

Merry Life Teachings
During 36th Master CVV Srikakulam Gurupujas
Master KPK
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Talk 48

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YouTube:

<https://www.youtube.com/watch?v=Qp4uYlf8ILM&list=PLsH2l6BIGH3b4sFdfDUvdUAlqVV8-JaSS&index=9>

Starts @ minutes 53:29

Audio: http://masters-call.net/pcast/en/media/2021-twelve-05_52_2021_twelve_04_vaisakha_merrylifeteachings-adityas_gurupuja_srikakulam.mp3

Hearty fraternal greetings and good wishes to all the brothers and sisters, who are relating to this program. We are continuing the Merry Life teaching, while this evening and tomorrow, there is a Guru Puja in a center called Srikakulam, which is 100 km north to Vishakhapatnam. It is one of the oldest centres, where there are about three hundred aspirants that relate to Master CVV Yoga, and also to the teachings that have come from Master EK and later from me. There is actually a cyclone that was warned for this evening and tomorrow, and the elements have been kind enough that the cyclone is warded off. The Guru Pujas that are to be celebrated in Srikakulam have commenced on schedule. They did their Ganapati puja and joined us for the prayers and are now part of the teachings that I give. Some of them, follow the Merry Life teachings, but predominantly it is a Telugu speaking community. To them, I go every year in the first week of December. That centre is also more than 40 years old. They have two schools. They have a dispensary. They do every conceivable service activity. They study the Wisdom and carry out the rituals. So, all our western brotherhood may join me in wishing them a great progress on the path of Master CVV yoga, and join the Hierarchy in due course of time, according to one's own aspiration. It is only the fire of aspiration that keeps us moving forward and we are all

working towards that. So, I heartily welcome the brotherhood of Srikakulam into this program, whom I address this evening in English, and tomorrow evening in Telugu. This is my effort and endeavour to make sure that our brothers from the west and brothers from the east are all included into an ongoing program. Let us see how best it works out.

I have been speaking to the Srikakulam brotherhood many times about the importance of Margashirsha, that is the month of Sagittarius whose lord is Anshuman. Anshuman Aditya, the rays of Sun that we receive in Sagittarius have a special impact on us to supplement our aspiration. Sagittarius is an aspirational sign. Anshuman supplies the related rays which are golden. Last week I have already informed certain important dimensions of Anshuman Aditya. In continuation to that, I wish to speak today certain other dimensions regarding Anshuman.

The Ficus tree that we speak of in tropics, belongs to Anshuman energy. It is called Aswattha in Sanskrit. It is referred to in the 15th chapter of Bhagavad Gita. The tree absorbs the rays of the Sagittarius Sun and transmits those rays whenever there is wind around. That's why Ficus tree is seen as a sacred tree that distributes energies that will cause elevation to the beings. Elevation to the beings can be given by certain trees among which Ficus is one. Buddha is also said to have got enlightened under a Ficus tree. Krishna speaks of Ficus tree, and there are Seers who meditate upon the Lord under a Ficus tree. They take the fallen leaves of the tree as food. They soak the roots of the tree in water, and then drink that water. They eat the Ficus fruits. They take bath by the stream where the impact of Ficus is there. They relate to Ficus and then conduct their meditations. One is for self-realization. Also, another, which is for realization of all branches of wisdom. Normally, for an aspirant, self-realization is taken as the most important objective. On the way to self-realization there is also realization of various branches of wisdom. This Ficus, I know, is not available in all parts of the globe. It grows in tropics. So those who are in tropics are benefited by its presence. Even Lord Maitreya prefers to sit under a Ficus tree. He took dictations from his teacher Parasara under a Ficus tree for fifty years. Parasara, the then World Teacher, dictated Vishnu Purana for fifty years, under a Ficus tree near the cave Sravasti, and it is believed that this Ficus tree is still very active, and the Lord himself during the dawn hours stands under the tree, and receives energies of the dawn and distributes them to the globe, as his contribution to the energies of the planet. So, this Ficus is mostly related to the energies of Sagittarius, because it carries such enthusiastic energies as a horse.

Ashwa means horse also. So, in us the life principle gets stimulated. The awareness principle gets stimulated when we relate to the golden rays of the Sun during the morning hours in the month of Sagittarius, and these golden rays are called the rays of Anshuman. This is one dimension. Another dimension which I would like to inform is that those who follow the path of aspiration, they would do well in this month to adapt to food relating to wheat, wheat grains, wheat products like all that we eat, all wheat-based foods, and also attention is paid towards milk and honey. This is also a great contribution to the bodily energy from which the aspiration is drawn, because the aspiration is drawn from Muladhara as fire in us, and that fire in Muladhara belongs to Sagittarius. This Sagittarius fire transforms into the light in Leo when we contemplate upon the heart centre. At the heart centre we relate to the golden light, and that golden light is but the product of the golden rays that are generated from the aspiration and the practices relating to Pranayama that you carry out. It leads you to find the respiratory activity in the heart centre. That's where the power of fire transforms into the flame of light. The frictional fire in us transforms into a flame that is attractive and leads us into the heart lotus. But then, the heart lotus has many other dimensions.

We all know that the heart is called Anahata, isn't it? Anahata! Anahata means, the sound that is produced without the contact of two objects. Ahata means a sound that is produced like this (claps

hand). Anahata means there is a sound which is produced without the contact of two objects. Even in the vocal cords, it is the two vocal cords that transforms the silence into sound. But the sound of Anahata is a sound arising from soundlessness, from silence to sound, and from sound to silence. There is a transformation in the heart lotus. That is where the heart lotus has to be carefully contemplated upon. The light that is supplied by the heart lotus is one dimension. It is the fire aspect. The heart lotus itself has four layers in it. In each layer there are three petals. Three petals! Four layers and three petals each is twelve petaled lotus. You should see the lotus in its three-dimensional fashion, but not in its two-dimensional fashion making the lotus with twelve petals in a two-dimensional manner. It is three petals. Over that there are three petals, over that there are three petals, and over that there are three petals. That's how there is a fourfold existence of the heart lotus with three petals at each layer. It is a great wisdom by itself. The fourth layer of the heart lotus relates to air. The lower three centres that we have, one is for matter, one is for fire, one is for water. In heart lotus what you have to relate to, is not only to the golden light, but also to the voice of silence which is feebly listened to when you relate to respiration.

The respiratory activity is also part of the work of the heart, and it produces a soundless sound. It is not a vocal sound. We have to relate to it because, we have to raise our awareness from material level, and from emotional level of waters, and from the mental levels of matter, and mental levels of fire, into air which is nearer to the fifth element which we called Akasha. Air is nearer to Akasha, the fifth element, fire is in the middle, water and matter are down below. These dimensions should also be known to us. The Sagittarius fire ignites not only the fire of flame, which is in Leo, but also gives the impact to the upper layers or upper triangular petals of the heart lotus, where you will be able to feel the resonance of the movement of air, in a subtle manner in the heart that produces a sound which is not a sound. That is why it is called, a sound coming from silence. That's why it is also called, voice of silence. It is only in the beginning, because if you go further up, you get to greater dimensions of silence, and then the impact of this profound soundless sound, which has its own further evolutions which I will come to later.

So, what is important to us for now is, that we touch upon that 4th layer of the lotus, where the air is touched, and then your respiratory activity with which your mind is associated, it slowly finds its association with the activity of air in you. That is where you are able to feel consciously the sound Soham without any utterance. The inhalation and the exhalation lead you to the soundless sound Soham. This sound is the work of air, -emerging from the rhythms of pranayama, and that is what is to be contacted as the Anahata sound in us. Air has a tendency to move up. Fire also has a tendency to move up. Your aspiration enables the upward movement of the combined energy of fire and air, which you are. We are all a combined energy of air and fire which eventually sets itself in Akasha as the humming sound, as our own consciousness, as we are. We tend to realize that we are the space within, while there is space outside. Towards that end, the work is done, and the chemistry is done in the heart, with fire and air finding their equation. It is very important. Only yoga can reveal these dimensions. And how does Yoga do it? You see it when it is happening in you when you are practicing. The fire is called Anal, the air is called Anil. Nala – Nila, fire and air, they find their agreement in the heart in the upper regions of the lotus, where fire joins air, air joins fire, and a happy upward movement takes place thereafter. I gave a paper to you so that it would also be helpful, and it is also helpful to me to teach you. That is why some preliminaries are given to you and certain other things are also said when I am teaching.

So, fire and air, their combined effect is what we are as our consciousness, and we gradually take the upward thrust which comes basically from Sagittarius which puts fire and air to upward movement, and then this song of Soham moves upward, "upward Udvāha". I have explained to you when I

explained to you about the Marut, Udvāha Marut. It pulls you up, and then you have a beauty of the combined impact of the fire and air in you finding its rhythm, finding its song and finding its upward thrust. These are the dimensions that we gain by our association with the heart centre, where there is the functioning of the heart lotus. The 4th layer of the heart lotus enables a beautiful blend of the fire in you, the air in you, and the descending space in you. The three together give you the sound because sound comes from Akasha. Sound is the quality of Akasha, and you have the preliminary touch of Akasha when you have the song of Soham heard in you. Not that you do it, you doing stops here. It's all happening thereafter, and you keep listening to it. That is the beauty! The beauty of the work is that there is a part, in which you have to do. Thereafter it happens by itself, just like when you cook a dish, up to a point you have to set it on fire, thereafter the dish cooks by itself. Or, when you are on a journey, only until you take the flight you have to make effort. Once you sit in flight, the journey is done by the flight, not by you. Or, when you go by the train, you get into the train, thereafter the journey is done by the train, not by you. Or, when you are in automobile it is set in auto-cruise mode, and it moves. You are not doing much. Thereafter, you are an observer. That's why pranayama says that you transform yourself to be an observer to see how fire, air and Akasha, together, the three of them are doing the chemistry in you, and that chemistry puts your awareness more and more upwards.

That is why the practices are very important. And, when you go up to the throat centre which is Gemini, from Leo to Gemini, from Sagittarius to Leo is one bridge, and Leo hands you over to Gemini. In Gemini there is a great activity. Not only there is activity of the speech that we make, but the other silent activity is, the throat enables inhalation of air from outside into yourself and exhalation of air from inside into outside. This is a great dimension of Gemini. Air is the gateway between the air outside and the air inside. This air outside when it gets into you, it is like getting the heavenly man into you. The air inside, when you breathe out, it is you who is joining the heavenly man. This dimension should be known. This is the vital dimension of Gemini that the heavenly man regularly enters into you through your bottleneck here. This is the bottle. You are breathing in. Lord as air enters into you, and when you breathe out you are trying to join him. So, it is an incessant activity of space there in Gemini. Gemini is throat centre. Just like Anahata we say is the heart centre, Gemini is said to be Visuddhi. Visuddhi enables meeting of heavenly man with the individual man -the individual space in you- and meeting of the individual man with the heavenly man. That is why initiations happen in the month of Gemini. Humanity is initiated in the month of Gemini, we all know. May Call is also in Gemini, we know that. And, if you look to Master Djwhal Khul's Esoteric Astrology, he speaks of this phenomenon of the heavenly man imposing himself into you through inhalation, and the individual man joining the heavenly man through exhalation. How beautiful it is! When we think of this dimension that with every inhalation, he is entering into us and is filling us, and with every exhalation we are joining Him.

This is possible in Visuddhi, provided, the throat centre is kept extremely clean. Visuddhi means especially pure. Especially pure means, the throat centre cannot be used except for constructive purposes; meaning, we have to take to all the regulations of speech. Speech can cause pollution to the throat centre. Speech can cause poison in the throat centre. Up-to poisoning the throat, speech is capable of. Up-to bringing out nectar, the Visuddhi centre is capable of. That's why in advanced discipleship, speech regulations are of great importance. We have been speaking about speech for so many decades; not to speak untruth, not to be judgmental, not to be critical, not to be manipulative, and not to be diabolic through speeches. That is why it is said always, if speech is copper, silence is golden, which do we prefer? Given an option we should prefer to be silent than to use speech like a chatter box. The way humans use speech, the initiates do not. The way humans speak, the initiates do not, because they use the speech only to utter forth the higher things, and also to relate to the world to the minimum extent possible. Of course, they are also engaged in pleasantries, but not to the extent

of causing damage to the throat centre. That cannot happen because the throat centre is the centre of the fifth element, which is Akasha, a dimension of Space.

There are 3 dimensions of Space, of which, at the throat centre we meet the first from down below. There are three Akashas. Akasha, Mahat Akasha and Para Akasha. Para is beyond. Mahat is the state where, from seeming nothingness, everything is formed. It is beyond the three qualities. It is beyond the trinity, Mahat. There is an Akasha there, and then there is an Akasha here (throat). So we need to get more and more associated to the silence in us. When we reach up to the throat centre, we are mentally silent. That is the quality. When you reach up to the throat centre it is said that you are mentally cool and silent, and your awareness is more associated -through the help of air- with that sound of Akasha which is silent. "May we speak the silence without breaking it". That's how we say. "May the sound I utter reveal the light in me". These are all invocations. Isn't it? So the sound that we utter comes from the 5th element Akasha, and Akasha is full of silence. And that silence has to be realized in every disciple, if he is to get into the head portion which is all divine. Sirshno Dyauh..." we say. The head is full of the light of consciousness. The upper torso is full of the force of air and fire. The lower torso is a reservoir of water and matter. These are the primary intelligences that have made this creation and also made our body, and we have to look to them in us.

When we build the first bridge from Sagittarius to Leo, the next pair is Gemini to Aquarius. If you recapitulate earlier teachings, when you get into Gemini you get into a great dimension. You rejoice silence more than sound, because there, the sound is humming sound but not the sound as we know. That is what we call the voice of silence. Madam Blavatsky speaks of the voice of silence. That voice of silence is what is called Nada, and you are more and more engaged with the song of silence than with any other sound at the throat centre. You continue to work with the same song, of double song of inhalation and exhalation, and you experience the silence dimension there. The mind is completely silenced. It is not vocal silence. It is mental silence, because mentally you are silent. There is no such thing as vocal silence because it is already there, and the head is cool and is more and more oriented to the Akasha which has a dimension, a higher dimension relating to it. That's where another bridge Gemini to Aquarius we build, at Gemini. At Gemini the airy bridge of Gemini to Aquarius, Aquarius is at the top of the forehead. Aquarius is at the top of the forehead, while Gemini is at the throat. The functioning of Gemini is from the throat centre up to the brow centre. We are recommended to be predominantly silent mentally and relate more and more to the humming sound of Akasha, which is a feeble, subtle expression of the dual sound of Soham. And Soham leads you further up to the brow centre. When you are working with the throat centre or Visuddhi, and with silence, what is to be accomplished is neutralization of dualities. Neutralization of dualities, which is a great challenge for the personalities. Personalities carry their own understanding of good and bad, right and wrong. There are so many opposing views and opinions. They all have to be synthesized. They have to be synthesized. Gemini divides. Gemini gives analysis. Gemini also gives synthesis, because it is from synthesis that the analysis descends. It is one that becomes two. And at Gemini centre, or throat centre whose function is up your brow centre, you have to find unity in you. And you should be able to find that kind of synthesis existing in a seemingly opposite situation.

We speak like parrots. That "seeming opposites are complimentary to each other", which is true. When two lines cut across, the opposite angles are equal. So we should learn this wisdom of synthesizing the seemingly opposite things. We, the aspirants, as we move forward, we meet more and more and more contraries in life. We think of something but something else happens. We expect certain things, but certain other things happen, Isn't it? It is a common knowledge. Normally the whole world lives in duality. But as an advanced aspirant, you don't have to. Because, you have raised from matter, from water. You have synthesized fire and air and touched Akasha where there is synthesis. So, your

comprehension grows to synthesize and include, and slowly dissolve the conflict in you. That's how you overcome the 4th ray in you. One cannot overcome 4th ray unless he dissolves the duality in him. The duality continues to exist as long as we have expectations and the related disappointments. We all expect certain good things, but certain other things happen. We expect good health, but normally we are met with bad health or sickness. Isn't it? We expect success, we get failures. We expect to walk into light, but we walk into difficulties. Isn't it? So, this is all because the world is in duality.

Air and fire, matter and water, they all agree in Akasha. But as between them there is opposition. But we are working out through yoga in such a manner that fire, and air become friends, and we do not touch matter and water because it is in the lower centre and the alchemy of fire and air will redress the water and matter in you. That is Raja yoga. That's why the Sagittarius fire is directly related to the Leo fire. We don't touch solar plexus. We don't touch spleen. We don't touch lower Muladhara in Raja Yoga. We relate straight away to the heart where there is a synthesis worked out through Pranayama, where fire and air find their agreement and look towards Akasha, and when we get into Akasha, our job is to see that we overcome the dualities in us. We can never set the dualities in the world into the right order because world lives by duality. But you don't have to live by duality. Let the world live in duality but you are out of the dual world. That's the beauty achieved, when your awareness is functioning from throat centre to brow centre. That is why in astrology we say that, between 6th house and 8th house there is always a juxtaposition. from 6th to 8th, 8th to 6th. They are always contraries, and they always supply contrary energies. We call it as Sashtastaka in Sanskrit, planets in the 1st house, and the planets in the 8th house. When you have planets in the 8th house they trouble you, and those planets in 8th house form again towards ascendants. The ascendant is the 6th house from 8th house. 8th and 6th combination in astrology is a big riddle. How to solve it? But Yoga solves it, saying that, "unless man lifts up his awareness, he cannot come out of dualities. If you have planets in 6th house, they tend to be 8th house planets in the reverse order. If you have planets in 8th house, they tend to be 6th house in the reverse order. So, 8th and 6th planets give you the indication of areas where you suffer from conflict.

This is only an astrological dimension. But yoga says, "resolve them". Until you resolve the duality in you, you cannot enter the realm of the soul. The topmost point for the personality is the brow centre. Before you reach there, you have to dissolve. There is no such thing as like or dislike. There is no such thing as negative desire or positive desire. There is only observing and attending to things as they come in every dimension of life. Only then you will be able to solve the riddle relating to your personality. Without that Gemini cannot gain a link to Aquarius, because Aquarius relates to Mahat, the higher air, the spiritual air. Gemini relates to the mid-air. Libra relates to the mundane air. See, these are the dimensions. So therefore, duality has to be worked out, and the entire humanity is ruled by Gemini. Isn't it? And humanity requires to be initiated in Gemini. Every initiate did it to make use of Gemini as a means to dissolve the duality in the aspirants. It has to be an individual effort; an individual effort dissolves the duality in you. Then you see better. Then you listen better from higher circles. Then the sound descends into you from higher circles. You will be able to listen better. You would have impressionable teachings. You would have impressionable writings. You see how Madam Bailey could receive so much wisdom because her Gemini centre is well initiated. And the Master is, Master Djwhal Khul who presides over Gemini. So Gemini is of great importance. We have to clear Gemini to build the next bridge, and for that, duality has to be worked out. After we work out the duality, again in Gemini we have another problem, for the heavenly man to descend into you, and for you to join the heavenly man, and that is your own personality. That is 2nd dimension.

Dissolve your personality by relating more and more to the song of the breath Soham, "THAT I AM", THAT I AM". It is not me. It is THAT as I AM. So, 'THAT I AM' dimension has to be realized. Duality has

to be consciously neutralized. Consciously neutralized! Then what happens? The bottle in us is opened so that energies from outside can enter inside freely, and the energies from inside can join the energies outside. That is the great work in Gemini which is indicated in Esoteric Astrology. Indicated! A lot is spoken about Gemini-Sagittarius axis in Esoteric Astrology. We should see these bridges. You know, we read these books chapter by chapter, Sun sign by Sun sign, but we do not build the relations between these signs. There are squares, there are triangles, there are seeming oppositions, there are sextiles, and everything has its own chemistry. So, when Gemini-Sagittarius bridge is built, much is gained to relate to the heavenly man. And how do we do it? It is from Virgo–Scorpio as one bridge, where we clear. It is a ground clearance. Virgo–Scorpio doing service. It's a ground clearance so that your karma allows you. Next step is Sagittarius–Leo. Next step is Cancer–Capricorn. Next step is Gemini–Aquarius, and then the 5th step is Taurus–Pisces. We will cover them slowly. The idea is to be relevant to all of us. That is why more than the astrological dimension, I wish to present it in the form of yoga, so that it is relevant to all. When I do it with astrology, it is relevant to only those who work with astrology and working with astrology will not lead you to yoga. Please know that- yoga may reveal astrological dimensions, but astrology will not lead you to yoga unless you are also a yoga practitioner. Yoga enables you to move upward in your awareness. More and more you move in your awareness, more and more synthesis you gain. So therefore, working with respiration, working with the song of the breath, you should be able to experience the sound, the profundity of silence and also the sound of silence, or the sound of Akasha which is called the voice of silence. All this is the work up to Gemini, and you reach up to the brow centre.

Thereafter you relate to Aquarius. That is where the higher bridge is, which Master CVV speaks of. The higher bridge is built. Building the higher bridge is what is called, building the vertical from Gemini to Aquarius. Gemini starts here(throat). Its peak point is in the brow. From this to Aquarius when you build the bridge, that is the final bridge by which you link to Mahat, and you join the higher most circles and know “things” as they should be known. So that higher bridge is possible by building the vertical. That's why Master CVV says, “VERTICAL LEVELS”, “HIGHER BRIDGE (BEGINNING)”. These are all things relating to that point in brow centres beyond Ajna to higher Ajna. That is possible when we link up the related centres. There are so many centres on your way. Very few are revealed in the books. But, when you walk the path you meet centre after the centre, and then the sound Soham tends to be OM. It tends to be OOOOM, and this is what we hear there. Don't think you utter - there is no uttering of sound in the whole game. It is only listening to the sound. Be it Soham. It is listening. Be it OM, it is uttering. Our uttering is but a kindergarten activity to relate to the OM which is happening in us. OM happens in us from higher most centre to the lowest centre, and in different states it can be differently heard also. So, Soham is one step. OM is the final step and that is unuttered OOOOOM, which is eternally happening in you, which is also happening in the space, and that bridge which you gain between Gemini and Aquarius concludes your work. And for all that the thrust comes from Sagittarius. That is the beauty! That's why Sagittarius is given so much importance in the Vedic wisdom. They say, Sagittarius is everything because there has to be always the up thrust. There always has to be the required aspiration. It has to be fiery. If you put off the stove half the way, the dish does not cook. The fire should always be there, and it should cause the needed light in Leo. And then the Leo light, and then the air in Anahata, which is called Samavaha.

Please refer to earlier teachings because the teachings are always progressive. In Spain I spoke about the seven Maruts and they are published. Though not edited they are published. So, they can be looked to, because the seven airs that function in us, the air Samavaha, Udvaha, Parivaha, Paravaha, all these airs are in upper regions. So, these airs get connected and push you up further and further. The push comes from Sagittarius please remember. Until you are fulfilled, your aspiration must be ON. That means you cannot put off the thrust that comes from Sagittarius. That is the beauty. The thrust coming

from Sagittarius is your fiery aspiration, which leads you to relate to pranayama regularly. We know about pranayama but not even one person will do pranayama because the outer world finds them in so many other things. If you are to work with the heart centre, it is working with pranayama, with respiration, because Anahata is the 4th centre, and air is the 4th element. The fire in you, which is your aspiration should join the air in you, and the Veda says, air is the next Guru to you. Once you have gained the fire of aspiration, air is your next Guru. "Namaste Vayu, Twameva Prathyaksham Brahmasi" Oh Air! you are my immediate, direct perception of Guru. Lead me into higher regions. Air leads you to Akasha. Therefore, working from Anahata to Visuddhi, it has to happen and gain the silence, and then overcome the dualities. Work with the personality to make sure that you are impersonal. This is a major work. In that process you learn lot of sciences. From Anahata and Visuddhi, lot of sciences are learned in yoga. They are not separately learned. Your Being moving into higher circles finds its own way to learn things intuitively, and things reveal to you.

That's why the way Yoga helps us to relate to wisdom, other ways don't. This is my experience. It is my experience that it is only through yoga, you can walk into every branch of wisdom if you wish to. It is not wisdom that is important. It is reaching the truth, and on the way whatever wisdom you wish to learn, which is needed for you, it reveals to you. You don't have to learn all branches of wisdom. And if you branch off to a wisdom, you are diverting from the path of yoga. If you are branching off into a science, you are drifting away from the yoga path. That is why the scriptures say that you should first know yourself, and on the way whatever sciences you need to know, you know. And according to your purpose, the sciences will reveal to you instead of your learning them in a laborious manner. It need not happen. And this work happens from heart to brow centre. And then you tend to be more and more impersonal. That is the ultimate crisis you make in Gemini. The crisis in Gemini is duality. The crisis in Gemini is personality. Unless duality is neutralized, and personality is attuned with the soul, it is not easy for personality to submit itself to soul. It is always the personality that shows up. It has to be made subservient to the purposes of the soul. That is where working with the activity of bringing in the heavenly man into you through inhalation and joining the heavenly man with the help of exhalation, can be a practice.

See, yesterday I dictated certain things to Sandeep and out of that I am trying to explain. I may not have explained all things, but you may look to the paper. And looking to the paper will not help you because, what I talk now supplements it, and some of those simple things which I have said in the paper, I may not have said now. So, the paper I thought is also helpful, to supplement what is said here, because I don't have the habit of looking into paper and speaking. As you all know, over years, if I look to the paper, the progress will be much slow. Therefore, the work between Leo and Gemini, between the 4th layer of heart lotus and then up to the brow centre in your own being, with the help of respiration and pulsation, relating to the song of Soham, and tend to be more and more with it, cool down your mind, let your mind gain that kind of silence, and in that silence, you can synthesise many things. In silence much is synthesized. In speech nothing is synthesized. Mind is meant to divide. Please note that. Mind meant to divide, to know, and to do things in the objectivity. But in the reverse process, we have to take other techniques, just like when Pythagoras said, two numbers that do not agree, they agree in the higher number. Isn't it? Lower numbers agree in the higher. So when there is disagreement, it means it is at a lower state. When you get into the higher state, you gain agreement with everything. You find agreement with everything. That is the beauty of finding agreement with all that is surrounding you, and you would no more criticize the world.

Please note, a man of discipleship never criticizes the world. The world is ruled by cosmic deity which is male female. You don't have to comment upon it. It is doing its own job. You are trying to find a way towards the cosmic deity by adapting to certain ways. And on the way, there is a discipline that you

get into - that you do not indulge in commenting the world, in commenting the governments, in commenting the leaders. It doesn't work for us. Let them do their job. We do our job. We go beyond the criticism. We grow beyond all conflicting thoughts. We grow beyond all conflicting and contrary concepts, and we relate to the lighted things. Instead of doing such things, we can relate to the paintings of Nicholas Roerich. They are very silent, but they speak a lot. The hundreds of paintings that Nicholas Roerich - when you regularly relate to from time to time at the rate of 15min a day, they lead you into the realms of light, realms of Akasha, and supply you the silence. Isn't it? The silence that you look for is there in the pictures of Nicholas Roerich. Our minds are busy, so we don't look at them even. Beautiful YouTube presentations are made, and the paintings are all over. Though initially they were regulated and controlled, in the Aquarian age not much can be controlled. So, all is out. You can relate to the light, to the colour, to the sky, to the silence of the sky. So many things are there. The paintings of initiates are totally different from other paintings, please remember. Those paintings are life, and they supply the required energies to harmonize us. So, we should get into them, work with them, build the bridge. See, the bridge up to brow centre is one. The bridge from brow centre is another. That is where you will be led to the most-high by the Gemini Aquarius bridge, which is represented by a brow mark. You see on the forehead of the Master EK a brow mark. It is a tradition in India followed by Vaishnavites. The brow mark is indicative that I am working to realize the higher bridge. God knows if they really do it or not, but the brow mark remains on the head. I don't advocate a brow mark to you. I would like you to work with higher bridge.

To work with the higher bridge, your throat has to be completely replaced. That is why they say in Masonry, the throat is cut, the tongue is pulled out, the head is replaced, and body is thrown to vultures. It is another dimension. So, what is important is you can't go on speaking the same quality of speech, which you have been speaking, if you wish to be on the path of discipleship. Your speech has to turn into a magnetic one, a transmitting one, a speech that can harmonize, a speech that can elevate, a speech that alleviates others from suffering. Those are the speeches. But not making comments, and speaking about other persons, being judgmental, critical, diabolical, manipulative, untruthful. That's all real filth of speech from the standpoint of discipleship, and we have to take to it if we have to move into the head. Don't fancy that we have moved into the head unless, and whether we have moved into the head or not is clearly seen by our own speeches. Isn't it? "May the Light in me be the Light before me. May I learn to see it in all". When you speak, I know what Light you hold. When I speak you know what Light I hold. "May we learn to see it in all". "May the sound I utter reveal the Light in me". The quality of Light that you carry -or your awareness- is the quality of silence that you carry. And that silence, the Akasha, is filled with sound. "May the sound I utter reveal the light in me". We don't have to worry when the other man speaks. Whatever he speaks, we can very clearly see from what state of awareness he is speaking. Isn't it? So, working with Gemini is a great responsibility, and we have to do it if we have to move. If we have to move into the head, speech is one dimension, duality is one dimension, and then personality is another dimension.

So therefore, we have to be much more tight-belted when we do our practices during the day, and as age advances you should be able to find more and more leisure with you. Not more and more work outside. Working outside is not discouraged, but how long? You should have to simplify it, and start working inside, and when you work inside there is a point only up to which you work. Thereafter, it works for you. Only when you achieve pranayama, and pratyahara - this process of moving upwards is called pratyahara - when that happens, you can relax, witness and enjoy and see how it is all happening with the help of respiration.

So, we continue in the next class. There are two more dimensions which I still wish to inform about Sagittarius. That's about Hayagriva, the horse-headed deity who also relates to Sagittarius. I also wish

to reiterate to you in a simple manner, the steps involved in the journey of the great bird Garuda, whose constellation is also in Sagittarius. The story of Sagittarius, I have informed in 1995, in the form of the story of “Garuda – the great bird”. The pulsating principle which leads you and lets you to be the friend of the divine. These two dimensions are also posited in Sagittarius. Unless I speak of them, I won’t be doing justice to Anshuman Aditya. This Anshuman Aditya is a great dimension. That’s why the Puranas say, he is a representative sample of all the twelve sun signs, twelve Adityas, and even Krishna says, “I am Sagittarius among all the twelve sun signs”.

Therefore, next week when I speak, I continue these dimensions. Thereafter we will think of a question answer session. Then you can come back with all your questions on Scorpio, Vishnu Aditya and then Anshuman Aditya. We will continue our journey as long as this throat permits me to respond to you. Thank you one and all, and I thank Srikakulam brotherhood. Tomorrow again I will relate to them. I told them to cooperate with me so that I continue my work in relation to our brothers and sisters in the west. They have been very cooperative. Of course, no one in our groups would object to the way that I lead you in the process of teaching, and I am very glad that this Srikakulam brotherhood are saved from a huge cyclone. It has moved further north, and we also pray that no one should be affected by this cyclone. As it goes further and further it is getting weakened. It is good news for us that this weekend, where it was expected that we would have failure of light, electricity and then submergence of streets, houses, nothing has happened. It is supposed to happen from yesterday evening, but now it is all calm and still. As still as the silence that we are speaking in the Visuddhi centre.

I will get back to you next Saturday to conclude about Anshuman Aditya which is a supplementary to what is already said in Sun signs coming from Master EK and Master Djwhal Khul. Those two are our fundamental books. We should learn to relate between the Sun signs, and relate between the planetary Lords, and see what kind of chemistry that they bring in, and what are the right connections, and what are the wrong connections. Wrong connections will shock you. In spirituality, people get into wrong understandings, and also get affected even mentally when they take to wrong connections. But the Masters are there to give us the right guidance. It’s all said, even Blavatsky said these things in Secret Doctrine. But it is difficult for you to locate them. Initially things were said in Secret Doctrine. They were analysed in Spiritual Astrology and also in Esoteric Astrology. More and more the teaching is repeated, the idea is that it comes nearer to a common aspirant, so that they practice.

So, today led you to a vertical from Leo to Gemini, and from there a connection to Aquarius which I have to still speak because, Aquarius is what we call in India “Benares”, Kashi, that’s the centre in us. People go to Benares, but they do not know what they do there. Because the Kashi centre is in you, that has to be realized. When that is realized, all is realized. We will get to those dimensions, and I thank you for bearing with me. As I started, the voice was not really good, but slowly the voice cooperates and the speech comes out, and whatever is to be said was only said half, because Hayagriva still remains, Garuda still remains. I’ll speak to them. In the meanwhile, you familiarize with what is said in the papers. Don’t look to grammar in this because, it is a fast dictation to Sandeep. He types out and gives it to you. It is only to have a preliminary paper for understanding by you. It will be elaborated in the class because, we are not making a book out of it. I am more concerned about your understanding of things than preparing books and then storing them in the armoires. This is much better way of relating. We continue to relate Thank you one and all. Namaskaram.