglement comes from our past karma. Escaping from past karma is not the solution. We can meet the past karma with the inner strength

and for that assistance will be given. This man is lucky that he has cleared his obligatory karma. He has not much karma left. There is a little karma, otherwise, this story would not be relevant to us. Unless he has all those ingredients which we have, that story is not relevant to us. We are not speaking about Devas; we are speaking about humans who ascended into Deva plane and eventually get into higher circles through initiations. All stories in scriptures are all stories of man. Stories of men who went through their obligatory karma, who entered into the cave of Leo and found a way up to the cave of the Bear. The cranium experienced the things. Thereafter, they submitted themselves to the will of God and continued to perform either on the physical plane or in the subtle plane or in the causal plane. In all these planes, goodwill work is conducted according to the will of God and according to the eligibility of the soul that made the necessary transformations within himself. We are all introduced to the seven planes of existence. To still feel that we are only with the physical, is only turning ourselves to be little kids. The physical is supported by the subtle, the subtle is supported by the causal and there are also worlds beyond causal. Four-fold existence is what Madame Blavatsky introduced in Secret Doctrine. Why because the best of the hymns of the Veda speaks in the very first stanza that one fourth is visible and mortal, three-fourths is invisible, Divine and immortal. Divine means immortal. Three fourths are invisible, immortal and Divine. One-fourth is visible and is mortal. In spite of the wisdom that we relate to, we continue to be related to the physical plane and do not move vertically towards the higher planes. The vertical movements are possible only through the spine. In ancient days, they followed hatha yoga. With the help of the ascended Masters, we are given the facility of moving through the heart centre into higher centres via the respiration, pranayama. When you are fairly satisfied with your objective life, you should not strive and waste away your time, your energies for objective pursuits. You should think of subjective pursuits. When you turn towards subjective pursuits, that is called the beginning of the Second Initiation. The conclusion of the subjective pursuits will leave you at the portal of immortality before which you experience a lot of Divine dimensions in you. According to those dimensions we keep moving between Second and Third Initiations. At the portal of the Third Initiation, you realise immortality and thereafter gain eternity and still continue to do the work in all the three worlds. There are very few who are not working in the three worlds. Lord Krishna says about himself, "I am not obliged to work in any of these planes of existence. Yet, out of love for you, I came down to show the way to live." Such beings are rare. They are avatars. There are others, Grand Masters who take to different forms. Like we have a body of flesh and blood there is also a body which we call the golden body. There is a diamond body. There is dharma kaya. There are nirmanakayas, meaning, at once they can create a body, enter into it, function and get out of the body and stay as soul. There are so many stages which can be joyfully experienced so that you remain an occultist. You know the path. The path is filled with gradation of Light, gradation of Love and gradation of Knowledge. Your knowledge increases beyond the planet, beyond, into the solar system and beyond solar system. Without gaining all these ways how can you say that you are a fulfilled soul?

It is said that knowledge is endless. The Divine is boundless and we are pursuing it. In that pursuit, every weekend is important to start with. Every evening is important when you withdraw from the objective life. Every New Moon is important. So also, Good Friday. I am not getting back into the subject. Nala realised that he has a greater inclination for inner journey than outer journey. So, he is no more 'La', meaning, attached to material things. People are unhappy when they don't have enough material but they should also know that it is also a fortune to not have too much material around you. Not to have material contacts, not to have too many social contacts, not to have too many powerful people around you because they decide your day. Money and power, those who hold them, they influence you, they decide you, they pull you into various programmes and your time is burnt away. Don't get into the glamour of the world beyond a point. I don't say that you don't get in but I say, 'Don't go beyond a point.' Each one has to set his points. I set my point not to get into objectivity as early as

in my 30th year, not now. Now I am in my 75th year. You make strides into inner life when you set limits to the outer life. Let the outer go by itself. If you set your rules of the game in the objective world in a good way, the objective world gets into cruise mode. When it is in cruise mode, things keep on happening. Your family life happens. Your professional life happens. Your social life happens. Not much effort. The inner thing has to be done with effort without which you cannot go. Set the outer life in cruise mode, enter inner life. That is a step forward. Enter the inner life, then strive in the inner side of the being. There is a great journey from the heart to the head. In that journey a lot of knowledge is revealed from inside, which is confirmed by the scriptures outside. Those who walked before you, they have made their experiences for our guidance. When we get these experiences, already there are people who walked the path before us. So, their affirmations are encouraging to us and we continue to work. That is where we relate to the understanding of those who walked before us.

Our goal is to walk towards THAT and eternally link to THAT as 'I AM'. THAT I AM is our ground in creation. In pralaya, I AM is also a part of THAT. In that game, we keep on moving and moving and moving. There is no end to it. Nala found great interest in it and so, he is no more attached to material things despite being a king. So, he is called Na-la. The beauty of the scriptures is, it cannot be opened and read by all. Just because you are literate you cannot read the scriptures. You need to know etymology, the fundamental key. You need to know time cycles. You need to know the sound and related grammar. You need to know the metrical formation of the creation. Every plane is double this plane. What we see as the earth, as a physical globe is not all. The earth globe as such is sixty-four times bigger than what we see. How do you know this? Because the earth itself is made in seven layers. And we say, at the seventh plane, there is Pushkara and so many other things. They are all named. What we see as the globe is called Jambu. They all have their names in seven planes. Just as we have the physical, then the vital, then the mental, then the buddhi, then the blissful, then the Atma, then the Paramatma; we have seven planes. Man is not limited to this body. His dimensions are sixty-four times more than what he sees himself. This attitude to things of other planes of existence which are much fuller with life and joy and much grander also give you a greater dimension relating to you. Instead of ascending to those planes, we are stuck with the physical all the time.

Nala realised this and being a Leonine character, took his seat. He started being in the heart, ruling his kingdom. You all know Leo is the royal sign. Many nations adopt the lion as their national animal, isn't it? India has taken the peacock as the national bird. The national animal Leo keeps on working with respiration, attending to outer things when required. Not just getting into the outer things because you are a king and you can go everywhere. You are treated very well everywhere, isn't it? He did not believe in moving out. He moved out only when it was essential. He did not move out for fancy. When there is an obligation, you move out. When you are not in obligation, do not move out. That obligation, it has to fulfil a purpose, a mundane purpose, a social purpose, a cultural purpose or a spiritual purpose. There has to be a purpose. Just moving without purpose is being very worldly. He stopped it. He started being in the heart. The heart is called the Kingdom of Nishadha. In Sanskrit, Nishadha means, well-protected. You are well protected at your heart. It is fortified by the ribs around it. The heart is the most protected organ in the human being. It is the softest organ that conducts life and it is most protected by the bones around the spinal column and specially the ribs. Ayodhya also means that. These are all words that tell us, he fortified himself within himself. Nala fortified himself, within himself, by being in the heart. We also gain fortification in the heart centre. The more and more you relate being in the heart centre, the objectivity would not disturb you frequently. The people at home don't disturb you. Your group does not disturb you. Your society does not disturb you. The events around you do not disturb you. You are in a fairly good state of poise where you relate to your respiration and stay there to relate to the higher dimensions of life. That is why his kingdom is called Nishadha. Nishadha is an important location for us. Heart is an important

location for every fiery aspirant who wants to be a disciple. Heart is the area where the respiration generates. To be frequently, to be significantly at the heart shall have to be practised by a disciple so that he gives an indication that the aspirant is sincere to relate to the higher circles. You can be helped if you regularly visit the temple within you. It is called the sanctum sanctorum. It is called the holy of holies. It is called the cave of golden hue. All those things we can realise later. What is important is to be at the heart with respiration. Show your consistency being there. Show your constancy being there. When you regularly come to that centre, there are beings from higher circles who get interested in you. This man is striving, this woman is striving to relate to higher circles. So, let us cooperate and help them. Just like when all the students are ready in the classroom, the teacher comes and gives them the related knowledge and practice. Practices are all given. Only the students do not relate to them, do not remember them, do not recollect them. They frequently fall into their personalities and start aggrandising themselves. Instead of moving vertically they try to move horizontally, trying to cover as many areas in the physical, objective world forgetting that they have taken to a world which is a world within the world, a world within the world. And each world is larger than the other. As I said, you get to Shambala, you are 64 times bigger than what you think you are because the planet is also built like that. The planet is built in 64 dimensions and what we see as the physical plane is only one of the 64th part of the whole globe. That very dimension makes you... It is a revelation. As you move up, the horizons expand. As you move up, the horizons expand and each time, two times, 2X2X2X2X2 sixty-four times. This is the story coming from the second Manu Priyavrata. So, you have to walk to grander life than limit yourself in a pigeonhole and looking for everything in that pigeonhole. We are in the pigeonhole of gender, we are in the pigeonhole of our nationality, we are in the pigeonhole of our language, we are in the pigeonhole of our continent, our race etc. but man is one. Man is one. He is made in the image of God and he descends and descends and descends and descends and makes himself a prisoner of what he thinks of himself. Those who have ascended, they have seen better, they have heard better, they have experienced better. They have affirmed and confirmed so many things. We need to get into the vertical and not remain in the horizontal styling ourselves as disciples, styling ourselves as aspirants. An aspirant means the one who relates to the fire in him. An aspirant is one who relates to the fire in him. The fire inside gives the dimensions of life. The fire outside gives you the outer sight. From sight to insight, you have to move. So, Nala is a fit, fiery aspirant who chose his abode to be the heart. He enters into objective life only if it is required, not otherwise. He is not a vagabond. He is not a street dog. He does not go anywhere and everywhere. There has to be a purpose. He was relating to the respiration. That is the only way to get into your being. The mind, the subjective mind is at the heart. The objective mind leads you into the outer. Most of us don't even realise. We realise but we do not recollect to realise. We think it is all one mind. It is not one mind. The mind has seven layers in it. The upper three layers are the subjective mind, the lower three layers are the objective mind and the middle layer has access to both the subjective and objective mind. We are unable to move up by one sub-layer of the mind. That is what Master Djwhal Khul says in the book, 'Letters on Occult Meditations'. There is the mind with seven layers. Three layers relate to objectivity. They are downward petals. Three layers move upward. In the mind they relate to the other dimension of your own being. We need to be more with subjective mind, less with objective mind. Objective mind is meant for fulfilling objective activities. If you stay too much with the objective mind, it leads you into the senses. It leads you into your body conditions. It leads you into outer life and you are completely loaded with it. You cannot come back into the subjective side of your mind. At the fourth layer which is the middle layer, there is lack of psychical stuff. Beyond that you truly get into the spiritual dimension in the fifth, sixth and seventh layers. Turn subjective whenever it is possible. To turn subjective, respiration is the master key. Keep on being subjective relating to the light in the head. You can stay in respiration and relate to respiration. This is one dimension. Later, you can relate to the light in the head. Don't let your awareness into objective mind which will lead you to objective life and makes you do things in a

routine manner, doing the same things all the time. Not only throughout this life but you come back and you keep doing the same things again and again going through the vicious cycles of birth and death. That should not happen to those who decided upon an ascension. The ascension is one thing. Passover is another thing. Incarnation is yet another thing. Among these three nodal points we keep working.

We are bent upon moving upwards. Most of the knowledge comes to you when you move upwards. In the outer you can relate to books of those who are truly realised. Many books today come from the psychical faculty of many well-meaning people. There is a lot of literature that is coming out into the world from the psychic plane and you get into a quagmire, into an illusion. Beyond the psychic plane there is the plane where you have the soul energy. Do not get disillusioned with your little experiences and get deviated. Continue to be there. Just be there, be attending to the objectivity, relate to respiration, demonstrate to the higher circles that you mean business, meaning that you are serious about moving into higher planes. Moving into higher plane is an intention which has to get more and more fire. That is where yoga begins. That is where the journey begins. Before that, it is no journey at all. All other glamour we have to drop and be there. To the good luck of Nala, who demonstrated such a resolve, a teacher came into his life. The teacher gave him two techniques- to relate to respiration which Nala was doing and initiate him into pulsation, to relate to the swan song of pulsation which is a continuous activity at the heart centre. It is an initiation to get into pulsation. Respiration has two faculties. One is inhaling and another is exhaling. It is a continuous activity. Respiration is a continuous activity. It is conducted by...it also enables the mind to move out and to move in. It enables the mind to move out and move in. Respiration has its background as pulsation. If you get into pulsation, you are neither with the objective mind nor with the subjective mind. You are at the junction point which is called, 'Horizontals meet Verticals.' That is the point where horizontals meet verticals. We shall have to be at that point all the time. If there is work in the objectivity, relate objectively. Otherwise, remain subjectively. This point has to be reached that we get to respiration and then relate to pulsation. This swansong of pulsation is SOHAM, I AM. As 'I AM' you mount your personality. When you cease to be I AM, you remember your name, your gender, your social status and all kinds of other mistaken identities which are only valid for this life. Next life you are not this name. Next life you may not be this gender also. A man can become a woman; a woman can become a man. You don't carry the same name. You don't carry the same social status. You don't carry the same material wealth. You don't carry the same family or group also. You live an everchanging life when you are always with the respiration of the mind. You go a little more into your being, you step into the sanctum sanctorum where you gain the touch of 'I AM' as the swansong. The swansong is SOHAM, meaning, THAT I AM, THAT I AM. 'I AM' is given a name. 'I AM' is given a form. 'I AM' builds its personality according to the knowledge it has. 'I AM' develops the personality over 30-40 years. It develops the personality either to mount it or to get imprisoned by it. Why do you develop your personality to mount it and conduct life outside? Having mounted it, you can relate to the super soul which is also posited in you. As you move up towards the head, you meet the omniscient one. As you move down, you get into your personality and into the world. This step of getting into respiration is initiated by the teacher to Nala because he had found the importance of being subjective. He has mounted his personality. He has no more personality ambitions in the objective world.

Let us not deceive ourselves that we are moving into the Light more and more when we are still working to become more and more and more important in the outer world, more and more powerful in the outer world, more and more money-minded in the outer world, more and more and more social contacts, more and more and more relatives, more and more into all kinds of social festivities. It is all...it is a different life. If you are an evolved soul, you naturally get fed-up. Fed-up means enough. I do not deny it but I use my discrimination about where to go, what to do in the objective

world. That gives you more time to relate to the respiration. Unless you demonstrate it... most of us know how to work with pranayama but we cannot know. I have introduced pranayama to all our groups with much emphasis right from '94 Indian Group Life with the story of Garuda. So, '94 means 6 years plus 20 years, 26 years, we are into the 27th year. I don't know how many are working with pranayama which we issue inside. I do not know how many are with pulsation. I do not know how many are with the subtle pulsation. Only those who have gained these steps are the ones who can meet on the other side of the being, not all. Not all. That is the process of stepping into the holy of holies and then moving upwards. Don't bother about the comforts of life. They are never-ending. A house, a more comfortable house, a more comfortable house, a more comfortable house. Comfort draws you away. Draw a line. Money- draw a line. Money, name, fame and recognition in the outer world- draw a line. Titles- draw a line. Objective pursuits- draw a line. You have to draw a line, otherwise you are dissipated into objectivity all the time. While you are with wisdom you only quote these names and these terminologies and try to show up that you are a better being than the other. It is also a personality dimension. It is an inner urge, an inner itch that you should be known. That I know this, I know that. All those.

That is where a teacher would come and tell him that he is truly a lion. He sticks to his cave; he is with respiration and he moves out only when there is absolute necessity. Not otherwise. He introduced him to subtle pulsation with the sound SOHAM. SOHAM means the sound that is happening inside with inhalation and exhalation. We are not doing it. There is something happening within you without you doing it. When you are in the objective mind, you feel you are the doer. Half of you is a doer when you are below the diaphragm. Once you are above the diaphragm, you realise that you are not a doer. There is a doer and you can cooperate with him. You see many helpers that lead you to that understanding. We too have believed that we have to do this. But we realise that if we stay put, if we stay stable, if we stay in the heart, we receive what to do, when to do, how to do, how much to do, everything comes from inside. With the help of personality, it gets fulfilled. The Will, the Knowledge and the Activity descend from higher circles. You realise them and you conduct through your personality into objective life. That is how things happen for some people without much difficulty. That is a later state. But for us, to move up is most important. Get to the subtle. Getting into the subtle respiration, the fourth step of yoga is the only way. Do not miss it. If you start practising regularly it for five years, a lot of difference happens in you. This is where it has to start. Discipleship starts from there. Reaching the heart, staying there and being there at all times, relating to the head, brow centre. Lord Krishna says, 'Staying there, relate to the brow centre.' This is the way to relate to the verticals in you. Be at the heart. Come back from objectivity to subjectivity. This is a horizontal journey towards a point where everything turns subjective. In this, to reach the heart is the state of Nala. His location is the heart centre. We have to inculcate the habits, the virtues of Leo. It is the fifth house. The birth of the son happens there. Fifth house indicates the birth of the son. Son means son of God. It is only there that, in the beginning, the baby is born. Then you move up. Since you are anyway staying stable at heart, relate to the third pulsation, Samana. Udana pulsation is what you contact when you reach the third pulsation, samana. When prana and apana are equalised in your heart, you have the poise, you have the respite, you can feel the resonance of the pulsation. When your awareness is more with the resonance of pulsation, you are not so much with the respiration. Respiration gets into the background. It keeps happening. It gets into an auto mode. While respiration gets into auto mode, you are more engaged with the pulsation. When you are with pulsation, it leads you to subtle pulsation. When you get into subtle pulsation, you meet the verticals. It has to be *done*. It can be taught any number of times. It can be recollected any number of times. It can be reminded any number of times but unless you *do* it, it does not happen. Find time for subjective activity as much as you find time for objective activity. At least half and half. In the evening hours, when you have fulfilled your obligations in the outer world, instead of getting into entertainments, get into these practices. The golden hours of

morning are available for only those who can wake up early. Before the world wakes up and gives you cell calls, telephone calls or other calls, you have time to do these practices. After the world sleeps, you have time again to relate. So, you have to plan your day in a manner that you find time to get in consciously up to the heart. Thereafter, things are different. This is one dimension by which inhalation and exhalation find their equanimity in the third pulsation which is called samana. When you are regularly at samana, then you get another revelation that there is an upward movement to this swan. We know the swan is always at the lake of pure waters. Pure waters are nothing but pure consciousness which is not affected by malice. In that consciousness, the swan flies from time to time. Flying faculty is there for the swan. The swan in you, it leads you upwards. It is called utt-ana, udana. It is given by Master Djwhal Khul in the book on White Magic. Let it lead you through the verticals up to the brow centre. As you reach up to that all knowledge is gradually revealed to you. All knowledge of colours, of sounds, of patterns, of time cycles so many things. All that knowledge you aspire to is revealed to you from inside as you move up. From layer to layer, covering every sub-layer of every plane as you move up into your own being, things are revealed.

So, that journey is what we are all interested in because we are inspired by the teachings of the hierarchy. The hierarchical teachings want you to move into higher circles. When Master EK gave his teachings in writing, the first thing he said was, 'These are from those whom I follow to those who follow me.' If you wish to follow, you move from the physical to the subtle, subtle to causal. It is an easier way of saying it in three steps. The other way to say is the seven planes. In the Mother-system, they say nine planes. It is all different. The more detail you gain, the more detail you speak. The fundamental thing is, it is time. We are in a transitional period and the doors are open to move up into higher circles. If you are sincerely trying to live in greater measure in your heart relating to your respiration and if possible, with the pulsation, we are doing good. Being there, we can relate to the light in the head. How to do these two things, I will cover in my next class. These are the two fundamental practices that all scriptures speak of. The path of Light that is illumination and comprehension and the Path of Life. At the Ajna these two streams of Light and Life take two different routes. Once you get to Ajna you realise, 'That is our path.' You may gather a lot of information about wisdom but do not be satisfied with it. Until you realise THAT I AM, one should not feel satisfied with oneself. Working with that is meaningful if we really wish to work with the wisdom of the Masters. I know that all over the globe there are so many sincere seekers who are into it but who get deviated from it. There are always exit routes on an autobahn. If you are on an autobahn, 'autopista', there are always exit routes. People get into exit routes and then incur obligatory karma. They cannot come back to their rhythmic practices and they have to start all over again and again and again. Once you are on the autopista, keep moving. Autobahn, keep moving. Expressway, keep moving. Don't be attracted by the exit routes. Just be on the road and move on. This is a major reminder that has come to Nala, the King.

The details of the two practices, I will narrate in the next class exclusively because how to relate to the light in the head is one thing. How to relate to the respiration is another thing. The two things will be given in the next class and thereafter we will proceed with the story. So, when we say that the story began, where did it begin? The story begins only when you have made your heart as your habitat. The subjective mind is the veranda through which you get into the cave of the heart. Objective mind is just being on the street. From the street we cannot straightaway get inside. Objective mind pushes into the streets. Subjective mind leads you into the front portico. Getting into the heart is getting into the temple. That is why every temple has a place to receive, thereafter there is a main door through which you enter into the Hall of Learning. So, learning has not started, really speaking, except gathering a lot of information into the objective mind through a lot of books which do not do good to you unless the

transformations happen in you. Be serious with the inner transformations which are visible when you are in action. How much a man is transformed is known by his speech and by his activity. For a Master of Wisdom, it is enough to see an aspirant once in a year. Once a year if he sees, he can see if there is some light in the head or the head is just not switched on. My job is only to remind. It is part of my work. But I am with it. I speak to you only of whatever I do. I don't speak things. Knowledge is twofold. One is operative, another is speculative. Speculative is to think of Sirius, to think of Great Bear, to think of so many other things which do not really mean anything to us for now. We will move there slowly. It is good to inform ourselves with it but operative knowledge shall have to be operated upon without which all this looks to be fiction. People, out of disgust say, 'This is all fiction. I don't want to be in it,' because they don't move out of their physical plane existence.

Let us make a move towards subtle planes by relating to respiration. I will continue in the next class because the time is up for this class. Please remember we are all Nalas. Our abode is Nishadha, meaning, we are not so interested anymore in the objectivity since we have mainly fulfilled our obligations. If you have not yet, fulfil them. But we are also interested in the subjective side of our being where we relate to respiration and wait there to receive the further step. We have all received it. We have to work with them. I am very happy that today I am slower in delivering my speech than last week. I received messages from many members, 'Master, slow down for translation.' I hope I have done it today consciously and also made the subject more intelligible through translation. Please relate to pulsation. Next Friday, we walk into Passover. Please remember that also. We need to know the right timings to move out. If we move out too early, we get disappointed. If we move late, we get disappointed. We have to move at the appropriate time. Timing is an important dimension. Thank you one and all. Namaskaram.