

Merry Life Teachings
As part of 26th Master CVV Gurupujas in Mysore (discourse 1)
Master KPK
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Talk 46

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YouTube:

Discourse starts @ 1:30:25

https://www.youtube.com/watch?v=_QF_wpQ_N1o&list=PLsH2l6BIGH3Z61YaO3mTCLqRi78wGFbDq&index=4&t=5755s

Audio: not yet available

My hearty fraternal greetings to all the brothers and sisters who are gathered this afternoon, evening from various places on the occasion of Master CVV Guru Puja celebrations. Groups are gathered in Mysore essentially. They are gathered in India in various places. They are also gathered in Europe, South America and North America. And before me, there are brothers and sisters gathered essentially to experience the presence of the One Master whom we call with various names. The idea is to experience the presence and feel the needed celebration. Every time we relate to the various dimensions of the Divine, there is a grand celebration in one's own being. The bliss of that celebration, tends beings again and again to relate to the Source of all beings. And it is THAT whom we call by various names and it is the Great Being. That Being is being explained in various ways only to relate and feel the presence and come out of one's own limitations. All beings are limited in whatever plane they are. It is only One Unlimited Being that breathes in and breathes out the creation. It is to our good luck that today we speak of the ultimate dimension of that Being which, we call Narayana. I have spoken to you through Merry Teaching classes about Vishnu and Vasudeva. Today, I speak of the most sublime concept of Narayana just after the celebration that we had. Not after 50 years of World Teacher Trust only but also the celebration of the full moon of Scorpio which is by far one of the grandest celebrations on the planet. The second dimension of Vaishakha festival is Kartika festival. We have the other two festivals also. Eventually, we will touch them. **Narayana** is what we speak to today availing the Mysore Guru pujas. This is because in Mysore when I speak, I speak in English and they translate them into their language there. Last week we could not speak through Merry

Life because the group at Rajahmundry, they are the center of Telugu province, the culture of Telugu has emerged from there so I had to speak only in Telugu.

I come back once again to Merry Life Teaching to talk about the third dimension Narayana. In the paper that I gave you almost three weeks ago or four weeks ago, I mentioned that Narayana is blue, the blue of the space, His number is four. His existence is four-fold. It is He who descends as 12, as Vasudeva, consolidates into six and has His own way of consolidating and again expanding. Contraction and expansion are His basic quality which He does with the help of inhalation and exhalation. He also does it as involution and evolution. It is His nature that He expresses as creation and once again withdraws into Himself in regular steps. For want of language the scriptures say, refer to Narayana as He, but intelligent students understand that it is the energy which is the sum and essence of male and female energy, feminine and masculine, all is included in it. It is THAT, which expresses in three steps as the fourth one. THAT, can either be called as He or She. Various seers explained the same principle as She and as He and as Both and then Veda says as THAT. THAT I AM is what we regularly recollect. THAT I AM is what we breathe out and breathe in. Therefore, it is important that we relate to this because THAT is the very essence of our being and we are no different from THAT.

As I told you in the previous classes, Ayana means the movement. There are two movements, a downward movement with the sound Ra and an upper movement with the sound Na. Na-Ra-Ayana meaning, there is an involutionary movement from seeming nothingness to apparent something and from apparent something to seeming nothingness. There is a method in this madness. There is what is called the patterns of manifestation and de-manifestation. When we relate to that we see that all pass by in regular steps and returns. That is why the scriptures say, 'He comes down in three steps and He is the Fourth One.' The Fourth One comes down in three steps to form all this. And He returns again in three steps and He is essentially four in His number because He is there, we are there as Existence and we have the Awareness emerging from Existence. Having become aware, we get into thought patterns and then we get into action patterns. There are action patterns, thought patterns, awareness, existence. (Master speaks in Telugu). Just in Telugu I am saying, in three steps the Fourth One comes out. We are always existing, always existing. We are eternally existing.

Our essential name is Nara. Nara means not destroyable, not destroyable, Na-Ra. Narayana is the path in which all beings keep moving. It is a cyclical path in which all worlds manifest, beings enter, reside, experience and then they return. So, the path is Narayana. We are Naras and there is the ascent and the descent. That is why we see the order of ascent and the order of descent in the entire creation. When we come up to the next solstice, we are into the path of ascent from Capricorn to Cancer. Then again there is descent from Cancer to Capricorn. This ascent and descent are eternal at all planes. Please understand. And the descent and ascent are according to the Time Plan and it happens in the Planetary plane, it happens in the Solar plane, it happens in the Cosmic plane. It happens in every manifestation. It is four-fold. It takes birth, it grows, it stays, and then it recedes. These four steps are common in human life. The four steps are common in our daily functioning that we are existing, and we get into awakening and then we get into the thought and then action. Awareness, Thought and Action are the three that are merged upon the background of our Existence. The background is never seen. We could merge in it. Narayana is the state into which we can merge. We cannot see it because there is no seer there to see. The observer is absorbed into THAT which he is observing. That is why it is said as un-seeable, unspeakable, incomprehensible, not able to discuss. No one can completely comprehend it because the comprehending one gets merged. That is the background upon which the triangular activity happens of Awareness, Thought and Action. As Cosmic plane, as Solar plane, as Planetary plane or as Consciousness, as Force and Matter. So, the three keep on manifesting and de-manifesting upon the background of the Fourth. Fourth One. That is how the base upon which the triangle is built or triple is built and thousands of volumes are written about this Narayana and His patterns of manifestation.

The Vedas extol Narayana, Vasudeva, Vishnu in various states of manifestations. We relate to Narayana when we wish to experience the state of Samadhi. When we wish to experience the state of Samadhi we are trying to relate to Narayana. As we step down, we get Awareness. That Awareness is in the forehead. Thereafter, the Devas and so many other things manifest. Therefore, relating to Narayana is only to understand that it is the background of all creation and it is expansive blue and its number is 4 and its quality is to manifest. Quality is to manifest and it manifests in so many ways. It is said as OM, A U M, the three letters A U M; OM is the sound

relating to it. Narayana is also a mantra. OM is the means to reach. When you say OM, you gradually reach up to your Sahasrara. The ways to reach, the ways to come down and to playfully move in the creation, these are all the things which the grandest of the Seers have realized and said, 'This is a grand play.' A creation is a grand play where we the beings, we enter, we experience, we fulfil and we get back and once again when we wish, we enter. This cyclical movement keeps on happening upon the background. That energy is called Narayana and it is full of all the potencies of the creation. It basically functions with the four elements. This is the dimension which you should know, four elements. And it is explained by the four Vedas and it is measured by the four Yugas and its descent is also seen as a four-fold descent. The word is four-fold, that is what we say. And the mantra is Na-Ra-Ya-Na.

So, this four, has become a great fascination for the seers to visualize the creation in its four-fold manner. And it is in us in four-fold. We do exist. Therefore, we awake. Since we are awake, we start thinking. Since we start thinking, we start speaking and acting. This is how everything can be seen in four-fold manner. The great Seer Vedavyasa said: "Look to Narayana in his four-fold form and you will find everything." That is how Pythagoras says number, sound, color, symbol. Again, he uses the four-fold key. The yugas are four-fold. All is four-fold. Everything is four-fold. The zodiac, when we see the 12 sun signs, it is also four-fold because it is four elements in three states of manifestation. Isn't it? It is air, fire...If you see the order, it is one way but the four elements are- Air to start with, Fire to start with, Water to start with, Matter to start with. Four elements Air, Fire, Water, Matter, descending from the background. These are the four Devas which are so exhaustively explained in the Vedas. Vayu is the air. There is a huge section for Vayu which is also the basis for prana. In us, the Vayu functions without which there is no existence. Our pranic activity is nothing but the activity of Narayana. In us there is the fire which functions as our awareness. All that awareness that we carry and know and do things, it is all fire, Agni. Agni is one and Vayu is another. We cannot say who is greater. They are extolled in Vedas as Nala and Neela, Anil and Anal, Nala, Neela meaning, there is a root meaning to all these but it is enough for us to know that there is Awareness in us. We call it as our Awareness and then there is Vayu functioning in us as respiration, pulsation, etcetera in us. That is Vayu. Then there is the matter in us. That is the matter. The various states of nature. And there is water in us, which we are. The Veda says the name of the being is Nara. Nara means the space waters. Nara is the space waters. Our name is Nara and the God's name is Narayana. See the beauty. All beings are called Naras because we are eternally there, eternally. That is why we are Naras, Na-Ra meaning, not destroyable.

Narayana is the one who causes the cyclical movement. Ayana is the movement. Ayana can be from above downwards. Ayana can be from below upwards. So, Narayana means upward movement, downward movement, upward movement, downward movement, upward movement, downward movement. If you see the zodiac, it has 12 sun signs but it is essentially of four elements upon the background of the blue. The blue is always there as the background. The blue enters into everything. The blue is the background of our being and we can merge into that blue and turn back from that blue. That blue we cannot completely explain, we can only merge into it. That is why God-realization is one thing and God Knowledge is another thing. Knowledge yes, it is an engagement. Realization is you don't exist because the part joins the whole. The part joins the whole. Three are visible, one is not. Cosmic plane we can visualize. Solar plane you can visualize. Planetary plane you can visualize. You can't visualize the basis from which the three have emerged. We can... in us also, Samadhi you cannot visualize. You can only merge in it. Awareness, yes. Awareness you can experience. Consciousness you can experience. The source from which this Awareness emerges, you cannot experience, you can only merge in it. That is Samadhi. Once you become Awareness or Consciousness then you have ideation, thought on all those planes. Then action, fourth plane. That is why the Vedas are also explained in four steps.

This understanding is important that we are with Narayana, we are moving in Him, we are living in Him, we are experiencing Him. If you see all the four dimensions in any manifestation, you rejoice most. The God in you meaning, the God in man, then the man in God and his thought patterns and his actions patterns. Seeing four ways. These four ways of seeing gives a complete comprehension of the whole and still is unmanifest. It is mostly unmanifest just a little is manifest and that is what it is. That is what this Sukta says, always there is an unmanifest part which is far beyond the manifest part. The unmanifest part is so unlimited that it can accommodate any number of universes. The scriptures speak of number of universes. We only are speaking about our universe. Now the science says there can be more than one universe. Science is a tool for us and we should be thankful.

Therefore, we have to relate to it and we have taught it. It was taught many times in many ways in all our teachings. That is the very background of our universe. It is also the background of our being into which we can merge. See how He manifests as Vasudeva. These four elements, in three gradations they manifest. Fire, Air manifests in three gradations. Aquarius Air, Gemini Air, Libra Air, three Airs, isn't it? Aries Fire, Leo Fire, Sagittarius Fire, again three fires. Cancer Waters, Scorpio Waters, Piscean Waters, three Waters. Three states of matter with Taurus, Virgo and Capricorn. Four elements, in three gradations they manifest. That takes a zodiac of 12 sun signs which is governed by Vasudeva. Four becoming three in three steps. The Fourth One stepped down in three. That is why we say in our Eastern Scriptures: He comes down in three steps and He retraces Himself in three steps. There is a story of an Avatar there. The Lord, in three steps, He covers the whole universe. In three steps. He brings down in three steps. This understanding from the visible into invisible planes causes tremendous expansion of our awareness and gives the joy and the beauty of the creational manifestations and de-manifestations and it enables them to know how it is all happening.

Even Time is in its four-fold division. Forget about yugas, let us start with the day. The day is four-fold, from morning to noon, noon to evening, evening to midnight, midnight to again dawn, four-fold. The month is fourfold from first moon phase to eighth moon phase, eighth moon phase to full moon, full moon to eighth descending moon phase and from descending eighth moon phase to new moon. Four-fold division of the month. We can see things in four-fold. Even in an hour, we can see this fourfold division. That is why we count everything in terms of 1/4th, 1/4th, 1/4th. This 1/4th division is important. To start the day, you have eight divisions in the day of 24 hours, each division carrying three hours. 24 hours. There is such a synchronicity in all this. By relating each one together, you again bring out more and more and more and more wisdom. We have a clock here which is circular, isn't it? It has to be circular. Time is a cycle. Out of human brain, we prepare different types of shapes for watches. Whatever you do, time is circular. Space is a globe. Everything moves in circles. All move in circles. This clock has a message here: Omnia Vincit Amor. Just to have some inspiration, our Mysore Brotherhood, they have presented today to the group watches, circular watches and then they have set, knowingly or unknowingly, the 12 O' clock, 3 O' clock, 6 O' clock, 9 O' clock. And it rotates in quarters, isn't it? There is an invisible cross between 12 and 6, 3 and 9. The four-fold division of Time and cyclically it keeps moving and brings the same every time it comes again and again which is a Narayana principle. All things that pass by comeback. Our past is our future, that is how it is said. This watch, I am extremely happy that they presented on this occasion. They came here two days ago on account of 50 years of celebration and they presented the watches here. In that they thought of writing such words as Omnia Vincit Amor and 25 years of Global Group Life in Mysore. 25 years of Group Life in Mysore they have presented which I thought is my duty to relate to it so that I do not trespass or overshoot the given time. Anyway, that is to give you some information about what they are doing in Mysore, 25 years of work. Tomorrow also I relate to them.

Coming back to the time, every quarter of time is again an important dimension. Quarter of the day is important. Half quarter of the day is 3 hours, half quarter. That is why 6, 9, 12, 3, 6, 9, 12, this how every three hours there is a change of energy. Every quarter there is a change of energy. You can observe when you divide time into various dimensions of 3, 6 and 9 because the knowledge that you wish to gain in relation to time is related to number 3, 6 and 9. Three hours is counted as a measure. It is called as Samay in Sanskrit and two times three hours is one quarter. And four quarters is a day. Day and night can be measured, energies can be seen, planetary movements are there. We also know the science of Hora. Every one hour the planetary energy changes. Every one hour the planetary energy changes. Every two hours, the sign changes. Every two hours, the sign changes. Isn't it? Every three hours there is a change. Every quarter of the day from 6 to 12 it is one energy. From 12 to 6 it is another energy and then again from evening 6 to midnight it is different energy. These are the transition periods. These are the transition periods which as disciples we are supposed to relate to. These are the subtle things. See there is passing by. The evening is transforming itself into night. It is such a magic and there is the night transforming into day. There is a huge magic. Should we not relate to that if we wish to relate to the changing energies? Likewise, the time division brings you innumerable variations of energy and there is ever-changing energy due to movement of time. The nature is ever in cooperation.

The Fire in Aries is electrical, in Leo it is Solar, in Sagittarius it is frictional. Likewise, the Air. In Aquarius it is spiritual, In Gemini it is mid-air. In Libra it is passionate air of our earth. There are different airs that work in our

system. If you go into details, there are 49 airs. 49 fires. See, it is a matter of interest to get into it. Seven by seven again. But three is the division by which the fourth one steps down in three and brings the details. Then what? You know about the air and fire functioning in us and the related zodiac. Waters. Waters are we only. That is what it is said. The space water descends into the three states of water because Pisces, space waters. They get to Cancer and Scorpio and again get back to Pisces. So, the Air. The waters in the head, Pisces. Waters in the heart, Cancer. Waters in the base, Scorpio. Upward, downward movement of this energy is what we are. Fire is our awareness. Air is our Life. Water is what we are. The Veda says, 'It is all waters.' Not the water that we see. It is the waters of the space. And then the resultant activity makes the formations at all levels. All the gradations of matter, of nature is the Fourth One which we have, the 3-fold division of matter with Taurus, Virgo and Capricorn. This is how the zodiac has its four elements, three times repeated but each time it is different. So, It is four in a triple function meaning, Narayana descends in triangle. That is why the whole creation is nothing but the network of triangles. It is always triangles, triangles, triangles. We only see the triangle but we don't see the background of the triangle which is the fourth one. We only see the triangle but we don't see the background of the triangle. That is the problem. That is what Pythagoras, he wrote volumes to relate you to the background as the Fourth One. The triangle over the square. The triangle over the square is the projection from the background. The projection from the background, it comes out as a triangle and manifests as something and again it recedes from the base in three steps to be the background.

So, this 3 and 4 is the grand play of Narayana. This 3 and 4 we have to regularly relate just in our leisure hours we shall have to see the background of... see, if someone is speaking, what is it that they are speaking? It is its pattern that is speaking. Its pattern, its personality. That pattern has an awareness behind, isn't it? Behind that awareness the being is there. The being is there, his awareness is there, he expresses through a pattern and you are listening. Isn't it? We only see what people speak. We only see what people do but behind what they are doing and speaking, there are three steps. The thought patterns which represent your personality, every being has its personality. It is its pattern developed out of its own exposure and experience. That is why every person is different. But behind these patterns there is the awareness which is common in all of us. Behind that common consciousness is the unknown blue which we call Narayana. This is how the four steps have to be realized. That four, in triangles comes as Vasudeva, as the 12 dimensions of Adityas. These 12 Adityas govern the 12 patterns that are set up in every zodiac and then this zodiac consolidates itself into 6 centers presided over by Narayana again (top of the head).

The beauty of Narayana is He presides over every manifestation at every level. Be it stone or be it most high, in everything It is filled. It is His energy that fill in certain patterns and we have different formations that are happening. This Narayana should be related to by all of us by seeing the four-fold aspects in us. We are four-fold, this we should know. I am Existence. I present as Awareness. I further project into thought and then project into action and speech. In sleep, we are all very beautiful because nothing is there, no? Only existence is there. Only existence is there. Even if a fighting spouse or a fighting child, in sleep, you look so beautiful. Many mothers feel very happy when their children are at sleep so that she can have some peace, isn't it? They are so beautiful to look at when they are at sleep. So also, their spouses, isn't it? For the wife the husband is beautiful when he is sleeping. Likewise, for the husband it is so beautiful to see his lady sleeping. Why because, don't ask me why. We are all in Existence in sleep, isn't it? Where is Awareness? Awareness is withdrawn into itself and conducts the system, that is all. It is there. But once you wake up it is different. All beings in the sleep state are just the same. Be it a king or be it a servant, that is what it is. You and your servant may be sleeping. You may be sleeping on the bed. He may be sleeping on the floor. In sleep hours both are in equal states. Both are existing. When you wake up, you have different pattern. You have your awareness. He has his awareness. He has his patterns. The servant has his patterns. Different, isn't it? Where are we common? We are common as Existence. We are common as Awareness. When it comes to patterns, we are different. That is why it is said, only two dimensions are seen when there are four dimensions. The dimensions are four, we see only two dimensions. That is why Divine beings are given four hands. They have two additional hands because they are Knowers. If someone has four hands it means they know the four dimensions. We only know only two dimensions. We think, we act, we think, we act. We do not know what we are as Consciousness. That is what we are trying to, we want to realize the Light in us, isn't it? That is our Consciousness. Thoughts, we know. Even if we don't want, they keep coming. Speeches, we know. Actions, we know but we don't know about what we are as Awareness and much less, how

are we existing. Because we are existing, we are awakening. Because we are awakening, we are acting and speaking. So, once we get back to this understanding, you make the retreat, make the retreat, be pure awareness and relate to the Source of Awareness. This is how the whole practice is.

When you get into the world, there is the Vasudeva dimension and Vishnu dimension. Vishnu, Vasudeva, Narayana, these are the dimensions beautifully presented in the Vishnu Aditya which relates to Scorpio. Vishnu Aditya is the Aditya that relates to Scorpio from where we can see the world, see its six-fold dimensions. The five-fold matter, the five senses are there in us, isn't it? Five limbs of action are there. Five-fold pranic principle is there. And five senses, five elements are there in us. All is five-fold in the whole body presided over by the mind. These are the six centers we have. The center for matter, the center for water, the center for air, center for fire and there are details. So, when you get into their understanding, set them in alignment, that is what we call yoga. When these are set in alignment, the Light manifests into one vertical, the vertical light in you. And then that moves through the five channels which I have been explaining in earlier classes. From Vishuddhi to Muladhara that is what is called the multiplication of the breadth. If the vertical is Aries and Libra and then the connection between, you remember, Virgo-Scorpio, Sagittarius-Leo and then Cancer-Capricorn, Gemini-Aquarius and then Taurus-Pisces. It is such a beautiful union to pair the zodiacal signs to find the Vishnu dimension in us and He expands. Your aura, your presence it keeps on expanding and experiencing the surroundings. That is where the discipline is to see the patterns around as Vasudeva and not reject anything but to understand. Rejection is ignorance, understanding is the way to Knowledge. That is how it has to be. These 12 dimensions they emerge from four elements in three gradations. Four elements in three gradations. We say elements are here but they are the most-high Devas. The Deva relating to Air is called Vayu. He is called almost-Brahman. Vayu is called almost-Brahman. Why because it is the element which we can experience but we cannot see. Fire you can see, water you can see, matter you can see, air can be experienced, you cannot see it. Therefore, it has already a quality of the background, Brahman. Brahman or Narayana, God and it is THAT that functions as the Fiery breath from Narayana.

Those of you who may have read the books of Madam H P Blavatsky, she speaks pages about the 'fiery breath.' The breath, it comes out, creates the worlds and recedes to absorb the world into itself, Vayu. We breathe out, we breathe in, we breathe out, we breathe in and without that we don't exist. We don't exist in form. We don't exist in any form. Vayu is the basis, the pranic principle that breathes out, breathes in and then, this breathing also has its metrical functioning. We see exhalation and inhalation but the Seers of yoga and yogis they divide into four breaths. They breathe in, they further breathe. They breathe in, they further breathe in and then they breathe out half and again breathe out the rest. That is how Master CVV did experiments. Making sure the breath of two, the two-way functioning breath into four-way functioning breath. It is written in the book. Please see the book on Master CVV. He experimented like that to find some more details about Vayu. Breathe in, in two steps, breathe out in two steps but essentially it is inhalation, exhalation that is again the double functioning of Narayana. Double functioning of Narayana. And the Air brings fire. The more and more you do respiration, lot of fire generates from within you. They are twins, air and fire. They are together. In every action in creation, they are together. And they are the chief Gods. In all Theologies, they are chief Gods. Agni is called Fire. Vayu is called Air. Fire and Air, they emerge from the nostril to start with. That is how HPB puts it. Where from water comes in? From the mouth. The mouth is always wet, isn't it? Because it is getting dry, I am taking water. The water, it expresses through the mouth and the speech expresses from the mouth. The speech expresses from the mouth and then the sound expresses from the ears. The fire that is generated also enables you to see. Air, water, fire, the concept of Akasha as sound. So many things are there in the face itself. That is why the head is called the Cosmic Manifestation. Head is Cosmic, the upper torso is Solar, the lower torso is Planetary. That is the division in man. Unless we start working with ourselves, we don't learn the universe. The key to the universe is man only. The key to the universe is man only. If man knows himself, he knows the universe. That is why every Grand Initiate says, 'Man, know thyself.'

So, if you keep on seeing this way, the three dimensions can be seen within ourselves. And we do get all the dimensions within ourselves. You see the whole creation in a nutshell. It is from the expansive, unlimited space, there is the impulse coming for creation. That impulse itself is called Will or the Fire. And it builds an egg, builds an egg. The story of the Intelligences forming into the egg, I have given a full seminar for 9 days- into a Cosmic Egg. So, from expansive space there is the gradual formation of egg with the help of the four only. The Impulse,

the Time. Time starts with the Impulse. Then there is the Nature's cooperation. And then the Pranic force. It becomes the potential space. The potential space is called Mahat. It brings in elements and forms into a golden egg. The golden egg itself takes again its own time span to unfold into a Cosmic Person. The One whom we call the God Most High, it is the Cosmic Person. Virat Purusha. This Cosmic Person is already preceded by so many modifications of the space. And from the Cosmic Person the various planetary beings, various planes, planets, all these things come. From Space to Cosmic Egg, from Cosmic Egg to Cosmic Person, Cosmic Person to the Cosmic Creation. This is how the whole thing is. Unless you read and you also contemplate, you ponder over it again and again and again, the details would not be known and we would be moving only in the peripheral understanding which frustrates us. That is why it is said, 'It is better we relate to ourselves in new things while we read scriptures.' We have to find what is said in the scripture in us, not outside. Not outside. That is why we have this fourfold symbol, a circle divided by a vertical and a horizontal. This is essentially what is shown to Madam Blavatsky in the very beginning of Secret Doctrine writing. She wrote there about the circle, its binary division and then its four-fold division and she said this is shown to her by her guides. She was initiated into this symbol which we all know today; everywhere we keep it. A cross circumscribed. That is the foundation of the whole temple. Cross existed even at the beginning of the creation. It is not Christian. We have adopted it, it is fine. So many people adopted so many symbols but they haven't realized it. Blavatsky was shown in the Ashrams of the Masters the four-fold dimension of the creation by enabling her to relate to the symbol and relate to the process so that she understood the four-fold dimension of the creation. And she started seeing the four-fold division in all that is.

We speak of Cosmic, Solar and Planetary but then there is a background to it. We speak of Matter, Force and Consciousness but there is a background to it. Even Consciousness is not fully known by humanity. Even the best of scientists is trying to know what is Consciousness. But there is a background to the Consciousness also. That is Narayana, the background of all that you know. The background of the background of the background of the background until the seeker merges into It. He doesn't exist thereafter. That is the story of Narada. He went on tending to be occult that he got to the most, deepest dimension. Thereafter, what happened? He is lost, he is absorbed, he ceases to exist. You say nihilism, no? It is easily said, it cannot happen so. Nihilism, nihilism, para, that is what in Buddhist plane is called para-nirvana, maha-para nirvana plane. Nirvana itself is nonexistence. What do you think you are? Para nirvana still more. Maha para nirvana? You are gone. That is what is called Samadhi in yoga.

By relating in three... Narayana explains it is all in three steps. Don't think it is so complicated. The beauty of the Seers is, they simplify and give us because we can't read all that is written by them. So, they themselves come again and explain to the beings out of love so that they may relate. Is it not easy for us to see Narayana in us? Awareness, we know. Thoughts, we know, Actions, we know. The background of that is Narayana. It is Narayana only who is stepping down. In three steps he tends to be active and in three steps he recedes. As the evening concludes, we get into night so the limbs of the body, they are tired, they would like rest. The senses are tired, they would like rest. They get integrated and they all get integrated into pranic principle. Into pranic principle, the awareness principle also integrates. Only pulsating principle remains. And you tend to sleep; you don't know where you are. What you have done, where are you, how did you sleep? No one can answer how did he sleep because he is not there. Since he is not there when he wakes up, he says, it is a sound sleep. How does he know? How does he know it is a sound sleep because he is not there? Are we not fresh as we wake up? So, the clue is, when we are not there, we are much better. With much freshness we wake up but that fourth state is Samadhi. There also there are two gradations. A samadhi with awareness and samadhi without awareness. Nirvikalpa, sabija, nirbija, so many names are given. I don't want to bore you with the names. Complete absorption of absorption. And then step down into consciousness and step down into thought patterns and to action patterns. That is Narayana. Apply the key with the number 4. It reveals many things. Essentially, it is triangle upon a background and the background is expressed as a square. All pyramids are built on that basis. All temples are built on that basis. Those who knew they built things according to the creation. The creation itself is a temple. So, we have three visible dimensions- cosmic, solar and planetary. The background, without a background with the potential, how can all this emerge in definite patterns, in measurable time cycles, with different qualities which are consistent and uniform?

To relate to Narayana is considered to be blissful. To relate to Narayana is considered to be blissful because you fold back yourself. You fold back yourself from your outer expression to your inner being and your being is essentially an expression of THAT. Every being is an expression of THAT. That is why we are called Naras. You don't have equal word in other languages. Nara, Narayana. That is why in the scriptures it is said, every man has possibility to become Nara. Man means mind-oriented being. We are all born out of Manu, the Cosmic Mind of God. Manu is the cosmic mind of God. Out of mind, the men are born and we have this form. Other beings don't have mind. While all are Naras, for Nara to realize Narayana you have to have human form, there is no other way. There is no other way. That is why to be born as man is the greatest of the blessings, greatest of the blessings. There is a saying, among all beings in manifestation, the most sublime manifestation is human being; not even Devas. Please remember. I told you in the story of Nala and Damayanti how Damayanti became human to realize Narayana. Be a Nara is the purpose of man. Man is called manushya in Sanskrit. The word 'mind' also comes from it. Man, Manu, Manu to man. We have man (points to the head). Since we have mind -man means mind- and we are manushyas, every manushya should become an eternal being, Nara. That is the purpose. We only have the chance. So, it is a great opportunity to be a human being.

Being a human being, you will be able to realize the other missing dimensions which we do not experience. We know two dimensions. We don't know the other two dimensions, Pure Consciousness and Pure Existence. That is what we have to realize. For that we need to meditate consciously knowing how to meditate. As we meditate, things keep on revealing to you. All seers in the past, they meditated, they realized, they exchanged notes and then they brought out the scriptures for our benefit. Even now when we do the same, there are teachers who would help us, to reveal things from within. You are essentially Nara and you are part of Narayana. We are Naras and we are part of Narayana. Don't you listen that God made man in his own image and likeness? Did the scriptures say, God made animals in his own image and likeness? They are also God-images but not in His own image. He gave that special privilege and He gave all that potential to us so that we can realize our essential being and the Source of our being; we can merge in it. And in pralaya, all are merged. Pralaya, dissolution, all is merged but then again, after some time there is the urge of the being. We wish to get back and learn. How long you can experience vacation? Children would like that their schools are opened. And they wait for the opening of the schools after vacation. It is boring now, the vacation. So, beings are on vacation in dissolution so they would like to get back and further their knowledge, further their fulfilment, further their experience. Therefore, they demand. Due to the demand of the beings which are countless, out of love for the beings, He opens again as an impulse. That is how the Cosmic Will and then the cooperation of Time, Nature. Time, Nature and Pranik Principle, four of them.

They build things and the building, how is it all built, is Cosmogenesis. Likewise, Anthropogenesis which can also be studied from the beginning of the entry of the being into the womb of the mother which is noted by the degree of the ascendant. Degree of the ascendant. Your past can be seen from the moon and all planetary functioning their principle. So far as we gain the understanding, it gives us the needed expansions. Other way is, to sit in meditation, all things are revealed. There are sciences to know. There is a right royal path of meditation to know. There are so many sciences. There is Science of Prana, there is Science of Consciousness, there is Science of Time called Astrology. There is Science of Cycles. There is Science of Metrical Manifestations. Isn't it? There is the Science of the Expression of the Word. There is Science of Vibration. Some 24 sciences are there. You go into detail; 64 sciences are there. Your mind blows out. The other way is to sit in meditation, relate to pranik principle and go to the Source of the pranik principle. In the process, all things are revealed to you. That is the way yoga helps us. It is a path by which Knowledge dawns on you. You don't have to search for it. Your searching for the Knowledge is one thing, the Knowledge reaching you is another thing. Knowledge reaches you when you go deep down into your meditations. And meditation, people have done for thousands of years. They have done for incarnation after incarnation. Don't limit your meditation for just 15 minutes in the morning and evening. Meditation is the ultimate key that is given. Therefore, this Narayana dimension shall have to be pondered upon and tried to be seen in all that we see around. Three are visible the Fourth is not. Fourth is the background. We can see the man, his patterns and his actions but the background of that

man is the Ishwara in him. God in man. God in man is called Master. God in man is called Ishwara. Ishwara means, Master.

There is a God-centre in us and there is a man-centre in us. Man can go up to Ajna. Thereafter, he can relate to the Source of his being. That is why we have to regather ourselves, take to the assistance of the pranic principle, reach up here (eyebrows center) and then look for the pulsation that happens between the brow centre and Ajna centre. By that you are trying to contact the Source of your being. It can be done in the heart also. If you go into the four layers of the heart lotus, again four. It is four layers and, in each layer, there are three petals, isn't it? 12 petals. Go deep into it, you touch the Narayana centre. This Narayana centre, from there, everything emerges. You can merge into it. Heart is a complete centre. Ajna is a complete centre. Muladhara is also a complete centre. The hatha yogis, they realise everything in Muladhara. Because these are the three complete centres understood by the yogis. The Masters of Wisdom suggested to us to relate to heart centre or to Ajna centre. That has to be our chief practice to see the Light in us which is the third dimension; Consciousness Pure that we are. And from that column everything is spreading into every atom of your body and then you are even spreading out. This is the Light that we have to see in us. That Light is what we see outside also. "May the Light in me be the Light before me. May I learn to see it in all". This is to start with, it is Vishnu and then you take to the dimension of Vasudeva where you don't see anything other than God in its multiple modifications. The original is in different modifications. You unveil each. That is why Madam says 'unveil.' This Isis Unveiled is nothing but you lifting the veil to see something more, lift the veil, you see something more. You lift the veil, you see something more. Then you see, all is Divine. All is Light. What is this Source of this Light? That is how the dharana, dhyana, samadhi, the three ultimate steps of yoga will give you complete Knowledge and complete understanding of your being. You will be able to gain the identity that you have, that you are. We are no other than THAT. That is why the mantra is SOHAM, THAT I AM, THAT I AM, THAT I AM. Om is another means. Pulsating principle is another means. There are ways and means to reach it. We keep reaching.

So, with this I gave a very brief presentation of Vishnu, Vasudeva, Narayana in this month of Scorpio since the Aditya is Vishnu Aditya in the month of Scorpio. Two days after, we get into Sagittarius. So, next time we meet, we think of another Aditya. But this Aditya almost gives you the entire Cosmogenesis and Anthropogenesis because it is THAT which is presiding over this. One of the 12 Adityas is Vishnu and most proximate to us. He is available. Tvashta the one before, the designer, and his activity you will come to know when you get to that state. Every Aditya's function is sublime and Vishnu is comprehensive. I thank you for having related to this and even evinced interest to relate to this dimension so that all the three dimensions of the One, the Fourth One, they could be re-presented again through this theme.

I have a pleasant duty to present some more bookmarks that the Mysore Brotherhood have given me to release. This is a saying from Master Morya. Though they say it is said by me, it is, 'Be grateful to the ingrates.' 'Be grateful to the ingrates.' That is what Master Morya said. If someone is ungrateful to you, be grateful because he removed some part of your karma. People who are not thankful having received much support, service, labour from you, don't feel bad because they took away some karma of yours. Be grateful to ingrates. This is a grand expression for those who are experiencing karma. Another saying is, with me and Kumari they gave- one bookmark which says, 'Start early.' This is a normal saying which is known to every auto driver. 'Start early, drive slowly, reach safely.' People don't start early. They drive fast because they don't start early. So, they don't reach safely. The best thing is to start early so that you can slowly go. In spiritual practices if you start early where is the hurry? Start early, drive slowly, reach safely. Some teaching I might have related this to the spiritual practices so they have put out this bookmark. These bookmarks may be distributed to the group here and this clocks also they gave. I have

already distributed them. This would always be here in sweet memory of the Mysore Brotherhood. A beautiful time clock, a table time piece which is circular. It has many dimensions in it which are in tune with the qualities of Time. It inspires, so I retain it instead of looking to an electronic watch, a digital watch which doesn't present the characteristics of Time.

Thank you one and all. Next week where are we? So, we meet again next week and it would already be Sagittarius. We will step into the dimensions of another Aditya called Anshuman. Anshuman. Beautiful Aditya, Sagittarius Aditya. All is golden. Sagittarius is Sagittarius. Every sun sign has its mysteries. It should be wonderful and the governor, the one who brings it from higher circles via the zodiacal signs, we have to know them. We'll try to know some additional dimensions of Sagittarius via Anshuman Aditya. Thank you one and all. Namaskaram.