

Merry Life Teachings
Master KPK
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Talk 56

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Hearty fraternal greetings and good wishes to all the brothers and sisters who are relating to this program. First of all, let me inform you that there is an excellent planetary cooperation for this conflict which is unfolding into a global conflict. To get mitigated and solved is only a matter of some more adjustments that have to happen at levels which are finding some sensible connection to higher forces which are at work for the needed control of the situation and further dissolving the conflict which was purely the principle of human ego trying to find a kind of one upmanship. Adjustments have happened on all sides, and the worrying mind is slowly finding a way to solution to dissolve this conflict. In all the situations where the information is full of misinformation one cannot say who is right, who is wrong, and no sides can be taken. The basic idea is that every angle that is projected to precipitate the conflict into a further growing conflict, that has to be set aside, and the work is on. As I said last time, before the equinox, things should fall into order, senses should prevail. Sense of proportion when is lost in human mind, then they try to disturb a system which is otherwise quiet. The entire humanity other than the governments do not want any kind of war or killing of people. Consequently, the situation is being slowly withheld and will be withdrawn. Better senses will prevail since the primary motive is to see that the humans are not lost in a crazy one upmanship.

The basis as I see is in the beautiful combination of planetary principles in the month of Pisces that we are. The most exalted planets relating to Pisces like Neptune, Jupiter and Venus, they are in Pisces. Sun and Mercury also are in Pisces and therefore the situation is very favorable unless the human ego tends to be as blind as before. But we, who follow the Path of Goodwill would insist and pray, contemplate, and make sure that this conflict concludes. No one is willing to make further steps as more and more information is being revealed, and there will be withdrawal of contest for the general benefit of human welfare. All conflicts have arisen in Europe in 20th century. The 1st World War was in 20th century, the 2nd World War was also in 20th century, and the impending war again is happening in Europe. Conflict emerges when there is too much of thought, too much of divergence in thinking. It is OK, man has the facility to be diverging in his thinking, but then to the point of fighting for one's own viewpoint is what is to be considered and it will be considered.

These ides of March of which I have already sent to you yesterday a note, should precipitate in concluding the impending crisis, to give birth to a new cycle of harmony in the year to come, since the year that comes is named and styled as the year of good deeds and actions. So therefore we conclude the conflicts and start afresh in the next year, and we, all over the globe would only project that view. We should not entertain any view that this conflict may grow and all that, and every week since 3 weeks I'm informing you because most of our groups are in Europe, while we have groups in America, South America, of course India and in many other places. Let us not contribute in our thought to further precipitate the conflict on the contrary, we'll try to see that it is dissolved. And since you all look to the daily chart and the planets, I give you this guidance also.

We are in a situation where all planets are posited between Capricorn and Pisces, which is called the Antahkarana of the planet, meaning the inner side of the planet. Even in us, when planets are posited between Capricorn, Aquarius, Pisces and Aries, is an excellent situation for inner adjustments, inner transformations, to transcend certain limitations that we are suffering from per long cycles of time. When there is an outer cooperation, we should take it and work it out in the inner being, and in your own horoscope also when planets are posited either progressively or by birth in those signs between Sagittarius to Pisces, you have a great chance for transformation, transcendence and all that. So for the entire planet there is a support now and that should be the basis for our moving forward. If you see the daily chart, and the movement of the planets, there is a kind of serpentine binding of all these planets, because all planets fall between Rahu and Ketu, or positive node and negative node, and they are all on one side. The other side is completely empty. For 15 days Moon moves out, for 15 days it also joins the Antahkarana. So inner changes are contemplated for humanity, inner changes are also contemplated for the planet. To tell you the truth, in these two years the planet has gained a little more of light than it had before. The humans are learning, they are also expected to gain the related light, because every transition has its related initiations which we have been speaking of. So please be sure and workout through your contemplations to ensure that right sense of proportion prevails with those who matter in relation to this conflict which is generated in between Ukraine and Russia, and we must feel very confident that it shall be dissolved.

Then, the 2nd dimension is about the conclusions and commencements which I have been speaking of. All planets are gathering into Pisces, where you can have a conclusion of life activity in respect to the past, and from this Full Moon till the end of Pisces, that is till New Moon, contemplate upon what are you to do for the years to come, for the rest of life, because this kind of combination rarely happens. So think of the future for at least 10 years, 12 years, depending upon the station in which you are and set a program for you for fresh beginning. I will only meet you after 2nd April again. I am not continuing these classes till after 2nd April, that's why I am saying this to you. Look into your own

life what can be concluded and then also look into your life what is very essential which you have been postponing, so that you'll pick it up and workout.

For Jupiter it would be a conclusion of a 12 years cycle with this year. So that's an important plan. Then Saturn comes, which gives you the new program. These conclusions and commencements they continue to be with us as long as the Creation is there and there are cycles of time. There are monthly cycles, there are annual cycles, and there are cycles according to every planet because of its speed and movement. We mostly count on the Jupiterian cycle because it is the most beneficial one, we count on Saturn because it is the slow pacing one, and trains us well in every detail. Saturn has a cycle of 30 years, Jupiter has a cycle of 12 years, so the lcm (least common multiple) of the two is 60 years. Sixty years is considered to be a cycle in one life time to be meaningfully engaged and complete a program. So whatever aspirations you have, plan for the next 12 years, guard them out, since I told you last time that we are living in a world of cause and effect, and with the help of wisdom and our own rhythms, which help us to relate to nature much better, we should be able to ascend this cycle of birth and death, cause and effect, continue to keep us in lives of birth and death. And the wisdom is to experience that there is no death, and that state can be gained when our actions are not completely personally motivated. Personal motivation is OK, but then it should tend to more and more be impersonal and more general and for the general welfare, which is called *yagna* or goodwill. Anything that we do if we have a motive the result of it comes back to us and again initiates us into action. This keeps us in a circular motion and doesn't let us move out. But the Seers they found a way to work for as many as possible in the outer world and thereby reducing self or personal agenda. Their agenda is more for the benefit of the people than for their own benefit. That gives a different movement and the cause and effect circle is cut. This is very clearly said by Lord Krishna in Bhagavad Gita and by almost all Seers who know the program: that there are two ways of doing things, doing for oneself, doing for others, or making a synthesis of the two. Your doing should also mean good for the others. Then there is a different energy that prevails and doesn't make you a rodent round the mill. That's what we are all trying to do, so that we take to the Law of attraction-repulsion, that we get into better thoughts, better actions, better rhythms, better contemplations.

As we raise ourselves more and more in our own being we see many more things which we never saw before. We have not been able to see the higher dimensions of our own being. That becomes possible when actions are also meant for others, and when the actions are more meant for others than for oneself. That leads you into a different cyclical movement which is spirallic. In that spiral you move up, and when you do these practices your old habits will come back and pull you down. So you are pulled down in your state of awareness. For some time, you discontinue what you have been doing, but again you have the inner impulse to relate to the higher side of your own being, you start. That's why many aspirants they start, they stop, they start, they stop, they start. And we move up and down, up and down, up and down. This is the Law of attraction and repulsion. Every time you are attracted to Light, after some time some repulsion comes, the rhythm falls, the continuity falls, the intent falls. Then you get into normal life which was existing before, patterns from out of which you have come out, you fall into them. You have to make sure that you only build your own patterns. Guidance is always there, and these patterns keep you up. That is why we think of daily meditation, daily study of the teachings of the Great Ones which are in the form of scriptures or teachings of various Masters of Wisdom and they relate to what is to be done and do not go beyond. When you go beyond, then you fall into the areas of desire, where you get again into the cycles of cause and effect, cause and effect, cause and effect, and we all know from our own study an understanding that we have been here for long time, taking birth. Leisurely we are taking to birth and death, we wish to ascend this cycle and yet work with this cycle. You do not have to step down to carry on the work, you can mount your own being and carry from a higher dimension where you see things better, you

listen to things better, you perform better and you are not involved into your actions. When you are involved into your actions you have the consequences. There is a way to work without involving into actions, that's where we are told to do what is to be done and not to excessively associate with the results, continue to do what is to be done without manipulating anything and that which generates from your actions could be gardens that can be dedicated for the society.

These dimensions are known to us but they have to be brought into practice. As much as you bring them into practice, you come out of these cycles of birth and death you will see that there is no such thing as death, except that you depart again to come back to work, just like you come back from your office to the house in the evening. You pretty well know "again tomorrow I will go and function in the office". You know how to depart, you know how to enter, this knowledge of entering into and exiting from anything and everything. We have entered into the body, so we should know how to exit from this body. That's the ultimate science which we speak of in Yoga. You enter into activity, you develop and you dedicate it to society and you exit from it. Any activity, household activity, professional activity, economic activity, social activity, cultural activity, say anything. We enter into it. We know when we enter, we also make note of the date we joined our service but there should also be an exit date for everything. For every house that you enter there should be an exit. And every thought is a form into which you enter and you consciously exit. We keep on entering into things when we do not know how to exit from them. And the exiting starts according to the scriptures right from 49th year for a wise man, and if he is already far advanced it starts even from 35th year. It starts earlier as you know more, not only that you know more but when you practice and you are with that kind of energy. So, at least start around 60 years so that you have two cycles of 12 years where you can consciously exit from all and be with the One who is the basis of your being. So for that this time, this present situation, is giving a chance through the planetary system and through the knowledge that we receive, there is cooperation from everywhere. Instead of looking for that cooperation coming from the heavenly dimension, we are bothered about our simple things and about the local conflicts, the inner conflicts, they are always there on the planet. Tell me when there was not a conflict on the planet. They are there. Tell me a household where there is not some little conflict or the other. Tell me a professional life or a domestic life or any life. They do exist in lower planes. We can rise from that state and handle them better. A person who is swept away by the currents of a river cannot handle himself, but if he floats he can handle himself. We have to float but not sink into the river currents and all the mundane activity is like swimming under the waters which is more difficult. Stay away from it, for there the wisdom of the planes of existence in us shall have to be recalled.

We cannot be just mundane, we cannot be just emotional, we cannot be always in the thought plane. These are the basics. There is the buddhic plane which is above all this, into which you get in. This cause and effect plane can be overviewed. How it is moving as far as you are concerned. Things come on a regular basis and meet you to attend to. You meet it and dispassionately and then be in touch with the being in you or the Master in you that leads you to connect up so that you stay in a higher dimension and see through. A man at the peak of the mountain can see better all around. A man who is climbing the mount cannot see all around. He thinks he is the only person walking up. But if you reach the peak you see all around people are trying to climb up, you are not the only one. The effort to climb up is there with the human because he wants to be better. So in that process, as long as you move with the help of the practices to a higher dimension you see better, you understand better, you see that there are so many ways of rising, it is not that there is only one way. All around in 360 dimensions there is an upward movement which can be seen only by the man who reached the peak. So stay in buddhic plane and conduct the mental and emotional and physical plane activity.

To stay at the buddhic plane the key is to relate to the I Am in you. That's where you are given the mantra of So Ham, That I Am. The Master who is all-permeating, all-knowing, and omnipotent is seated in us, the God in man; and we are there in the body, the man in God. So when the man in God relates to the God in man, stays connected he can see through better. That's why the scriptures say, "Do not leave the status of That I Am, That I Am". And That I Am is regularly reminded to us through respiration. When we do that, we are stabilized at the buddhic plane. If you are stabilized at the buddhic plane, the cause and effect relating to your own life is better seen. Otherwise you have always questions of why, why, why, why, why. All questions are answered if you just step up by one state of awareness in buddhic plane. If you move in, you can see better. That's why we say wherever we go for a ritual to a Temple the priest always blesses. You will have to reach a point of *apunaravastu lokas*, meaning you don't return again into this *loka*. The idea of discipleship is to stay in that *loka* and function in these 3 worlds. Stay in buddhic plane, conduct your activity at mental plane, emotional plane, physical plane. That is the fundamental teaching of Bhagavad Gita in the very second chapter of Bhagavad Gita. Take to discrimination which is available to man, distinguish what is permanent, what is not permanent and the activity relating to permanent progress, activity relating to temporary comfort and necessity they keep coming to you. You have to see which is to be given the importance, which has to be given the preference. So you conduct both, giving preference to that activity which leads you not again into the mundane things. That's the whole game. And for that, the time is very right now.

Time is always cooperative when we know and relate, or take guidance from those who know and relate. So therefore, there is frequently a question asked about rebirth: Why are we coming back again and again and again? We come back again and again and again because we have still to learn some more things. The psyche in us is not fulfilled. There are so many unfulfilled things. The unfulfilled things draw you back. So you should either have the knowledge of the futility of those unfulfilled dimensions or the value of it and gain them. Each time a man comes he gains some more experience through his own actions, and then he moves into some other things. In doing so, he should not keep on increasing the list of things to be concluded. As you move into life a part of you is fulfilled, a part of you is unfulfilled. The unfulfilled part, to fulfil that, we come back. In doing so we again do acts which create consequences and you keep again coming back again and again and again. And there are always unfulfilled dimensions before you depart. Again they pull you down. So when there is an unfulfilled act of today, of course today is Saturday it's holiday for you, on a working day, next day you have to go back and fulfil it. No one else will do it. So this fulfilling of things in the psyche where desire is placed, where the obligations are placed, this has to be noted and related to. When you relate to the unfulfilled part without creating consequences, then life moves in a sequential manner. A Master of Wisdom says: "Ensure that your life moves in sequence", meaning "do not create consequences". When you create consequences, you have to come back and again attend to it.

That wisdom we have been speaking of, but you have to bring it into practice so that we don't come back to do the same things again. We don't have to come back to do the same things again unless there are different things and better things, yes. But as long as there is a cause for you to come, we will have to come. And when you come, you don't create again a consequence is what the wisdom says. That's a great wisdom relating to actions. There is a way to live where you dissolve all obligations and you move forward and you don't leave behind anything except fragrance. You don't leave anything where you get indebted to someone. This indebtedness is seen as you know in your parlance as karma. But karma means action. The karma that we speak in Bhagavad Gita is *nishkama karma*, meaning you are not doing anything anymore for your own self. It is largely meant for others and just a little for you. That is called the fruit of yagna. When you reach that state of being, the

impulsion and the compulsion to come back to life is not there. One of our old members who is sitting now in Greece, has been asking about re-incarnations since about two weeks. You do get re-incarnated as long as you have left something behind which is an obligation to fulfil. "All obligations have to be concluded" Master Djwhal Khul says of non-obligatory karma. Non-obligatory karma. The activity of Goodwill is a non-obligatory karma, meaning you are doing not because you are compelled, but by your own volition you are doing some work which is meant for the benefit of others. And in that you don't expect anything by way of remuneration or by way of recognition, or name, or fame, nothing. You did it and you leave it. Just like a tree gives out fruits according to the season and let people collect, it is not worried about it. Likewise, a wise man keeps on doing things without looking back for any kind of return.

When you gain that state of be-ness, you keep on doing because it means good to others, it is helpful to others and you don't look to yourself. What is it for me? Is a commercial thought. That thought doesn't exist with the man of Wisdom. He keeps on doing and doing and doing as long as things are demanded from him. Just because you are out of your desire nature and you are only attending to the obligatory karma, don't think what you see at the moment is the obligation. The time reveals more and more and more obligations as you are in the body. They come to you, you don't have to look for them. You keep on fulfilling obligations and do not look for any compensation for having attended to an obligatory karma because you have to do it. What you have to do, you have to do. That's where even in the beginning of the Creation, the wise men also sometimes fell apart, they are Prajapatis, of whom I have informed in great detail. They know for what they have come. They have come to perpetuate this Creation. But some of the ones tend to be ignorant or egoistic and bring back some consequences to them. Also, the Seers; also, the Manus, and they paid back. We all have to pay back for all that we do here. So if you are not looking for compensation and working for Goodwill, maintaining this body and doing, in all dimensions you keep doing whatever obligation comes to you. People come and seek some kind of help from you. If possible do it. Otherwise, pleasantly dispose them out. And if they repeatedly come, you should know that you have an obligation. If a man regularly comes to you and seeks something, in one way or other satisfy him and relieve yourself from that.

This non-obligatory karma can be achieved only by the 4th initiation, according to Master Djwhal Khul, which means a state where we are building a bridge between the Brow Centre and Ajna Centre. So keep on attending whatever comes to you and do not accumulate by desire some more activity. It's foolish. So the desire again brings you back. As long as you have desire, as a personal affair it brings you back into incarnations. And as long as you are indebted to the fellow beings, the indebtedness is very high which you don't see. Indebtedness to parents, indebtedness to teachers, indebtedness to five elements, indebtedness to the plant kingdom, mineral kingdom, animal kingdom. Indiscriminately eating animals, plants, brings its own karma. Only according to the hunger you have to go by. We do not know what is being accumulated. So, this accumulation will come back to you and the nature demands from you "fulfill this, fulfil this, fulfil this". Keep on fulfilling obligatory karma, relating to the wisdom and the meditative practices, that is the essence of discipleship. In the outer world you relate to fulfil obligations. In the inner world you relate to the God in man or the one whom we call the Master. The Master who is omnipresent, omnipotent and omniscient is present in us and it is His Presence that conducts the activity of awareness and also activity of life. That is the basis. Relate to Him, take to the tenets of scriptures or teachings, fulfil obligations, do not go beyond. That's how you have to build a circumference around yourself. It is foolish to develop too many activities and get into everything and anything just for the sake of recognition. Your lot will come to you, you attend to it, that's why an aspirant is wise enough to build a circle around him that he shall attend only to that which is his obligation. He reduces the outer activity consciously, distinguishing

between what is essential and what is not essential, so that he has time for self-study, he has time for contemplation. If you have too much activity outside you never find time to do the practices. That's why be it in Patanjali Yoga or Bhagavad Gita we speak of limiting your own actions to essentials, because you are looking for an upward movement. Then, even if you limit yourself, your obligation comes to you. It finds a way to reach you because you are indebted. Keep on attending to your obligations.

So, the answer fore-incarnation is, in your psyche, when there is something unfulfilled you have to come back and fulfil it. And in your psyche if there is something indebted to this world, you cannot move into higher world without fulfilling it. So it is the cleansing of the psyche and making the mantle of the psyche full of light, which is possible when you have cleared your mess on the objective life, and as we move on in life with the help of wisdom right from early years, by the time you reach around 60 years you would have really not many obligations to fulfil. They can be completed easily because you are on that move. Then in two cycles of Jupiter, 24 years, you can easily be fulfilled. I know in our groups people who have been working with this knowledge from three Jupiterian cycles, because in 36 years I'm meeting people all over the globe, and who is doing this and who is getting more and more into the spiralic movement, while there are people who are in the rotational movement and they are unable to come out of it. Both are there. This is meant for those who have aspiration to move up but are not able to move up. For them, today's class is "take advantage of the planetary congregation that is in Pisces" which gives you a conclusion to certain things and commencement to some other things because Pisces is not only for conclusion but also for commencement and the best of the planets are there. They are very beneficial to us, and for the next fortnight, review what can be eliminated from our personality activity, what is essential to be carried out. Tag on to what is essential and move on and slowly you can appropriately close certain things, slowly conclude the other things and move forward.

Now Neptune is in Pisces and gives you a transcendental experience. Venus in Pisces gives you the experience of light. Jupiter in Pisces gives you expanded comprehension. Mercury in Pisces gives you the discrimination. And then Sun which you are, is in Pisces. How long? Till 21st March. So therefore now we are on 12th of March. The number, if you reverse, 12 becomes 21, so you have 9 days or 10 days. Make an analysis, set a program, move forward and we meet again in Aries in a fresh cycle. That we are into a fresh cycle should be known. It should be known on a monthly basis through Moon's movement. It should be known for the Sun's movement also on a monthly basis. Every planet reaches Pisces at one time or other. That is a conclusion for that planetary cycle. So when all planets are in one place and moving again slowly into Aries, many cycles are concluding and many fresh cycles are commencing. And the beauty is, you have the cooperation of the alchemist whom we call Uranus, the planet of Aquarius in sextile in Taurus, it can help you to relate well to fix up a program. So therefore, do not while away this period, take it for a deeper introspection and keep working with them because the ultimate success for man up to this state is transcending death. The next step is realizing the self and the Brahman. But the fear of death is existing very heavily in humanity because we live in these three planes of mind, emotion, and physical activity. We do not transcend death. One step you make to buddhic plane you will clearly see that there is no such thing as death. You are very much intact without this body and you can consciously enter into another body, consciously leave this body. These are the objectives that are set for us. So conscious exit, conscious entry is possible only when you have cleared your karma and you are said to be a person that has cleared the karma only when there is no personal agenda. There is no personal agenda for a man who has no karma. The agenda of the system is his agenda, he works for the beings of the planet, he works for the planet, he works for the Plan and he has no personal requirements.

Krishna says in Bhagavad Gita “There is nothing that I need to do in these three worlds. There is nothing that I need to do in these three worlds, yet I do”. That is His status. That is the status of a man who wants to be gaining that state of immortality. To gain that, what is important is, slowly come out of personal agendas and look for helping the groups around or beings around, life around more and more, and you are also included in the general welfare of the program, you are also taken care of by Nature. But when your agenda always puts you in the center, everything, the energies, come to you and you are congested. When you give it away all the time with your work, you are released and then you move up. Therefore, for the ones who wish not to return to the human body through re-incarnation, which is an ambitious plan, first thing is, make sure that you have no more personal agenda. Personal agenda keeps you always in personality. Personality always looks for a body. Therefore, personality obligations shall have to be fulfilled, that’s the thing. And before you clear personality obligations you must have left the desire dimensions of your life long ago. Leaving desire is one thing, relating to obligations is another thing. It is a responsible position. You cannot renounce your responsibilities. It’s an illusion that many suffer that they just detach from all their obligations and feel that they are mendicants. They are not mendicants. They suffer a lot. Sri Aurobindo says, “Those are the ones who are deceived”. They have deceived themselves by abstaining from obligations. A man who is indebted cannot run away. The Nature will put him back into the system and ask him to discharge the responsibility. And we have so many responsibilities to discharge. In discharging responsibilities, you gain the joy, you gain the esteem, you gain that kind of energy that give an upthrust. So avoiding obligations is never said in the scriptures. Avoiding desires, that it is said, which is not [avoiding] required things. You keep on accumulating things. You keep on desiring things of different dimensions which you really don’t need. And they are a baggage for you that you have to clear.

That’s one dimension. Obligatory karma is another dimension. Until the obligatory karma is cleared, you continue to be born on the planet. Please note this. That’s why the scripture says it takes 777 lives, which is also there in the teachings of Master Djwhal Khul. The first impulse when you receive about the Light, from that time it takes 777 lives to get completely relieved from one’s own personality conditioning. So how much time it takes? So, don’t think of not re-incarnating but try to know that each time you come, you take to a higher cycle and keep fulfilling. More and more you are fulfilled, you have the kind of freedom in you, in your awareness that nothing binds you and you keep acting for others. This is the state which every man of wisdom reaches and once he reaches that state he feels joyful to come back and relate to people who do not know. So, don’t we try to help people who are less able? Don’t we do that in any dimension? Don’t we help people with their education? Don’t we help people in one way or other? Help for education or economic upliftment, social upliftment, all these things don’t we do that? We do it because we would like them also to grow. As you move up, more and more you feel joy in relating to people and fulfilling their aspirations and give a direction to them. This is the thing a true teacher does. So therefore not getting back into the human form is not to be planned. You have to keep on working in a manner that you fulfil obligations on this planet. Planetary karma is a huge karma, and people who have transcended death, they have also come back to help us and they are staying on the planet.

So, re-incarnation up to a point is a compulsion. Re-incarnation thereafter is volition. By self-will people get into form. There are Devas who have fallen into human incarnations because for a moment they were drawn by desire. There are stories about it. You have also angels falling from time to time, taking into incarnations. There are stories in the Lemurian times which you know, where people have descended to help the planet and got stuck here because they deviated from the Plan and got stuck here. Just like when you go for a picnic. Not knowing that you have come for picnic you are entangled with something and you are stuck there. And we are told we have come from the Sun

as sunray to this planet, as pilgrims, and have become prisoners. We are all pilgrims that have come to the planet and have become prisoners and we are unable to get out of it because there are so many attractions on the planet. Of course, Nature is beautiful, Nature is very attractive, but you should know how to relate to the Nature. You should know how to relate to your parents, you should know how to relate to your spouse and children, you should know how to relate to co-human beings, you should know how to relate to animals, plants, minerals, five elements. Without knowing all that, carrying out the ignorant acts, creating consequences, if you are aspiring for a non-return situation you are asking for something not even Moon, even beyond. Don't look for that because, make sure, the moment you know that you have no more obligations, you would yourself move up in this body and you don't feel the body. Body is no more felt beyond a point if you move up in your own body. That is already a release. It means that you are ready to leave the body at will. That is what the 6th step of Yoga gives you.

So, your re-incarnation is certain as long as you do not reach up to your Ajna. As long as you do not reach up to your Ajna, stay there and conduct, which is concurrent with your outer performance, you cannot move up in your own system without performing your obligations outside. So the vertical activity has to be fulfilled only through meaningful conclusion of the horizontal activity. That should happen, then we move out of the causal system. Beyond causal system it is causal state. So causal state is what is called the state of Ananda. It is always joyful. After the mental it is buddhic. Beyond buddhic it is joyful state, *Ananda loka*, *Ananadamaya kosha*, you know the terms. That man is ever joyful and he attends to things. When there are no things to attend, he relates to the Divine in him and is ever joyful. It doesn't create consequences. Such state should come to you and later link up to the Ajna. Only through that you know how to come out of the body while you are in the body. If you wish to know if you had a re-incarnation or not, the only litmus is, while you are in the body you should be able to consciously come out of the body. That's the only way. Then, when the time of departure comes, you know how to get out. Isn't it? If you do not know the exit door, you cannot get out. There are nine doors, but the royal door is here (Brow). There are doors below the diaphragm through which many exit. There are doors above the diaphragm through which men with Goodwill exit. But a man of accomplishment, he exits through Dharana and Dhyana. For that, Pranayama and Pratyahara should have been accomplished. They are all accomplished even without the Pranayama process, through meditation over there.

Krishna suggests to sit at the Brow Centre and relate to the light in the head. Many seers suggest, pick up to respiration, relate to it, it will lead you there, then you can comfortably seat. That is why there are two ways, one is heart. Reaching through the heart or straight away relating to the head. Whatever is comfortable can be taken, but we should move out of our mental concepts, because mind always wants something we define, but beyond mind the Nature is so plentiful, so beautiful that it leads you to a state where you perceive and you do not make concepts, frames of concepts, and suffer from them. Don't frame things because the ultimate divinity is not framed. The divinity that we think of is not framed and cannot be framed. It cannot be named. It cannot be defined. You can join and rejoice. Why do you want to frame Him? Your framing is your mental activity. Don't frame it. Keep it free. Move into the energy. Air has no frame, isn't it? Flame always disguises frame. Only at the earthy level you have frame. Join the air at least, the air in you at least, the fire in you at least, so that you do not build concepts with mind and suffocate with the concepts. The concepts continue to put you to suffocation. For all the divine forms we fix frames, isn't it? Framing is our problem, they are not framed. We keep on framing but you can't frame a higher energy. You can join it. So therefore the emphasis is to move into a plane where you come out of defining things in a concrete manner. To define is to understand. Then live and join the comprehension. So that release

has to come and that is what we have to look for. Every time we think of a new cycle because we need to move out of lives of cause and effect.

Cause and effect remain as long as the activity is motivational. Motivational. Motivation means you need something here, for your benefit. That is to be slowly dissolved. That's what the Wisdom says "Centre everywhere and circumference nowhere". Don't gather everything around you and suffocate instead of distributing your energy and feel the freedom of the energies that you have in you. When you start with this, slowly the circumference keeps expanding. If you look for self-initiation, self-enlightenment, you are only selfish, isn't it? In your helping others, in your enlightening others, anyway the process happens. That's why this Goodwill or Yagna is given paramount importance. And then contemplation should let you know and enable you to sit at a higher plane where you can see things better. Then you come out of your causal dimensions. Causal dimensions do exist on our planet, till the Lemurian Age there were no such things as cause and effect, because the higher beings descended to help this planet and the beings on the planet. So they have all come, and from the Atlantean times slowly the descent has become a little deeper and we got attached to all the earthly things more than required. We have developed roots into the matter. We have developed roots into the planet. And we have so many things till today which we wish to have from the planet. And planet is like a cow, you cannot keep on milking it. And we have over milked it today that it is bleeding. And we should get out of it slowly. So you are stuck with the planet and you have so many things to relate to planet, you haven't given back anything back to the planet. Unless the planetary karma is fulfilled, it doesn't let you move up. Fulfil means your part of planetary karma. That's where we have to make sure that we do not gather material and we try to distribute that material as sensible as possible that it helps others and gain freedom from material conditioning. Material conditioning. If you are conditioned by material, you cannot say that you are free. On the contrary, you should have a dispensation towards it. Be a distributor. Be a giver. The very first instruction we are given is: "Be a giver, be a Sun". Sun keeps on giving. It's a model. We keep on giving whatever we can and make sure that the matter doesn't condition you, material doesn't condition you.

The second conditioning is emotion. Emotionally with so many things we are connected and we cannot wriggle out of it. isn't it? The emotions connect you to people, to places. Isn't it? People are emotionally connected to places. People are emotionally connected to persons. People are connected to their national identity. It's an emotion. People are connected to their racial identity. People are connected to their own definitions. This is all emotional connection. But you as the soul, is neither male nor female, which we know but we always forget it. You are so concerned about your body, isn't it? Is it not a conditioning? You want to come out of the body freely, but what all you do is only conditioning yourself into the body. You do the contrary and you expect a result which is contrary to what you are doing. Are you not emotionally connected to your body? You try to make sure, you try to give an uplift to your face, your figure, so many emotional entanglements with your own body and the connections that you develop with the body. Your family, your profession, your friends, your place, your native place, your nation, your state. All the wars are for what? For a little more of land, isn't it? So how can you say that you are not emotional? For a Seer, he knows that he is son of God, he has come as a pilgrim, he does his work as long as he is in the body and he takes care of his body as a gardener and a guardian and he has no emotion about it. Do we have it? Emotional conditioning: all that you feel that is yours, that is the lump that binds you to it; material conditioning, emotional conditioning. This emotional conditioning, we see since I have gone all around for all these years, are we not emotionally connected to our language? Each one feels his language is great, but they should know beyond all these languages what is called the faculty of speech, without which all these languages would not have come. In the 4th sub-race of the 3rd Lemurian race we are given speech and we developed multiple languages and we do not see the

faculty of our speech and how to relate to it. And we only claim about being belonging to a language. You don't belong to any language. Language is a facility that is given to work with. But we take to our language we are emotionally connected. No one would like to move out of that. They have not equal respect for other languages. All languages are meant for communication, isn't it? And speech is the faculty that you are given and the sounds that you make. These are the higher dimensions, but we just cannot get connected emotionally to so many things in the emotional plane. And you think that I'm out of emotion. That very statement is very emotional. And then the mental concepts. Each life you keep on collecting so many concepts, you don't leave them. They are all meant for you to move forward. Every concept helps you to move forward and you find an evolution of that concept. Leave this and catch on to that. It's like you are going to the –as I said last time- till you go to the airport you move with some transport, but having reached the airport you can't carry the transport into the airplane. Isn't it? Or you bicycle to the airport and then take the bicycle also in the plane for the next station where you don't need it.

There are three kinds of attachment: Me, mine and ours. So we think of our people, our language, our nation, our body, our, our, our, our properties. We don't have the understanding that we are the Light residing in this form. I am the Light residing in this form, and I make a good use of this form to the best of my ability and I should not trouble it and I don't want it to trouble me. That's the dimension. You should be able to exit from it consciously is the program we are given. So therefore your attachment to your mental concepts, your emotional concepts, your physical concepts, always bring you back to this because baggage is there. That baggage what I say is the psyche that is in your personality, *svabhava*, behavioral nature which you have developed. Each one has different baggage according to our attachments. These attachments are a baggage that bring you back and you again and again, and again incarnate. We have to get back to fulfil whatever is not fulfilled, because this baggage is not required up there. Up there, this baggage is not required. And we are people who weep if the airlines reduce the baggage by five kgs. Isn't it? There was a time they were allowing lot of baggage. But slowly the cost improved so they set limits for baggage and they said 20 kgs. Ah! 20 kgs! What can I carry? For a Seer, 5 kgs are also not required. What is that you need? It's a matter of cultivating your habits. People who are given 35 kgs also feel the baggage facility is not sufficient. Isn't it? And now there are aircrafts where they say "no baggage less fare, one baggage additional fare, two baggage, additional fare. They keep on increasing. But reduce baggage that you have in your personality. That's what I mean to say. Don't accumulate more and more baggage into your personality. A wise man will not build a grand personality, he builds a lighted personality. That light helps the surroundings like a lighthouse. Build a lighted personality but not a grand personality which is full of darkness. Grand personalities are a problem to themselves, because every now and then you get a phone call, isn't it? Every now and then. And every now and then there is a visitor. You are not let to do your work. To become popular in the world is wise for the worldly people.

To enter into light there are different processes. And that we should commence at one time or the other in life. That we commence when we have the inner impulse. When the inner impulse emerges, we have to plan it. Plan it. And we continue to plan it. That's why I sent you yesterday "do not pick up programs when time is for conclusion, and pick up programs when the time is for commencements". When something is to be commenced, you are into conclusion. When something is to be concluded you are into commencement. You are on the wrong side of the time plan. That's why we are guided by Time and we need to take to the messages of Time. The messages of Time, they are not difficult to know. They are simple. So therefore move according to the higher Plan so that you are with the stream, and when you are with the stream the effort is little and the movement is with ease. There are people to whom things are easily accomplished. There are people who complicate their things, even easy things, because many times they get the right idea at the wrong time, or the wrong idea at

the right time. So these are the problems, but when you practice the rhythms and attune to the Nature, you are with the flow. These two years, did we not follow the impulse of flow? Now that there is no Corona doesn't mean that you move anywhere and everywhere purposelessly. Just because you have freedom you can't fall into the old ways. You have to contain and see what is to be done. Don't fall between tracks again, pick up programs, conclude certain things, commence certain things. I give you an interlude to this Merry Life Teaching. I'll come back to you only after 2nd April. The Saturday after 2nd April I will relate to you. Until then, you see what is to be concluded in you and what is to be commenced for a further movement into Light. I will also do the same thing. So, we honor the Time and accordingly get into a kind of self-introspection, into a kind of a soliloquy and then prepare a plan.

It is necessary that we make a plan and try to follow to the best of our ability, and I wish you all well and do not fear about incarnations, fear about your obligations. Fear about your obligations, your unfulfilled jobs, that you have to clear. And fear about to not been regular with your practices. That is the only way that you get the strength from higher circles to fulfil here. With the reinforcement of energy from higher circles through meditation you will be able to fulfil here with ease. Plan for deeper meditations, plan for relating to the teachings, make a plan, a program for the year to come to start with and then see how best you can follow that. That should be our purpose as we touch upon equinox and move into Aries. I already sent you the Equinox thoughts to relate to. Relate to equinox, move forward into the program that you envisaged because envisaging a program for the next year is part of the energy of this month which we call Meena or Pisces.

I wish you well, I have overstepped by 13minutes but make sure that you tighten your belt and do things in a manner that we move on and we do not get stuck in it. I wish you a very happy new year, and when we get into the new year we will open certain dimensions and this Adityas which I started in the month of Cancer perhaps, or started in Leo with Indra because it is the first Aditya. Till we conclude that theme for that I have to take through a travel through Aries, Taurus, Gemini and Cancer which we will do in tune with month, so that the energy helps us. We have been doing like that. We'll continue to leisurely move on because wisdom is endless and then when it is permitted we'll continue to do it and when we come back we'll also have new rhythms set. We may take to the old rhythm or we may come back with the new rhythm. I do not yet know, because as you know when this health is improving there are demands for moving out. I have to see what is to be done. Anyway, we meet in the new cycle with new programs, but we continue to relate and we relate even without these programs. Isn't it? As you think of me or as I think of you, are we not connected consciously? Should we not see that? It is OK that when it is possible we meet on the physical plane, but at the thought plane we are so deeply connected over decades. So, where is the disconnection? Lifted up into higher planes there is no need for physical meeting. By that, I am not suggesting anything to you, don't get into any ideas.

We keep doing things gradually and move forward, it's a joy relating to Wisdom and it is a great joy relating to you all because in odd times you are ready to relate to me. I know that it is not evening for you. To most of you it is afternoon and to some of you it is in the evening and to some others it is in the very early morning. But you are so regularly relating. This is the group consciousness which you are building, and we move as a group. Earlier it is individual movement, but we are so consciously connected in a semi mental and supra mental state it is group movement. We move in a group. It is a joy moving with a group instead of moving as a sole ranger. We help each other, we are joyful. We sing, we speak, we walk and many times when we do a walking with a friend by your side you don't know the distance you have covered, you would effortlessly cover the distance. That's what the ancient Seers said: "Let us move together, let us be protected together, *Sahanâvavatu. Sahanou*

bhunaktu, let us eat together. *Saha Vîryam Karavâvahai*, let us work together. Let us work together means, in the inner dimensions. Let there be no hindrance to Light. Let not malice prevail.”

These are the instructions we have. When we have a group where one feels the other consciously we are making a groupal movement unlike in the earlier times where it was individual movement. You come alone, you leave alone, is the old concept. But you come together, you move, you do things together and you move further together. Is it not a facility? That’s the dimension of Aquarius and that’s what we are working with and we continue to do that. Once again, I wish you all good luck, make a good program, move forward on the essentials as basis. “Unity in essentials, charity in non-essentials, (meaning, be flexible in non-essential things, you don’t have to pick them up and load yourself) and charity in all motives.” Let there be no personal motives. Work, work, work, work and dedicate that work to those it is meant for. That’s the way. I stop, now it is another 4 minutes. Thank you so much. Namaskaram.