

Merry Life Teachings (Q/A Session)
Master KPK
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Talk 50

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YouTube:

<https://www.youtube.com/watch?v=hi0ryTxWP2Y&list=PLsH2I6BIGH3b4sFdfDUvdUAlqVV8-JaSS&index=8>

Audio: http://masters-call.net/pcast/en/media/2021-12-27_54_2021_12_18_vaisakh_merrylifeteachings_ga.mp3

Hearty fraternal greetings and good wishes to all the brothers and sisters who are relating to this program on this very, very, very auspicious day namely, the Sagittarius Full Moon which is considered traditionally as the Full Moon during which Lord Dattatreya took birth to the great seer Atri and his lady Anasuya. Dattatreya is seen as the Teacher of the Universe. He is a synthesis of the Trinity emerged in tune with the plan to ensure Yoga that enables beings to relate to the Divine and gradually, consciously move towards the Divine and thereafter be with the Divine and work according to the Will of the Divine. All the Masters of Wisdom that we know on earth and for that matter in any system be it Planetary, Solar or Cosmic, even the Celestial Teacher whom we call Brihaspati, they are all connected to Lord Dattatreya. It is only Dattatreya that conducts the Yoga in all planes of existence. That is how the Universal Teacher is conceived. Every teacher that we relate to is already connected to Dattatreya. The teacher that you connect to, for example, in the Hierarchy we have so many teachers, they are all connected to Dattatreya. Unless Dattatreya is connected to, the yoga is not complete. He is the Yoga Principle in the universe and he conducts the yoga chiefly through the axis of Sagittarius and Gemini.

Therefore, we recollect Him today with great admiration, fervor and even with a little more emotion to ensure that we relate through our teacher to the Teacher of the Universe. Sripada Srivallabha is but an avatar of Him in this yuga on the planet. But the dimension of Dattatreya extends beyond our planet, beyond our solar system. He also presides over the system which we call Sirius. He is also the Lord of the Great Grand White Lodge of Sirius and He is beyond because He is the synthesis of the Trinity. Whenever, in fulfilling the duties of Creation, if any one of three of the Holy Trinity gets into a difficult situation Dattatreya substitutes them. Dattatreya substitutes any one of the three Logos. This is in tune with the plan that the work should not suffer due to the absence of anyone. If someone is absent, for some reason or for some difficulty, someone else should be able to fulfil that job. Therefore, there has to be always a substitute. Even when the creational plan was conceived, when the Trinity were working for the creation, there were crises for the First Logos, the Second Logos and the Third Logos which are very well prescribed in Puranas. In all such situations it is Lord Dattatreya who replaces them until they get back, until the original gets back to the work. For example, you are running your own groups or organizations. For some reason you are unable to relate to the group work or your duty on account of say, some sickness or some family issue or any issue, someone else should be able to fill up that gap. Then only you have done well. You would have done well if you have also prepared a substitute as you work with the plan so that work does not suffer just because you are not there. That is the most sublime understanding at the creational level. That is why the teachers also prepare students everywhere so that when the teachers shift to higher planes the students will take over and conduct the work without causing any disturbance to the existing vibrations. That is how the teacher-student relationship is considered to be the holiest thing.

Every one of us shall have to prepare a substitute to carry out our activities before we depart whether with respect to our family traditions, there should be a substitute at home. It should be one of your children to take over the tradition that you carry on. Likewise, if you are in profession, you should prepare a substitute so that when you depart, the work is carried out by your substitute and the profession does not suffer. Likewise, when you are in the spiritual path and you are following certain practices, you should also have someone else to follow you. They conduct the work in your absence for whatever reason. This is what we call the continuity. The chain of continuity should not suffer by your departure. It is also considered as a great accomplishment when there is a student already prepared before a teacher departs. Otherwise, disturbances will take place and then at the global level, solar plane level, cosmic plane level, this disturbance can be taken advantage of. That is why if you see in Hierarchy, there are always teachers that keep coming and then they keep on guiding groups at global level and then ensure that the teaching continues. The teaching should continue and all activity relating to the grand Lodge, that is the activity of the Seven Rays shall have to continue without change in vibration. This principle is ensured in the very beginning of the creation. When Trinity have come to be they realized that much crises may arise from time to time during the process of manifesting the creation. Therefore, they have conceived the plan by which the Seer Atri who belongs to Sahasrara and Anasuya, the lady who is beyond all malice, through them Dattatreya is conceived and He is the one who takes care of the teacher-student chain. He also ensures the substitution and at all levels, he ensures that kind of substitution. Since today happens to be the Full Moon-day and tonight we experience the beauty of the Full Moon I thought let me first inform you about Dattatreya and a few aspects of Him while much is already said. The related teaching is already available with you in the book called Dattatreya and also in the book Sripada Srivallabha.

Now we come to the regular session of Merry Life. From the last session to this session, we have 14 questions. Where they do not require elaboration. I do not elaborate. Where they require elaboration, I do elaborate and I make sure that we do this session within one hour. If not, we will take to the next session also. But I will make sure that all questions are answered. I am starting. Whatever questions I received until yesterday for that I have prepared answers and sent to you. Today also some questions were received. Those will be dealt with in the next session that we allocate for it.

The question is,

Q: in the operative part of the teaching related to Vishnu Aditya and Anshuman Aditya, there seems to be lot of work at hand for an aspirant. In several teachings on Master CVV Yoga you have also mentioned that Master CVV accomplishes several milestones in yoga for the student. How do we correlate these two teachings?

A: See, generally until the advent of Master CVV the yoga practice is given and it is to be worked out by the student. When Master CVV stepped in, it is again a new energy that is introduced into the system right from Brahman. What is it that he has introduced? He has added speed to evolution. He has added speed to the evolution. Therefore, the yoga processes which are the same, it is the same route, from Muladhara to Sahasrara, the route is not changed but the speed is increased so that the student tends to be a yogi sooner than before. That is what the sound does. CVV are the three letters when uttered forth...Master Namaskaram, Master CVV Namaskaram when we say that, the speed is introduced. So this speedy processes happen, many changes happen in your personality life and you cover lot of events within one life. According to the Master: In one life I would cover 10 lives relating to you. So, at the rate of 10X10, He increases the speed so that the evolution relating to you moves faster. He did not disturb any existing system. In fact, even in the world, the speed has increased ever since 1910 in every part, every dimension of human life and that is the work of Uranus in Aquarius and the Master came in to fulfil that dimension in tune with the plan. So, Master lends enormous support for accomplishment of various states of yoga. Essentially, he speeds up the process but please note that the path and the process is always the same. If you have to travel from one place to another, I have written as Bangalore to Vishakhapatnam because the question is from Bangalore. Vishakhapatnam, you need to take essentially a northeast direction. It can be done by flight, by train, by road or even by bullock cart. You gain time when you take to the faster mode but the nodal points on the way are always the same and the direction is also the same. Master establishes you to relate and even know every detail on the path when you follow implicitly the yoga that He prescribes. Master CVV conducts the process faster. He will not let you overstep or overlook and the detail of the path. The beauty of the Master is every step is known, every detail is known as you move forward and move faster. But the yoga as such given as Vishnu Aditya, Anshuman Aditya, without realizing all this you don't go and sit in Sahasrara.

Please note, by some miraculous way you go and sit in Sahasrara, by that you haven't known anything. When you haven't known anything, you can't guide anyone. You should know the path as you progress with the path. The beauty of the Hierarchy, Raja Yoga is, that you would know every unfoldment that is happening in you. The four petals in Muladhara, the six petals in Swadishthana, the ten petals in Solar Plexus, the 12 petals in....you know all these petals, no? All their colors, their sounds, their vibrations. All would be known. It is not that you just go and by some magic you sit in heart or some other magic you go and sit in brow center and then some more magic and you are in Sahasrara. That is not the way. Occultism is totally different from mysticism. You should know that all things will be revealed as you move forward. Just like, as you move on the autobahn you see things on the right on the left and then

you learn them and you move on. Mostly, people are so very gullible and also so very vague in their understanding and they do not pursue things in their meticulousness. Therefore, they do not realize them. That is where the work is in great detail but there is added speed. That is how it is to be understood. This is 13th Question I am answering to start with.

Then the **14th question** is,

Q: Is there any relation between Anshuman Aditya and Anshuman in Ramayana?

A: I say, I answered, there is no such relationship between Anshuman Aditya or Anshuman in Ramayana. Anshuman is a name which is very familiar because he is an Aditya of great reverence. There are many Indians who name themselves as Anshuman. So, there was also an Anshuman in Ramayana. Anshuman in Ramayana is not connected to Anshuman Aditya. See, for example, in the West, there are so many Joses you know? Jesus? Josephs? So many Jesuses and Josephs. So many Josephs are there, as I know but they are not truly related to either Jesus or Joseph unless they have developed the related consciousness and built bridge over there. This is only...we make use of the names of the great ones so that we get their inspiration. That is the answer for the 14th question.

Then I come back and coming back in the reverse order for some particular convenience.

Number 12.

Q: Dear Master, in the last paper you sent us, you wrote that Masters are very selective and choosy with their students. You also spoke about the interchangeability of teachers amidst the school of accepted students; the exchange of students for all round development. It attracted my attention. Has this something to do with the fact that there are times where I feel more attracted to one Master than to the other? Would you please give us more detail about this?

A: This is question from one of our members. But I was careful when I was speaking about this concept. The interchange of students is amidst the *accepted* students of the Masters. Accepted chelas, accepted disciples. Accepted disciples are different from aspirants. Accepted disciples are different from normal disciples. Accepted disciples are those in whom the masters have complete confidence and the master takes the responsibility relating to the work of that accepted student because there is an interchange of duties and the related responsibilities. Consequently, there can be any karma coming from the student will also come up to the master. If a student does any mistake, its karma is not only to the student but also to the teacher. This is very clearly given in the teachings of Master Djwhal Khul that masters do not generally accept disciples as accepted disciples. Why because, they should be very sure that this student would not pull him down. He should be very sure that a particular student would not pull him down by his behavior, by his speech, by his thought, by his action. If he does anything not in tune with the law, he, the student, anyway incurs karma, the teacher also incurs karma. In the Piscean Age the teachers were taking up this responsibility so that they will also fulfil the karma of the student and they also incurred the karma. But ever since the New Age this has been discontinued. This is very clearly stated in the books by Master Djwhal Khul. If you see, even in the time of Krishna he ensured that Arjuna fights his karma, He did not participate in fighting the war. He said 'This is your circus,' according to American expression. The whole war is the circus between the Sons of Light and Sons of Darkness. Krishna has no particular personal connection with anything. His purpose is only to ensure that the Law is established. He is there only to ensure that what is Dharma, what is law should get established. Only for that he is in the war sitting in the chariot of Arjuna and then the entire war had to be fought by Arjuna only.

Why I say this is, teachers very seldom would like to pick up the consequences coming out of the misdeeds of their students. So, the question is, we get attracted to one master at one time, another master at another time, it is because of our personality situation and it is okay. From our side we are allowed to do so. But it not that they have chosen us. This you kindly don't get into that glamour. Because are we chosen or not would be consciously known when you are approaching the Third Initiation, not before. Third Initiation. Therefore, the interchangeability of the students by the masters is in relation to accepted students. In the Music of the Soul, Master Djwhal Khul was accepted by Master Koot Humi and he was entrusted to Master Morya. Why because Master Djwhal Khul was in for the initiation. Master Djwhal Khul and Master Count St Germain these two were in for the Third Initiation if you carefully read the book, Music of the Soul. These were the ones who were picked up by the Hierarchy at that time. They were almost at the threshold of the Third Initiation. Thereafter, since 5000 years, they have been functioning. They have been functioning. Such of those students, their responsibility the Masters have taken up. A student's responsibility, to what extent the Master can take up, depends upon the condition of the student and the karma of the student and how much the student would pull him down if he accepts him as his accepted disciple. Accepted disciple is different from being a disciple and being an aspirant is different from being a disciple. It is always good that we put ourselves on the ground floor thinking that we are aspirants so that no glamour prevails over us. Just take it that we are all aspirants. As the inner developments happen you would yourself know if you are a disciple. As further developments happen, you would yourself know if you are accepted disciple. Since all processes are inner processes, you would yourself know. Then, in the meanwhile you are free to relate to the teachings of any master and every master while you have a Master whom you may not know at the moment. You need not necessarily know who your master is. You follow the teachings of the Masters and try to restructure your life. The more and more consistency you show in that matter, naturally you would be knowing from inside who is whom and to whom you belong but please note, knowing your Master is not so very important. Being in the path is more important. Being in the path is more important than getting oriented to a particular teacher. When you are on the path, you may meet one master, another master or still another master but what is important is that you walk the path to the Truth and on the way to the Truth you would eventually meet the Master of the masters.

Therefore, meeting the Master is not the purpose. Meeting the Truth is the purpose. On the way, the Masters come and help you. Don't try to associate to a particular master. Associate to the path and that path is I AM THAT I AM. That is why it is said, 'I am the way.' Isn't it? I am the way, I am the goal, isn't it? *Aham Brahmasmi, Brahma aham asmi, Soham asmi* these are the ancient-most expressions relating to following the Truth and following the path. On the way yes, there are so many great beings who would assist you. You don't have to stop at every signpost that you find on your way. When you are moving on the autobahn, there are so many guiding posts to give you the direction to the ultimate goal that you have to reach. The ultimate goal that you have to reach, there would be signposts. Don't stop at the signpost. If you stop at the signpost, you don't reach the goal. The post is... if a Master shows this way, you have to go that way. That is all. But don't sit with him and think that this is it and make a settlement there and build a village over there. It is not like that. Only when you go to the ultimate Truth thereafter you come back and then work with your particular Master according to the Will. This you should know and this is what I wish to say. All are disciples. All are aspirants. We move towards the Truth and after we realize the Truth, we will be able to relate. We relate to the Plan. We relate to the Master. On your way to the Truth the Masters do help us and whatever teachings comes to you it is only came to you to see that you follow it and move forward. When you move forward beyond a point you would also know

by and large which Master is guiding you. Please make note of it. By this you would be almost embracing every master and His teaching wherever a new dimension is shown. You do not build a cult about a particular master because all masters give different dimensions of the same Truth. This is the answer to this question and some more things are also said in it.

Then there is a question which is **question number 11**.

Q: When we do the given practices, it can happen that some things inside get disturbed by that. They try to express this. It is perceived as unpleasant. How it is recommended to handle these situations in the best way for the best of oneself and others?

A: Yes, when you are into the practices, there are certain changes that would happen in your psyche. Because the whole game is to redress the psyche and put you out of the web of your psyche and lead you towards the Soul. The personality develops its own psyche over so many incarnations. That is why we are different in our thinking, different in our understanding, sometimes we are stuck and many times we are stuck out of fear, out of anxiety or out of doubt. All those negatives which are in us, they are slowly tackled when you are into the practices. Because worry, irritation, fear these are very common among the aspirants. Then there is also over-actions and under-actions, tendency to laziness, tendency to overdo things and so many are the defects that we carry in our psyche which are exhibited through our personality. These are all tackled when you are into yoga practice. Naturally, when people are more fear-struck, when people are fear-struck they may even get into depressions and that is where they need to be supported. When a co-aspirant is having certain problems in relation to his or her psyche they have to be supported with much love and compassion by the family and also by the group. That is where great service is done. Therefore, these unpleasant situations that may arise during practices shall have to be redressed by three ways. One way is, the group will pray for such person so that the energy of the Master would prevail over her to redress the situation or prevail over him to redress the situation. She or he need not necessarily do prayers at that time. The second step is, the group will relate to such person and give them the needed comfort because when persons are in depression they should not be argued with. Mostly we have to say, 'Yes. What you say is right.' They have to be affirmed, they have to be given comfort and they should be a lot of cooperation extended to them so that they get the comfort. Group members should find time to do that. It is a great service. Thirdly, the family in which the person is, should also understand the situation that this is some kind of an adjustment that is happening in the yoga student and they should also cooperate. So, there is a cooperation coming from family, cooperation coming from the group in two ways- one is to assist physically, another is to do prayers collectively so that the energy is redressed. I tell you all, in all such situations the group has to pray saying, 'Master's own adjustments. Master, please make necessary adjustments.' There are so many prayers. 'Master, please rectify and develop our systems.' These are all meant to ensure that right adjustments happen with a member who is slightly disturbed for a short period. That is very important. This has to be done as a group service. Please make note of it and I have also given an answer to it in similar lines in the paper that I have sent you.

Then I come to the **10th question**.

Q: Given Sagittarius and Jupiter are related to Justice, I would love to go back to your statement, 'Justice prevails in the long run. Patience is key. Tolerance is virtue.' It is very difficult for many good people to see this essential truth. The general belief is that harmful decisions men of power make do not affect the powerful men rather the costs are paid by the big number of innocent people. Also, at levels without financial and political power it seems many ignorant and harmful decisions end up without

consequence to the doer. I guess we see either by developing vision or boomerang law of functioning in closer time to cause and consequence can be related. Is this shortening of gap actually happening now is the question.

The question is that the governments make decisions. Men in power make decisions. The wrong decisions that they make, the irresponsible decisions sometimes they may have an impact on the masses. What are the consequences? What are the consequences to the masses? What are the consequences to those who make those decisions? That is where it is a question. It is a global question because it is true that everywhere governments do make some positive decisions, sometimes some decisions are not so very wise and some of the decisions are not well thought out and decisions relating to war and decisions relating to so many things. The people feel that the governments are not doing enough and that the people of the nations are all suffering. To whom do the consequences go?

A: I will first give extemporaneous answer and then read out what is also said. Basically, the governments that we choose are according to our karma. Each nation chooses its government according to the national karma. Our national karma is only fulfilled only through the government that rules us. That is number one. That is why we continue to have this karma in every nation. Every nation has different karma and the people of that nation suffer that karma. We are suffering that karma and thereby cleaning ourselves by accepting that karma and working with it because most of those things cannot be avoided.

The second thing is, the governments that make decisions with good intentions. See, all decisions cannot be wrong decisions. There would be some right decisions and good decisions and those decisions which are done with good intention when they go well, there is no karma to the governors. Even if they go wrong, if the intention is right, there is no karma to the governors because what is seen is the intent. Sometimes intent is good but then when it is getting implemented, on the way there would be some corrupt...in the chain there would be some corrupt persons who would distort the whole thing or pocket some money by the power that they have and then they do not enable the good proposals to manifest up to the masses. In all those cases, it is those persons who have drifted and diverted a good plan, they incur the karma and it is a huge karma for them. It is a huge karma because what is intended for millions of people if someone diverts it for his own profit, then he gets into great karma. The governors who made the decisions with good intention, they do not suffer karma. But the governments make wrong decisions, and in their decisions there is malice, malice in the sense, when they do not think of the welfare of all nations. When a government makes a decision, it should not only think of its own people, it should also think of the globe at large because its decisions have impact on the neighboring nations or nations that have business with them, nations that have other cultural, social or commercial activities connected to the nation. All these have to be taken into account and decisions have to be made. You can't singularly make a decision and cause suffering to the rest of the people on the globe. In such cases also the governors incur lot of karma. One cannot think it is a great privilege to be in a place of power but if you do not consciously execute your role, you incur *huge* karma. Please note that. Better not to be in the place of power if you cannot be completely conscious and completely intent-full of goodwill. You have to be clean. You have to be clean when you are in a place of power and not let your personality get into it and make decisions on the vague basis of right and wrong or likes and dislikes. You have to be completely impersonal. People who function on an impersonal basis and who take decisions by and large of Goodwill, such of those only escape from the Law of Karma. But when you make decisions sitting in high places with malice, you incur tremendous karma and what comes to you later would not be known to masses but would be only known to you. Because the kind of lives that we have to lead,

series of lives that we have to lead thereafter would only be known to you and it is a process of long period of repentance and rectitude. Because when you are given a privilege, you have misused it. It is so at all levels where you are leading people.

Therefore, you have to make note that you do not become a cause for the negative karma of the masses. It is a great knowledge to be a king. That is why kings were always guided by initiates. Today the governments have advisors but God knows how many advisors are allowed to advise and how many advices are really implemented and how many advices are sought because it all depends upon so many factors. That is why the governors are at great risk when it comes to karma. In any nation, the governors are great risk. The good that they do would help them but the decisions that they make with malice will completely destroy their journey in evolution and this is not known to the governors because they are not open to the spiritual laws. When you are open to the spiritual laws only you would know this. Not otherwise. That is where the action, the cause-and-effect impact is very high these days. Therefore, the question is, how do they escape? Do they escape? They do not escape. No one escapes the Law of Karma. No one escapes the Law of Karma and we shall have to attune to the Law of Goodwill and the related laws and make sure that your presence will not cause a kind of harm to any other. Harmlessness is the fundamental quality. Anything that you speak, anything that you do, it has to be completely harmless. It is always better that you make right speech. Right speech, harmlessness and service. This is one triangle Master Djwhal Khul gives. He says, 'Service, tend to be more and more in service and forget that you are doing service.' 'Forgetfulness in service,' that is what he says. You do service and don't remember that you are doing the service. Keep on doing it and get to that point where you get to be forgetful in your service. That you are serving, you should forget. It should become part of your life, an integral part of your life. That is one dimension.

Second dimension is harmlessness. In doing things, you cannot afford to harm any being because it brings in karma. The third step is right speech. Because through speech also we can bring in tremendous karma. Like this, here and there the Master gave...see, the books are full of wisdom for practice. That is why when we relate on a daily basis we get reminded. Otherwise, we unwittingly get into a kind of a situation where we may incur some karma. But where the intention is not to cause harm to others, there the karma is not so heavy. It is the intention that is seen but not only the apparent action. That is where the Masters are saved from the Law of Karma.

The ultimate question the person made is- Is this process hastening now?

Yes, it is hastening now. The karma of the humanity is hastening now. There is much karma that is being cleared of the humanity through this pandemic. Not only pandemic, as long as Uranus is in Taurus, the earth is put through lot of cleaning. All our mundane understanding is also put through lot of cleaning because the earth is also the earthy dimension that we carry. Uranus and Taurus will clean up much of our mundane dimension and lift us up into a better state which we all want but when it is happening, we feel the pain of it. Isn't it? When the treatment is happening sometimes it is a little painful. But you know it is the treatment which will eventually lead you to a better state of awareness. You would understand the purpose of it and you would accept it. That is why we are working patiently for two years with this pandemic. Don't think when the pandemic ends, things end because Uranus continues to clean. Then we have its square with Aquarius with Saturn. It also adds forces with Uranus. Together they do the work. Then there is Neptune in Pisces which is a respite for us that you can relate to higher circles, higher dimensions. Neptune is ruled by, towered by Lord Maitreya and Lord Dattatreya. Today is the birthday of Dattatreya, isn't it? In Spiritual Astrology Master EK very clearly wrote, 'The energies of

Neptune are governed by Lord Dattatreya and Lord Maitreya.' Since we all know, we relate to both of them and the mantra is also for Neptune- one of the group members asked and I have given two days ago or a day before the mantra. The mantra for Neptune is *Aim Dreem* through which you can contact Neptunian energies. But if you wish to contact the energies of Dattatreya, it is *Om Draam*. *Om Draam*, *Aim dreem* they are very...the very sounds has their own music and which can put you to higher states of awareness where your views and you are oblivious to the difficulties that are surrounding you. When you cannot escape from it you can find respite when you relate to *Aim dreem* or *Om draam*. *Om draam* is Dattatreya's mantra. *Draam Datta murthaye namaha*, that is what. *Om Draam*. This year I gave *Draam Datta murthaye namaha* only for that purpose. It will relate to energies of Dattatreya and Neptune. *Aim dreem* is also a mantra relating to Neptune. These two mantras you can work with and feel light in your consciousness while things around you sometime look bright and sometime do not look bright, isn't it? We feel, 'Ah, Corona is now over,' but some other dimension of Corona is coming, isn't it? One thing or another will always come because we are in transition. It need not be pandemic. It can be anything. Be ready for the change. If you are on the bridge the waters flow down under. But if you are in the waters, they sweep you out. Isn't it? Therefore, we take to the bridge and stay in the higher state. Let things happen; we stay in a state of higher consciousness. Let things happen according to the plan. We cannot arrest whatever changes are happening at a global level now for which we have been praying over since 60 years. We have been asking for a New Age, isn't it? When the New Age is approaching why should we be frightened? Take it, work with it. As units of consciousness, we always remain. That we should remember. That is where we were with the concept of immortality. This is one dimension which I thought I would present to you in this regard.

Then, another question is **question number 9**

Q: I am sorry but I did not actually learn the instruction *Om Vishnave namaha*, six syllables from Ajna to Muladhara properly. I see seven syllables. Perhaps Om is not placed in a center. I am dividing a syllable incorrectly. Anyway, the question is, how do we constitute the six syllables of *Om Vishnave Namaha*?

A: That I have answered in the paper. Om is one syllable. Vi is another syllable. Shna is another syllable. Ve is another syllable. Na is another syllable. Maha is another syllable in Sanskrit. *Om Vishnave Namaha* constitutes six syllables. These six syllables you attribute from Ajna to Muladhara. From Ajna to Muladhara- *Om Vishnave Namaha*. Then relate to the Antahkarana the Sushumna Antahkarana, the vertical column. All six centers you relate consciously. It develops a different consciousness in you. Unless this is developed nothing can be done in yoga. Therefore, this mantra is used from Vedic times to initiate people into the path of yoga. This is a sound dimension relating to yoga which is available. That is why *Om Vishnave namaha*, *Om Vishnave namaha*, *Om Vishnave namaha* is a mantra which you can do applying the syllable at every center from above downwards. Please do it always above downwards. Don't do below upwards. Raja Yoga believes in bringing things from above downwards to clear things in the lower planes. Don't go from below upwards unless there is a specific instruction. This mantra you kindly do it from above downwards. That would be the answer to that question.

Then, another question is,

Q: requesting for developing the theme relating to the synthesis.

You actually said you would develop the details related to the five pairs in time. Even so I find Earth, Fire, Water, Air levels in the fourth triad petals of the heart. So fascinating. Could you please develop further?

A: I answered. I will develop in the next talk that is on the 18th December which happens to be today. The fifth element Akasha, manifests as the element as the four elements are synthesized at the brow center. The practice is what we call Pranayama and Pratyahara, Dharana is its accomplishment. In your path of yoga, when you work with Pranayama you would eventually enable association of Fire and Air. That I have explained. In Anahata Fire and Air they find their synthesis. In throat they find their synthesis. With Fire and Air, they already, when they get synthesized, matter and water are already synthesized because when you are working with the higher centers the lower centers fall in order. Then the center is working with Visuddhi. This is where we are lacking because people do not yet know how to speak. They are very critical in their speech. They are very manipulative in their speech. They are judgmental in their speech. They are highly opinionated about people. We make, we throw out so many opinions about global situations and about leaders, about so many things we throw out and we use the throat. That is why the ultimate dictum is, 'As far as possible, be silent. As far as possible, be silent.' Right speech is not everyone's cup of tea. People speak but their speeches are not correct. They are not right in their speech. Speech, unless is completely well-accomplished, you are not synthesizing the fifth element. Unless you synthesize the fifth element you are not let out of your personality to grow up to the brow center. All elements have to merge in Akasha, the fifth element and then you are led to the brow center. When this happens, it is called Pratyahara meaning, from Pranayama you have drawn deeper into your own being and taken to the higher bridge where you accomplish Pratyahara. That is where right speech obstructs every student. Every student because they do not know that they are not speaking truth. Truth apart, they should speak correctly. When they communicate there should not be a change of the essence through communication. It means what A says, when B communicates, C should get it Mutatis Mutandis. It should not be different. But if you conduct a conference where you say something to one person and ask him to communicate to the other and ultimately when the communication goes around- if you speak of a horse, ultimately it comes to you that you have spoken about a donkey. That is how it is because so much it changes on the way.

Speech-making is not something everyone can do. It requires long years of silence to rebuild the speech. When this happens, Pratyahara happens. Pratyahara, when it happens, you get to Dharana. That means you go to the brow center. You feel that you are holding the body, you are not in the body. That is the state of Dharana. The fifth element is in relation to working with Gemini. Gemini-Aquarius axis would help you. More and more relating to the odorless, colorless Aquarian energy which is presented to us through a clean sky relating to it and generally being silent would be helpful to redress this speech dimension relating to us. Only then you will be able to go up to Dharana. This Pratyahara step is what is the answer is to this question. It would lead you to Dharana. So, from Pranayama to Pratyahara when you are moving and from Pratyahara to Dharana when you further move the five elements get synthesized and you would get into the area where the personality reaches its peak. At the peak it relates to the Soul. The peak of the personality relates to the Soul. This is also said in the Teachings of Master Djwhal Khul. Imagine the Soul as the circle presiding over your personality which is a triangle. The circle over the triangle and the triangle is the personality with the four-fold dimensions. We know what we are as our personalities. So, we are seeking to be Souls and then preside as Souls and function over our personality. That is where the whole work is. In doing that, at this juncture what is relevant is absolutely right speech. Absolute right speech. Only then throat lets you go up. Otherwise, it becomes a bottleneck. That is what I have given also in the answer to the question.

Then, **question number 6.**

Q: While doing Pranayama, once we start feeling pulsation, do we need to continue breathing?

A: Your awareness shifts to pulsation and breathing takes to a cruise model. It keeps happening but your awareness has shifted to pulsation. That is why you don't feel so much of respiration when you are with pulsation. Therefore, continue to relate to pulsation. Respiration takes to cruise model and takes to the background. It keeps working. It keeps working but your awareness has shifted to pulsation. That is where you have moved out of your mental layer also and moved onto Buddhic plane. The answer is, you need not so much...when you are really working with pulsation, sometimes you feel that respiration is not there. With respiration we went into pulsation. It is like when the bird is flying initially, it works with its wings but once it reaches a height it flies without using the wings or flapping them. Like that, when pulsation is happening with you respiration takes to the background and it continues to work. Not that you stop respiring. This you should know.

Then, **question number 5.**

Q: CS says that universe gets created based on impulse from the Souls. On what basis souls were created?

A: These are all the teachings given at the time of Bhagavata when we spoke of the Genesis and then the happening of creation. At that time these were spoken. Please note that souls are never created. They are always there. Souls are never created. They are always there. Even in pralaya they are there in one cocoon. That cocoon is called Kaustubha; Kaustubha in the Vedic literature. All beings are gathered into one cocoon in Pralaya and it is the beings who demand after due rest in the cocoon, 'Please send us out we would like to continue our experiencing the creation and gaining the related dimensions.' It is like when a school is closed, the children would ask for reopening of the school. When the school is reopened, they go and join their respective classes. The entire creation be it 3-fold, be it 7-fold, be it 49-fold whatever you say, when the creation opens people take to their previous positions. Wherever they went into Pralaya, from there, they get back into the same place. They continue their evolution thereafter. Up to a point they evolve. One creation is not sufficient for the beings to completely evolve. Some people evolve, not all will evolve. Those who do not evolve go into pralaya and again they are in pralaya for some time like some kind of a retreat. They are in it. How long they stay in it? There is a demand for them to come out. When the demand grows to a reasonable impulse then again, they are all released. When they are released, they come back and take to the previous positions into which they are. *Yatra Purve Sadhya Santi Devaha* like that Purusha Sukta says. When they are released. they all get back to their familiar places. That is all. Not to lower places, not to higher places. From there they continue their evolution. This is an eternal story.

There are beings right from the mineral kingdom, plant, animal, human and Devas until all are evolved. One creation is not enough. The duration of one creation is not enough. It is said, even with us, with this creation... there are multiple creations. That is another dimension. There are multiple universes. We are concerned about our universe. In our universe we are already... the Creator that we have is considered to be the 6th Creator. This 6th Creator meaning, we are already through five creations and we are yet to make what is to be made. It is okay. We are on a journey. We are enjoying the journey. We are learning things and for us creations are always made. Just like for children, schools are always prepared, for the beings' creations are always made with love and then you know those who have accomplished in the creation, they also come back to assist us in creation. The Prajapatis, the Manus, the Kumaras that we speak of and the seven Seers, the Rudras, the Adityas these are all the ones who have accomplished even much earlier. But they come back to cooperate with the plans and help us. That is their love. Those

who have accomplished in this creation they are all called Siddhas. They exist in all planes. They cooperate so that the rest of us also make up. Their number is increasing. The Hierarchy is but a part of it. The Hierarchy that we know is but a part of it. There are Prajapatis. The Kumaras. One of the Kumaras is also assisting us but all the Four Kumaras are working for it. The ten Prajapatis are working for us. The 14 Manus are working for us. If you see 10th Chapter of Bhagavad Gita, the Lord mentions about 40 Intelligences who are already Siddhas but they have come back to assist us. This process continues. Don't be under the impression that we are created. We are let out. What the creator does is- giving bodies to us. Giving frames to us. Bodies are given in different planes in different ways. But the Souls are not created; Souls are given bodies. Giving bodies itself is a great function and lot of experiments are done always to make sure the best bodies are given so that we evolve. I don't wish to go back to my past teachings. But I need to sufficiently answer the question. Therefore, I mention these things but if you wish to know please go with the Indian team, the teachings given to the Western group in India during January during the last 10-12 years. It is all about the Genesis and the manifestation of the Creation I mentioned about right from the state of the beginning. Related to all that I have spoken just now in a brief manner. In a detailed manner it was given. Each step was given in 9 days with something like 15-16 classes. Genesis is a matter of great interest. One has to go through and understand according to their inclination. But when people are busier with other things, their minds cannot retain this knowledge. That is another dimension.

Then, **4th question**

Q: In our universe Devas have sacrificed Purusha a long time back. Is it correct to assume that something like this is happening right now in a different universe?

A: The answer is, the Devas are in continuous action of sacrifice of Purusha. See, it is continuous process. The result is the perpetual manifestations in the Universe. It is not an act of the past. It is the act of the present and the future. It is continuous process. Every universe is in the same process of eternal sacrifice of Purusha. This you have to understand. The space energy is unlimited. From that, many universes are created. Many universes are created simultaneously. Different universes are in different states of evolution. It is a question of grand imagination which only Grand Seers can make. We can only make wild imaginations. Limit yourself to this universe. Even till date the Purusha is under sacrifice. The manifestations are happening and the progress is happening and then we need not think so much about other universes now. You are in your school. You complete your schooling, your college, your university. You don't have to think of another university elsewhere because they are making their progress over there and you are making your progress here. They are not mixed. In the scheme of things, a universe is not mixed with another universe. This universe itself is huge enough with its planetary system, solar system and cosmic system with its Adityas, Rudras, Maruts and so many things. There is a lot of work which you have to accomplish on your way and you continuously expand your consciousness. We need not think of another universe and that something like this is happening right now in a different universe. Yes, in all universes the patterns are the same. There is a purana called Devi Purana. It speaks of multiple universes, multiple universes. And every universe has its Trinity. Every universe has its Prajapatis, its Kumaras, its Seven Seers, its Manus, its Prajapatis and its Rudras, Adityas, Vasus and all that we have. Similar things are there. They make their progression. We make our progression. If you wish there is a movie with good imagination, it is made in Hollywood. The name of the movie is One. He goes universe to universe and then he finds similar plan over there. That means, for example, if I say I see Dona over there, there would be, according to the story, 144 Donas-like. You go and meet similar persons over there. It is also a sweet imagination. It is a sweet imagination. But it is

enough we do not deviate from our path and we move in our universe. We have a long journey to fulfil. To go to the Sun and then to the central Sun and then to the Cosmic Sun and to the source of the Cosmic Sun which we call the root-matter or Cosmic Light or Cosmic Nature which emerges from that which we call space or God. It is a huge program. Work on it. Work on it. We need not get into the other. We don't have to get into the sideways.

Then I come to the **3rd question**

Q: It is a beautiful question. Is Time happening? Is Time an entity? Does it have consciousness? Is Time a happening entity or does it have consciousness?

A: Time as we know only when there is consciousness. When you are not in consciousness, there is no Time. That is why in Pralaya, Time also merges. Along with the Consciousness, Time also merges. Nature merges, Time merges, Consciousness merges. These are the primary three that emerged from the Space which is dynamic. That Space can be static. From static Space to dynamic Space, from dynamic Space to Consciousness, Time and Nature. This is how the first triangle comes. These three emerge at the same time. When Consciousness emerges, Time emerges. So, you can say conscious time is part of consciousness. As you become conscious you also become conscious of time. In creation, when the three merge into creation, into space, again there is according to time the space again starts re-creating. That is by habit. It is by habit. Just like by habit we get up. Just like a sleeping universe which went into pralaya, by habit it comes back. Just like by habit we come out to consciousness. That habit is also seen as Time dimension. Which I have not written here. It is a Time dimension which prevails by which you come back into consciousness. It is Time dimension that leads you into the space. That is why in the Vedic system they say, the Lord with the serpent over Him. The serpent is related to Time and the Lord who is blue is related to the space. So, he is subservient to the space. To give a clear answer to this question- in creation Time is coexistence with Consciousness. Beyond consciousness Time remains a habit and that habit brings back the creation once again from its slumber. That is how it has to be understood. I know that some more questions will emerge from this. I will answer them as they come up.

Q: Review the meaning of the left and right nostrils obstruction when a person wakes up as it relates to the energy and other factors. Also, what to do to balance both sides?

A: See, when you breathe in through one nose, breathe out through the other, this practice is initially given in asanas. It is Vilom-Anulom¹ meaning, I don't let you bother with Sanskrit words. The question is, one nostril breathes more, another nostril breathes less. By that you would know which energy is functioning more actively. When you are in yogic state both nostrils work with the same effectiveness. You breathe in with one nostril. Breathe out from the other nostril. Then, from the other nostril you breathe in and you release from the first nostril. this is how the activity is. This is to balance your energies as you wake up in the morning or before you start your activity. The right energies and left energies represent the energies of spirit and matter. We try to balance them. When we balance them, our mind is also in poise as we step out to work. When you step out to work you should make sure that your two nostrils are breathing equally well. That means you are in a yogic state. Even during the working times, during the day sometimes if you recheck you find one nostril is functioning more than the other nostril. If right nostril is working more effectively than the left it means you are more active.

¹ Breathing technique to balance the air through the nostrils

Meaning, you have to reduce the speed. Likewise, if left nostril is more active than the right nostril you should know that the body is tending to be inert. The body is looking for rest. You have to decide if you have to rest or you have to work. If you have to work for some more time, do this practice by which you can readjust and again complete the work. It enables. It is a technique given in the very, very, very preliminary states of asanas. Though it is given in the preliminary states, it continues to be useful to us to recheck every three hours, how is the position and accordingly balance with three breaths. It gets balanced unless you have a cold. When you have cold you should make sure that you get out of the cold as soon as possible. Because it disturbs your balance. That is why in yoga they always want us to keep the respiratory tract completely clean, unaffected by cold or cough. It enables us to take the energies in a proper manner and conduct our work in a good way. And we can, from time to time, balance it until you gain to the quality of poise. There is the overaction called Rajas, under-action called Tamas. It has to be balanced until you gain true balance through accomplishment of yoga. These imbalances happen in us. Therefore, until then we keep on using this technique which is given in the preliminary steps of yoga. This is a good reminder to all. It was a question that was asked and the answer is given here.

One more thing that was asked that is the **first question**

Q: Why is the heart center sometimes referred to as the Buddhi center with Mercury having its place? Also, Venus is visualized in the heart center when chanting Kam? In the seed sounds, Sham is Saturn and is Mercury as well when visualizing seed sounds for the planets.

A: Here, first you should understand, in Sanskrit there are three sounds which are not properly gained in English syllables. There is Sham which is different from Sum. When it is sham the Saturn sound, it is Saturn. It relates to Muladhara. When you say Sum it relates to a different center. Sum relates to throat center. If you see the shat chakras, six chakras, Sa-Ka-La-Ra-Dha. That is how it is said. Kam relates to heart center. Sum relates to throat center. When we are moving from one center to the other, we are moving one element to the other. This you should know. In the heart, we start with the Fire and go to the Air. From Air we go to the Fifth One, Akasha. Kam is one sound, Sum is one sound, Sham is Saturn sound. They are three different sounds.

The questioner got slightly confused and I answered them. But I have covered these dimensions, apart from the sound aspect. In Anahata we meet the golden yellow to start with. We start with reddish-gold to yellow-gold. From there you get to Air dimension which is tending to be more and more towards aquamarine. Then we have the feel of comfort of moving within. That is where Air helps you to get to Akasha. Of course, that is not the question here. Those will be coming in the future classes because I have only covered up to Gemini-Aquarius. There is still Taurus-Pisces. In the future classes they would be covered. What is important to know is, heart center is the place where there is the merging of the mind into Buddhi. This is one clarification the questioner has asked. Mind, when it associates with respiration and finds its awareness into pulsation, it walks into the realms of buddhi and buddhi is the field relating to Air. That is why you are moving from Fire to Air. That is how it is. When you are in the upper petals of the heart you feel the comfort of being in the body. That is because your awareness which is Fire, has joined the Air and tended to be more comfortable because Air accommodates more than Fire. From Fire to Air, the heart center leads you. Heart center in different states has different sounds. Heart center has different sounds when it is working at different...when you are at different states. Because there are four layers of the heart lotus that leads you to the related sound. Though what the books say is only general indication, only when you get into your own being you find a greater detail relating to it. Therefore, thinking of Sum at heart is thinking of at the topmost layer of the heart which is

in tune with Air and moving towards the throat center. When it comes to Sham it doesn't belong to heart center. It belongs to Muladhara.

The lady also asked about Kam. Kam is a center relating to the heart center when you are basically working with the heart center. When you are basically working with the heart center the sound is Kam. When you are working with the higher dimension of the heart center you are working with Sum. When you are working with Muladhara, which we don't do, it is Sham. We use the sound Sham but we do not generally work with Muladhara because it gets uplifted when you work with respiration. The beauty of Raja Yoga, it wants you to work with respiration where mind gets associated with it and it gets absorbed into pulsation. Then, there is a pull-up from Muladhara to the heart center. That is how Raja Yoga works. That is why there is not much mention about Solar Plexus functioning, Swadhistana functioning. Information may be there but working with them is not recommended. That is how the answer is to the 1st question.

I covered all the 14 questions. I took one hour 10 minutes ever since I started the theme. Before that I spoke to you about Dattatreya. I wish you all good luck. Be with the energy of Dattatreya and find your way into Light. It is available according to Indian time till tomorrow morning. You can fix your time according to your zones. So, be with the axis and think of *Draam Datta Murthaye Namaha*. We started with the prayer here today, this evening, the full moon meditation, chanting the mantra which is given as a full moon formula. In the full moon formula, I also gave a table stuff, timetables frame because it is happening for us now. Though it was given by Master CVV long ago, that is what is happening now. We take it, we work with the Full Moon formula and when we come to the next year that is Aries, we get another formula in tune with the plan. Thank you. Namaskaram.