

**Merry Life Teachings
Master KPK
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Talk 62**

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YouTube: <https://www.youtube.com/watch?v=CjPFOJggWOY&list=PLsH2l6BIGH3b4sFdfDUvdUAlqVV8-JaSS&index=7&t=714s>

Audio: http://masters-call.net/pcast/en/media/2022-07-31_66_2022_07_23_vaisakh_merrylifeteachings-adityas.mp3

Naarayanam namaskrutya naram chaiva narothamam
Deveem saraswateem vyaasam tatho jaya mudeerayeth

Yathra yogeshwarah krishno yathra paartho dhanurdharaha
Tatra sreervijayabhuthir dhruva netheer matheer mama

Sarvadharmaan parityajya maamekam sharanam vraja
Ahantvaa sarvapaapebhyo mokshaeshyaami maashuchaha

Ananyaaschintayanto maam yeh janaah paryupaasathe
Yeshaam nithyabhi yukthaanaam yogakshemam vahaamyaham

Namastu ananthaaya sahasra moorthaye sahasra paadaakshi shiroru vaahave
Sahasra naamne purushaaya shaashwathe sahasra koti yugadhaarine namaha

Poornamadah poornamidam poornaath poornamudachyate
Poornasya poornamaadaaya poornamevaava shishyathe

Sahanaavavathu sahanaubhunakthu sahaveeryam karavaava hai
Tejasvi naavadhitamastu maavidvishaava hai

Om shanti shanti shantihi

Meedham may indro dadhatu medhaam devi saraswathi
Meedham may ashvinaavubhau aadathaam pushkarasrajaha
Aapyaayanthu mamaangaani vaakpraanashchakshu
Srotramadhubala mindriyani cha sarvaani
Sarvam brahmopanishadam maaham brahmaniraakuryam
Maa maa brahmaniraakarothu aniraakaranamastu aniraakaranamastu
Tadaatmani nirateya upanishatsu dharmaaha
Tay mayi santu tay mayi santu

Om shanti shanti shantihi

Hearty fraternal greetings and good wishes to all the brothers and sisters who are relating to this programme.

We have entered into the month of Leo with Sun's entry into Leo. Whenever we touch upon the energies of Leo, we are reminded of self-rule, self-responsibility and self-governing - which is the fundamental of discipleship. Disciples are those who need not be told what they have to do. Disciples are those who need not be told what they have to do - in a given circumstance, at a place, in a time – we all know this and we try to do our very best. When we think of Leo, we basically think of responsibility. The human responsibility is very high. It is we, who can contribute to uplift the humanity to the Kings of beauty and it is again we, who can pull down everything into the diligence of mundanity.

We make the decision and we are in a momentous time, where we have to work for self-upliftment which is but part of self-responsibility. If a significant portion of humanity can uplift accepting the self-responsibility, self-rule and self-governing, we contribute to the plan because the plan is to uplift the humanity as a whole. The great ones who guide us have been working for it and our intent will also help us with the supplementary forces coming from higher circles. It is therefore, I have sent out a brotherly note today -Let us be more intentful of Shambala, let us be more intentful of Shambala who stepped down the energies to uplift the humanity. We have a responsibility to bring the truth of Shambala into the human consciousness and therefore we should not feel hesitant to speak of Shambala to friends and relatives and to the like-minded people and engage in some kind of conversation in relation to Shambala. Shambala shall have to be linked up.

The teachings are all oriented as we see from the books of Master Djwhal Khul, Shambala, Hierarchy and Humanity. Shambala is the head centre, Hierarchy is the heart centre and Humanity is the throat centre. So we, have to use our throat centre for expression of Shambala and also express the divine subtle energies of Shambala, as are depicted very appropriately by Nicholas Roerich, in terms of violet, orange, blue, varieties of blue and the white and our attempt to relate to them, itself, will uplift our energies. Therefore I thought that before I talk about the Adithya relating to Cancer who is Varuna, I gently remind all of us, that, our self-responsibility, self-rule, self-governance should include an intentful recollection of Shambala. Let it be invoked along with the garland of Hierarchy.

Eventually, in our teachings, we landed into such a manner that we have conceived a garland of the Masters of Hierarchy, which we have adopted in the World Teacher Trust regulations. So we relate to

the Master whom we follow, who forms part of the garland. We also relate to Shambala and that would enable the Shambala energies to function in the human consciousness which we are a very insignificant part of the humanity. If we see the students of the Hierarchy, they constitute really a very, very insignificant part of humanity. But nevertheless, we do our bit to see that we contribute to the teachings in whichever little way that we can.

If you all have seen, the title page coming from the book of Master EK, namely, Man Sacrifice, on that book Master has given Lord Krishna foreboding the zodiac with a whip in hand, whipping away any energies that will hinder the growth of the planet and also of the humanity. This picture is very relevant to us. Lord Krishna is but a higher dimension of Lord Sanath Kumara. The cosmic person has four-fold dimensions and Lord Sanath Kumara is one of the four dimensions working for our planet, for its protection and for its growth. Therefore, we can visualize Lord Sanath Kumara as the guardian of our planet, whipping away every energy that hinders our progress and growth and we continue to progress through the crisis.

Crisis should not be seen in terms of a fight between black forces and white forces. It is not a good habit to see that way. We belong to the energies of synthesis. We have favourable times, we have unfavourable times. At all times, we associate ourselves with wisdom and tide over the difficult times. Difficult times cannot be seen as the times where dark forces work. Difficult times should be seen, to see how fit we are to take to the next step of evolution. Before you take the next step of evolution, there is always a crisis. At individual level, there are individual crisis. At groupal level, there are groupal crisis. At national level, there are national crisis. At global level, there are varieties of crisis, which we try to overcome with the help of synthesis, wisdom of synthesis, with a loving understanding of the crisis. Loving understanding of the existing conditions is important. Understanding of the tides of time is more important than to divide the energy into black and white, which is an old habit, which we have to overcome. Because, in creation where the energies move in a cyclical manner, there are times that bring us to a low state and then bring us up to a higher state.

As we experience on a daily basis, everyday has its dawn, everyday has its dusk, everyday has its high noon and everyday has its midnight. It's a cyclical process through which the consciousness is put through and we are prepared by knowing them. When it is the time of dusk, we know that it is not the time for dawn. Therefore, we recede and we conclude our activity for the next dawn, and then rise for the next mid-day and rest during the next midnight. This attunement to the time is more important than fighting during the dusk hours to look for dawn. Even if you look for dawn, it happens, only dusk happens and dawn eventually will come. So attunement to times will enable us to meet the crisis better, than to think of good times and bad times, that habit we have to overcome by attuning to the energies that the time presents.

We all know through COVID, how we have been put to certain adjustments, and we are able to take it, and we are able to gradually live with it and it is almost, almost, though not completely, a past to us; we move on. That's what I say, in every mail and whatsapp message. Let's move on with the help of the energies of synthesis and we in this context can also take to certain mantras which help us in this regard, which were explained in the past in our teachings. One mantra is, Om Namoh Bhagavathe Vasudevaya, where you cover the energies of the twelve zodiacal signs. And it's a grand mantra relating to the Lord who presides over the solar systems and our solar system is but one of them and our planet is an infant among all the planets that are surrounding us, we are taken care off. We can think of Sanath Kumara. We can think of Him standing around and whipping away the energies for which a title page is already there in the book on Man Sacrifice. We brought out such symbols even

earlier when we gave the mantra of Om Namoh Bhagavate Vasudevaya. We also gave similar symbol as a title page to the book on Hercules.

Hercules is a world disciple and he worked with all the twelve sun signs. We too are trying to work with all the sun signs, by understanding them, relating to them and then seeing every time what aspects every sun sign is presenting to us with the related energies of planets. For example, if we are entering into Leo, we make sure what energies Leo presents by itself and by its relation with other sun signs where the planets do transit. That's why a daily chart is helpful to look at and then just hold them in our consciousness and perform our duty, that would really help us to move forward.

We have been to the Cancer full moon, we have assimilated the energies and yesterday, 22nd July, we relate to truly speaking to the wisdom of Pi, because 22/7 is what is given as the wisdom of Pi. It is also given as the wisdom that relates us to the centre and the circumference and the diameter. The wisdom coming from Veda Vyasa as we say, which we recollect on Cancer full moon day, is the wisdom of Pi only. It is centre – circumference relationship. We too relate daily in our prayers to the Truth of THAT in us and bring THAT into ourselves as I AM. When we constantly recollect THAT I AM, we stand vertical. That I Am is the vertical. Standing as That I Am, we can relate to horizontals. Unless the vertical is firm, the horizontals cannot give us the needed experience. That's why the story of Varuna starts actually.

As I have been speaking to you about the male-female god, the immutable is the vertical and the mutable causes the ripples around, building circles, building different planes of existence, enabling us to experience different states of consciousness. Varuna builds everything around with Mitra as the vertical. So Mitra – Varuna is a grand Vedic concept, where a part of the divinity stays vertical, stable, immutable and changeable, when the other part starts building, building and building up to a point and then receding again. It all happens in a metrical order. The building of the Universe is like our daily building of the day. We daily build our day and conclude the day, how do we do it? With the help of the energies of Varuna, which gives a metrical form, a uniformity, a kind of a geometry, that, throughout the day, you divide them into hours, into a couple of hours, or into a period of three hours and conduct activities in a manner, where everything commences in order and grows in harmony and concludes in peace, according to our measured way of functioning with the day. This happens on a daily basis. This can happen on a weekly basis. It can happen on a monthly basis. So building is what Varuna does and is very systematic in building. That's why, he is the one who builds, and he also builds boundaries. Because, from plane to plane, there is what is called – building of boundaries. These boundaries are subtle.

As we wake up from morning, we move into different states of awareness, and these states are gently crossed over by us and we experience at different states of awareness from being physical, from being just emotional and also being mental, thoughtful, intellectual and then sometimes entering into buddhic plane and even the blissful or atmic plane through our meditations. It seems to be one consciousness relating to us but at different states of our relating to activity, the awareness is into different planes of existence within us. It is individual driven. It is also true for the planet. It is true for the Solar system. It is true for the whole cosmos, where the planes of existence keep happening and these are seen as seven planes of existence in general, which we experience on a daily basis. What we experience during dawn hours, when we relate to THAT in us is different state of awareness. When we are at the breakfast table, it's different state of awareness. When we are at work it's another plane of awareness. We are into various states of awareness according to the time, according to the place.

So if we take to the time dimension and prepare a time-table for us, and work accordingly with us, then, the journey relating to us will gain a different time-table. See we have an occult meditation coming from Master CVV, he says (which we have used last year), "Tables turn, Time tables framed, Right angles erected, Wrong angles neutralised". When this happens, we have the angelic co-operation which helps you to move on. This is how we move on in difficult times. We take to the support of wisdom, which is given in different dimensions, in different times, but an aspirant or a disciple, who is very fiery, he catches up to the right key, at the right time. What is the use of using these occult meditations, when we do not know how and when to relate to them. Just daily relating to them is like a kid working in a classroom. But at an appropriate time, an appropriate wisdom thought, would help us. If you see the occult meditation of today, if you see the occult meditation of yesterday, it all relates to Pi, where we are reminded to relate to the centre in us. When we relate to the centre in us, we relate to the vertical, from Sahasrara to the heart and then with that immutable vertical, we build the surroundings, where the need for working with horizontal energies becomes necessary.

When horizontals and verticals meet in right angles, the horizontals are well built. That's where the importance of right angle. The right angle that we have to build is That I Am. The respiration and the pulsation, they help us in relating to the vertical and that vertical is also there in the respiration relating to Cancer. So therefore, relating to Mitra, Varuna builds. Varuna is inseparable with Mithra which I have been talking to you. When I spoke to you about the Aditya of Gemini, though in time we are into Leo, in our lesson we are still with the twelfth Aditya relating to Cancer, which is Varuna. And it is the work of Varuna which builds everything around. In fact, among all the Adithya's, Varuna Aditya is seen as the most powerful one in the Vedas. Varuna is the waters of the Universe. Waters means the living pool of energy in which all beings float, that's the waters, in Spirituality called nara. These life forces in which the beings float, they cyclically move. From the beginning, they express, further express, express up to their optimum and gradually recede and merge again into the original source. This cyclical path is what is called Narayana. The cyclical path can be seen on a daily basis, that we express, further express up to an optimum, then we recede and then we get back into our own being through sleep hours.

The four states of existence, the whole thing begins with Varuna and concludes with Varuna, while the vertical remains. Therefore, Varuna should be seen as the kinetic energy which relates to Cancer. It's energy that builds and it builds boundaries and those boundaries are what I was explaining to you, as the Marcations or Markandeya or Saint Mark – these are all boundaries that happen to us. We have boundaries in our own life. We have boundaries surrounding us. We have boundaries in relation to our consciousness. It's not that we are different from each other, but we have boundaries as between us according to our state of awareness. Even amidst us, there are people who may be staying in supra conscious level, supra mundane level. There are people who live in mundane level. There is already a boundary existing between them. Though we consider the whole consciousness, we cannot mix them up. We honour the boundaries and accordingly relate. We have boundaries with animals, we have boundaries with plants, we also have boundaries amidst humans, according to our state of awareness. So noticing these boundaries is a great lesson which Varuna teaches us and Varuna is the one who sets these boundaries and ensures that we follow these boundaries in a strict manner, so that we do not cross boundaries as between us and bring in conflict. He sets the circles and circumscriptions, he sets in ring-pass-not and he is the one who does not let you into a higher states of awareness unless you have worked them out. He also cautions you with the help of the knowledge that we have, that you do not fall into lower states of consciousness.

So, we are in between two planes of existence, in a plane, according to the way how we develop our consciousness. He helps us to move on, that is where he helps us a transition. He helps us to transcend. We all look for transcending into the buddhic plane, where we tend to be super mundane and experience immortality, but in our consciousness, what measure is in relation to mundane things and what measure of our consciousness is in relation to super mundane. How much are we relating to the immutable dimension or the soul dimension, how much are we relating to the personality dimension? The more and more you are into the personality, you cannot upgrade yourself unless you associate the personality with the soul, as you function. The very purpose of discipleship is to function as a soul, not to function as a personality only. Associating with soul, we try to develop our personality. So as we relate to the soul and conduct a major part of our day, we are lifted up into a state which is slightly higher than the individual normal. When we relate to a teaching like this, we step up our awareness to relate to the teaching, which is not our individual normal. The individual normal is slightly below. When we relate to wisdom or relate to practices of meditation, the awareness in us is slightly stepped up and it has an ability to gain the soul consciousness by which you are into a different state of awareness, where you are allowed because you are in association with the soul energy. So as much as you relate to the soul energy, the personality tends to take to the right dimension.

The whole story of Cancer is setting right the personality. The whole work of Cancer is setting the behaviour right. If we do not relate or continue to hold the consciousness as soul in us and when personality is delinked with the soul, then the personality suffers a distortion. You see differently and what you see is not what it is. It looks different, but from the soul's stand point it looks different. Therefore, Varuna cautions that never ever separate from the soul, which you are, staying with the soul conduct the work of personality. When you disassociate with the soul and conduct the day automatically personality takes to a digression. That's why an example is given in Cancer that upon the surface of water if you set a vertical stick, on the surface it looks to be digressed. Why because, the vertical stick is vertical but at the surface of the water, it will find its distortion. That's why Cancer is said to be setting you to sideways. You are set into sideways and the personality draws to a way from the soul dimension relating to you and you get digressed and you walk into sideways. Even while you are walking into sideways, you should know that you are getting into different spheres of consciousness.

As humans, we have access to buddhic plane, we have access to higher mental plane, we have access to the mental plane, we have access to lower mental plane, we have access to desire plane, we can be just mundane, we can be very passionate. These are all the different states of awareness into which we are drawn when we disassociate with the soul. So hang on to this soul dimension which we are, with the help of That I Am and conduct the daily activity, then you are gradually building the right angle with the horizontals. The vertical builds the various spheres around you with respect to the field that you are relating to and you can build everything in a beautiful manner. A disciple is one who builds life in a beautiful manner in every dimension. There are so many dimensions of activity for humans where he can build everything in a beautiful manner in accordance with the ancient and due order. When you build things in that manner, you can say that you are a mason. When you build life around you in a manner, which is fragrant, which is useful, which is productive to the surroundings and which helps people, that's the garden that you have to build. This building is what is called building also the temple in you. When the planes in which you move, when you express through these planes and express out you are building a life and that's the temple through which you continue to serve. All these building has – its own measurement, its own technology, its own arithmetic, its own metrical system, and this commences in Cancer and goes up to Capricorn. In the

whole game we build, build and build our personality. When you build a grand personality, then, grand personality means a personality through which you can help as many people as possible.

The Masters of wisdom demonstrate, that their personality helps the whole planet. Through their personality they permeate and help the whole planet and the life on the planet. To us they are the models, they are the examples, that, with the life force in us, with ourselves as soul, we build our personality as a temple and through the temple we keep on serving, we becoming the images of God. We are the images of God, and our personality is the temple through which everything is built and in building the temple around you, you meet certain crisis because of yourself only. When there is not adequate application of the teachings, we are not fit to move on, to move further, that's what we see as crisis. So when we find a crisis, what are we to do? We make ourselves very firm with our verticals. Make the vertical much more effective, much more stable, bring energies beyond Sahasrara, through Sahasrara up to the heart, make it vertical with That I Am as the mantra. Soham, Soham, Soham, is the mantra and the respiration, which is part of activity of Cancer, it's the key there. Respiration gives the key of pulsation and pulsation gives us the sound of Soham. As much as you work with Soham, so much your vertically is kept intact. With that strong vertical, relate to the horizontal, which is but your personality activity of the day. So this personality development is the great work that humans have to do to enable an alignment between personality, the soul and the super soul, where Varuna is the Master.

Varuna gives such discipline, that in the Vedic system, he is said to be the one who is holding the noose. He binds people, he binds people when they do not know how to work and he is such a disciplinarian that it is very difficult to wriggle out of him. Very difficult to wriggle out of him unless you gain the knowledge. He will haul you, he will stop you, he will not let you move unless you have gained the related consciousness to move into higher circles. It's like we don't allow a child to set his finger on the flame, do we? We don't allow him, because, if he sets his finger on the flame, the finger burns and it has consequences to his finger. So we as elders do not allow him to set his finger on the flame. So also Varuna does not let you into higher states of awareness, unless you have learnt what is needed to be learnt, at every state of awareness. Unless you have completely overcome your mental limitations, you cannot walk into super mundane. The mind has to be unfolded through the practices that are set for the purposes, and before the mind is set into unfoldment, the motions have to be cleared and before the motions are cleared, your deep association with mundanity has to be set right. At every state, there is the discipline of Varuna for our growth and when we are fully grown enables us to relate well with That I Am. So, That I Am, is what is the basis for Varuna to function and Varuna's work commences right from Cancer in every Solar year. Mitra – Varuna the double energy in Gemini, the energies are handed over to Varuna to build the year. That's why in the East, there is such a great emotion about the full moon of Cancer. The idea is to set the behaviour in right order in tune with wisdom and that should happen till you reach Sagittarius. That's how the whole game is and then, we have the story of, even the cosmic king, called Indra.

The cosmic king, the king of Devas, when he faltered, even he is circumscribed by Varuna. Varuna, the beauty of his weapon is that he circumscribes, meaning, he binds you. That's what the noose is, so that's why, this noose is also called 'Vru', the root sound is 'vru', Vruttha . Vruttha means a circle, 'Vru' means to surround. Are we not surrounded by problems? When we are surrounded by problems, we have to find the right wisdom to release ourselves from this circumscription. Only with wisdom we will be able to overcome the vruttha or the circumscription. There is a grand story in the Vedas, that even the king Celestial was circumscribed by this vruttha, which is given as a grand concept of Vruthrasura. He is considered to be a asura by Indra because he is circumscribed. When we are circumscribed, we feel congestion, we feel limitation, we try to blame the situation, isn't it?

We try to blame the situation when it is unfavourable to us, but blaming the situation doesn't help us. We have to find the right wisdom to dissolve.

The story is that Vruttra surrounds Indra, the king celestial, who could not come out of it. Then, Vruttra himself gives the key of how to come out of circumscription. He gives the key of Narayana. He gives the key of Narayana and tells Indra, "understand what Narayana is". Narayana has four dimensions, as I explained, the dawn, the dusk, the midday and the midnight. During the midnight hours you cannot but have the darkness. During the evening hours you cannot but walk into darkness. During the morning hours you cannot but walk out of darkness. So you should understand the time dimensions, according to it adopt yourselves. Don't try to fight like a child with the circumscription, you should know what the time is dictating. You should know what time is dictating and go by it and when time is favourable you move on. When time is not favourable you stay on relating to Narayana, because Narayana is the cyclic energy that moves the whole cosmos, when the right time comes, you can move on. When we are in a crisis like this, we should learn to wait and see until we get into the right movement to act. Until we get a new balance, we shall have to be more in silence. When we get into a new balance, we have to wait in silence and then what little we can do within our surroundings understanding the time dimension and Varuna is no other than Vruttra in the Vedas. He is the one who binds, he can bind the whole cosmos. When does he bind? When people are ignorant, they are bound at every level. At every level – at sub human level, at human level, at divine level, even the devas are bound by him – because he goes according to the dictates of time. He implements the plan of time and he conducts things and the beings who know the time dimensions and who can adopt themselves to the time dimensions, those are the only ones who can freely move in all planes of existence. That's where we speak of Narada.

Narada is the great seer who can move in all the seven planes of existence, he can also move in the seven infernal planes of existence. According to our scripture, Narada is the sage who can move everywhere in the universe with respect to the seven planes of existence which are in the ascending order from earth (physical plane) and he can also move in the sub-terranean planes which are also seven. The seven planes within the earth are called 'talas'. The planes above the earth are called 'lokas'. People in India, some of them know, 'talas' means within the earth, the seven planes, 'lokas' means the planes above the earth. So there are seven planes above, there are seven planes within and in all these planes there is a grand initiate who does not suffer any limitation because he is attuned to Narayana, he is called Narada. Whenever he visits, he gives us the wisdom of synthesis. That's why the very scripture, Bhagavatha, initially speaks of Narada only. The first story in Bhagavatha is the story of Narada, who gained this wisdom of synthesis. Many are with the wisdom of synthesis, you know what to do, where to do, how to do, where not to do, how not to do and where not to do. When you don't have this wisdom, you find yourself in various kinds of bondages, various kinds of problems and therefore Cancer cautions us to relate to Varuna.

Even the energy that we speak of, the energy of Master CVV, it is also brought by Varuna, down up to us from the supra cosmic plane. It is Varuna who brought it and the whole path through which the energies are brought are explained in the book Aquarian Master, which is very familiar to you. If it is not familiar, better relate to it and then know that we are in one flow of consciousness with different states of awareness. We cannot jump over unless you have gained the related awareness in you by setting your behaviour in tune with the time plan. That's the beauty relating to Varuna which I intend giving you, informing you. He builds patterns of behaviour at all planes. He builds different patterns for different planes of existence. The patterns relating to us, we can adopt by relating to the zodiacal signs and working out through discipleship. Therefore, do not mix up things.

When we build a house, we build energies in a manner, where you have a shrine room which has different energies. We have a kitchen which would have a different energy. A bedroom has still different energies. A bathroom another kind of energies. A visitors room another kind of energies. It's all one house, but we have different kind of energies according to how you function in that space, is it not? So you can't meditate in the toilet or in the bathroom or even in the kitchen. You have to set a place for your meditation. Daily meditate there, you find different energies available to you to attune yourself. So also for your study and for you to receive visitors, for you to have food, everything has its own set places. So also in our system we should have a kind of distinct perception. You can't do anything and everything, everywhere. Then you are mixing up things. When you are mixed up, you are confused. When you are confused, you move like a crab. You may be seeing on the sea side, how anxiously the crabs move, they have a zig-zag movement. There is no rhythmic movement and they are full of fear and they are always in anxiety. All it is because you have not recognised the energy patterns in you and how to relate to the energies in you with the energies that are surrounding you. When you go to a temple or a church, it's a different energy. When you go to a mall or a market place, it's a different energy. When you are moving in the streets, it's a different energy. Cognise these borders, when you do not cognise these borders, you are bound to confuse yourself.

People come here to Radhamadhavam to do prayers, they have to leave their general behaviour outside as they get into the prayer hall and attune to the energies that are presented at the altar relating to the prayer hall, is it not? Otherwise, they do not get the energies as are presented in the prayer hall. They also contribute to confusion by behaving in a different manner. That's the reason why we say, please do not gossip in the prayer hall. We also say, please do not eat in the prayer hall, we provide a place in the ground floor where they can have prasada. No gossiping here, no food intake here. Here we relate to That, that's it. Be it a fire ritual, water ritual or a general ritual or prayers or meditation, it's only relating to THAT. The soul relates to That and reinforces itself. The soul has to be reinforced in association with That. Then the soul can take to daily life with the help of personality. These three dimensions in you, you have to cognise to start with. We are three in one, we think we are one, isn't it? Bodily, we seem to be one person, but in this one person, there is the super soul, Ishvara, there is the soul that we are and we have the personality, which is the mutable side relating to us; three persons in one person. But do we know that we are three persons in one person? We think we are in one person, Ishvara supports us and we take to the support of behavioural pattern in us.

So we have to cognise in us the different patterns of energies to different planes of consciousness that we have and when it comes to Cancer, we come to the chest region, where we have the respiration, the pulsation, the circulation of blood and then there is also purification of blood. See the heart purifies continuously the blood that is brought to it through the veins and it pumps out again through arteries. It's a centre where you have purification happening. So when you join your awareness to the activity of respiration and pulsation in the heart centre which is a purification centre, your awareness is also purified, isn't it? When you go to a purification centre, it's like just going to a laundry, you know, where the dirty linen is purified so that you can use it again. So also the awareness, bring it to the heart centre, where it gets purified along with the blood. That's where the work is to bring the awareness to the heart centre to start with and when you are with that centre you gain the clarity, It is the centre where the verticals meet the horizontals. It is a centre where the verticals meet horizontals. That's also the centre which is referred to by Madam Blavatsky, as the Holy of the Holies. The Holy of the Holies cannot be met unless you apply mind upon respiration, get inside, catch up to the resonance of pulsation, hold it well, along with the resonance of pulsation. When you are deeply associated, it leads you to deeper pulsation where you enter into the cave of the heart, where the golden light is available. That's how you have to practice, so that every day we

are set in right angle to move throughout the day with the help of personality. That's why all seers of ancient times suggested that we should daily relate in our meditation to the heart centre, from where we walk into horizontal energies, which is built in circles around you. It is built in circles around you representing various types of activity that we have during the day. That's how Varuna is Vruttha, who builds circles, you should cognise these circles.

When you wake up, you are with yourself, when you are with your life partner, already there is a different state, when you are into an activity of meditation, it is a different state, when you are in activity for preparation of breakfast and taking breakfast, a different sphere. When you are relating generally to people, it's a different sphere. When you are relating to the wisdom of the Masters, it's a different sphere. So at every time, there is markings happening. We constantly, it's like stepping over from one to the other. In India, we build houses where, when we move from one room to the other room, there is a border. There is a threshold. The threshold tells you, you are moving into a different energy. That's why, we also mark the thresholds with the energy of Durga to enable us to move freely, noticing that they are moving into a different state of energy. Now in modern houses, there are no thresholds. It's an act of ignorance in one way. For example, if you see at the prayer hall we have at Radhamadhavam, there is a big threshold, which is always painted with the brilliant yellow colour, representing the energy. Beyond this border you have to work differently. Before the threshold in the veranda, it can be one kind of energy, when you get into the veranda, as we step in we notice the threshold, at the threshold the energies change. So at every place there is a threshold that way, the better you mark the threshold, you are able to observe it. When thresholds are taken away for convenience, you should hold the threshold in your mind. When we come to prayer hall, it is one thing, if you get to Master EK's room, it's a different energy. If you get into another room where I work, it's a different energy. There is also a store room, it's a different energy. So this ability to distinguish on the basis of the energies that are presented is most important dimension which Varuna gives without which we are like a blind man walking in a huge forest. A blind man walking in a huge forest, not knowing what is happening where. Though we have eyes, we don't have THE EYE to see through. That is why even when we go to sacred places, we cannot really experience anything because we do not see the patterns that distinguish, the patterns that Varuna builds and these are the patterns which have to be cognised, otherwise they cause you confusion, they cause you illusion and the apparent becomes real. What is apparent becomes real and we live in an apparent world with full of illusion.

With one story relating to scriptures I conclude for today. We continue with Varuna because Varuna has to be justified through by our explanations so that we gain understanding and work with that. With the elaboration of Varuna, we also conclude the theme of Adityas and later we get into some other theme. Before that let us do a thorough job with Varuna.

I'll tell you a story in Ramayana, where Sita was illusioned by a deer. She was illusioned by a deer in a forest where the diabolics are predominant. They lived in a forest where the diabolics were predominant and they know that they are in the region of diabolics, where magic is common factor. Magic is maya, it puts us to illusion. The Mayans knew it better, the ancient Indians knew better, the Masters of wisdom know it well – the magic. The magic is, it makes believe that which is not real and unless you know how to antidote it, you cannot see through. That's why what we see is according to the illusion that we suffer. Each one of us see different world within the world. This world itself is very beautiful to many people, this world itself is full of conflict to many people, this world is unworthy some people say, according to their perceptions. These perceptions are but different states of awareness clouded by illusion. So the Lady Sita was illusioned by a deer and then the brother of Rama who is called Lakshmana, he said such a deer doesn't exist. He says, as far as my knowledge

goes, the kind of magical deer which you are seeing, it does not exist. See, between two persons such a beauty of difference in perception. The Lady Sita says, it's beautiful, we should take it home. We also believe wherever we go, whatever is beautiful, we take it home. Only after we take it home, it becomes a liability to us because we have to find a place for it and we have to regularly clean it. It's a service for nothing. You could have seen and left it there but you bring home many things. Whatever beautiful things that can be seen and enjoyed for a while over there, don't bring everything home. We don't have to bring all beautiful things home. That was the problem of anti-hero in Ramayana. He wanted to bring everything home. His name is Ravana and here is a Lady who was enamoured of a deer which does not exist. But it is real to her and brother of Rama, he also sees it. He sees it and said, this is the magic of diabolics. This is the magic of diabolics and we are living in a diabolic region, it is but natural, they make such attractive things to divert you, to distract you. But the Lady does not accept – no, no, I want this deer. How did this deer happen to be? She stepped out of our normal and natural state of awareness. She stepped into a state of desire, which is not her normal nature, also we when we step into desire and come out of the duty or what is to be done. What is to be done is different from doing what we desire. When this distinction is lost, we step down. As we step down, we get into problem. So Lady Sita walked into problem as she was looking for the magical deer. The rest of the story most of you know, that because of this deer, she was abducted by the diabolics and is set in an island. But Lakshmana, brother of Rama, very clearly sees that there is no such thing and of course, Rama has a grand plan to perform and the story goes on.

What I say is, when you have distinct perceptions, you can relate to things. The field is full of distinct states of awareness and you have to relate accordingly, that should be understood, otherwise Varuna binds you. This is what I wish to inform you. I have made sixteen points to talk to you today but I have covered eight points and the time is up. Another eight points I cover in the next class which happens fourteen days after. Fourteen days after because we have set a different rhythm. So kindly relate to what is already said, generally stay related to wisdom and move on, so that we move through the field, the field of activity which is called the creation. Honouring the borders between – one place to the other place, one person to the other person, one being to another being – there are unseen borders. That's where the whole work of Markandeya commences at the end of Gemini and beginning of Cancer, which is not understood unless we see these unseen borders as they exist – between sun signs, between moon phases, between the days, tomorrow we walk into Sunday, it's a different awareness, today we are in Saturday. So, these as time moves you through the journey different energies prevail. During the day, day after day, year after year. So, understand, relate to the energies presented through time and move on, is what wisdom tells us. That gives us a facility to move from centre to circumference and from circumference to centre and anywhere to the circumference from the centre, that's how we work with the wisdom.

We continue in the next class to cover the other points which I have noted to relate to you. What I give you is only a pittance of what is there as the activity of Varuna. We have to by pondering over, by dwelling over it, by contemplating upon it, we have to find the related expansion and find the profundity relating to it. Books cannot give everything, they can only hint. The teachings also, when it is a classroom, there is a better explanation. When there is a class like this, it is only throwing out ideas. It is for you to work with them and develop them. So we continue with the next class happening two weeks after, isn't it? And there are no programmes coming in the way to our Merry Life for the entire month of August. So we continue with the rhythm of the fortnights and I see you all again a fortnight after, that is, the Saturday after the next Saturday. Until then, let us enjoy working with the tools of wisdom that we are provided with over decades of teaching and learning. Thank you one and all. Namaskar.
