

OM Namō Narayanaya
Lecture by Master K. Parvathi Kumar
Hamburg Govinda Boat
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Hearty fraternal greetings to the brothers and sisters who are present here. I am extremely filled, because we are in the fold of *Krishna* here. It is so fulfilling, the colour, the form – everything is so beautiful. There is no inclination to make sound. Silence is more beautiful in such situation. It is so thrilling to be in this boat with such sweet hearts like Ursula and her company. It makes me completely filled that I cannot speak out. It is such an immense pleasure inside and a sweet coincidence that we are made to find the boat of Krishna. It looks as though we are not in Hamburg. We are somewhere away from all the human activity. I get the feeling that we are insulated from the outer activities and totally included into the *Krishna* or Christ consciousness.

So, let the 4 or 5 days stay in this boat be like the boat of Noah which takes us into higher planes of existence devoid of the objective existence. It is not that we find such situations in life. I am convinced that such situations are given to us, where we are allowed to live in the presence of the Lord. It is a method by which the Lord steers us into the boat. We may have tried to find some good hall in Hamburg, but we were somehow directed to find this boat. It looks as though other places were closed, it also looks as though no places were available, so we were steered and directed towards the boat Govinda.

So many times I came to Europe with Master in the physical plane and with Master in another plane, but it is the first time that we are in such a good situation in complete presence of the Grand Master who is the Master of not only the planet, but also the Master of the solar system and the Master of the universe consisting of all the solar systems and who is the background of all that is created and destroyed. It is He whom we call *Narayana* who is called by many names and it is Him we experience here throughout our stay in the boat. He is also the basis for our experience. Without Him experience cannot be made.

Suppose we don't have life, we cannot experience anything. Life is the basis of all experience, and He lives so silently as life in us. It is so beautiful to be here, and it is also another coincidence, that in Vienna the day before we concluded the significance of OM, we entered into the 4-fold existence of OM, and the process was so sweetly explained to all of us, and we were made to be the flute to be played by the Lord. The teaching concluded with the disciples becoming flutes in the hands of the Lord. Then we travelled 11 hours to be in the fold of the Lord to be played upon by Him. It was never expected that we once again get into the boat where we experience the presence of the Lord. The group that travelled from Vienna to Hamburg never knew that we would be in a boat like this, and it is a good experience to be here with you all. Somehow the Germans are becoming Indians.

There are so many coincidences which are not really planned from the human standpoint. They are planned from a different dimension. Another coincidence is that today being Thursday which is one of the most important days in the weeks, a day that carries complete 2nd ray energy, and then as if it is not sufficient, it is also the 11th phase of the Moon which is the most sacred of all the phases of Moon.

It is one sure way of finding that the One whom we call 'the Master' is pleased with us and has therefore converged so many energies into one point. This really made me fulfilled and the first utterance of OM has brought out much ecstasy. With this as the background let us get into the experience of the Lord through speech. It is another fallacy and a paradox. We have to experience the Lord in silence, and then we indulge in speech to experience Him. This is because we have habituated to speech. There should be a situation where we should remain

silent and look into each others' eyes, and then the communications are there without the vocal utterances. This is not the so-called telepathy. Telepathy is far grosser to this state. It is a state of communion of souls.

There is a grand Master in the cosmos. His name is Dakshinamurthi. He is a Master of 7 years age, and he has disciples who are 70 years old. The disciples sit around him, and he makes a posture with his hand smilingly. Then the 70 years old Masters, who are his disciples, they keep listening to him, when he speaks in silence. The speech is in silence, the listening is in silence, and it is this grand Master, who communicates to the Masters of the solar systems, and the Masters of the solar systems communicate in some kind of symbols to the Masters on the planet. The Masters on the planet in turn communicate through speech to their disciples.

Ultimately, all speech should be in silence through communion of souls. Towards that end, all speeches should merge one day. Then we do not need translation. We do not need physical movement. We continuously live in one existence, where bodies and languages are not barriers. This is the purpose of all occult speech. But now let us indulge in some speaking, because it is necessary for the moment. In so far as the speech is above the One and in so far as the speech does not forget Him, it continues to be sweet and it gives the necessary experience.

So, I proceed to speak about *Narayana* as one of the topics during our stay in the boat. I was asked to explain the *Mantra OM Namō Narayanaya*. It is an 8-syllabled *Mantra* to explain the 7 planes of existence on its background which is the 8th plane. So, it explains the background of all existence, and then the 7-fold existence which comes out of the background and gets back into the background.

All the books that we have, they explain to us the 7-fold existence as our existence
as pure consciousness and as soul,
as our body of love and the body of wisdom,
as the body of mind which is the grand planner,
as the body of desire, and
as the physical body which we see.

There are people who can see beyond this body and all spiritualists at least know the existence of other bodies. So, there are spiritualists who know the existence of the 7-fold bodies.

No. 1 is the spirit – the God in man

No. 2 is the soul – the man in God

It is very important to know these two. There is the God in man, and there is the man in God. The man in God speaks to the God in man, and the God in man advises the man in God. These are the two friends that eternally exist. The God in man is called *Narayana* and the man in God is called *Nara*. We have the *Narayana* and we have the *Nara*, and *Nara* is part of *Narayana*, and *Nara* is the Sanskrit word for man. Man includes woman. It is by habit we say 'man'. Don't think that women are excluded. We say 'man' only to mean the human being. The male/female aspect is only at the physical plane and beyond the physical we carry both the energies.

I frequently make a statement which is very disturbing. When I tell women that they are males, they are disturbed, and when I look to the males and tell them that they are females, they are also disturbed. But there is no cause for disturbance, if we understand that we are both male and female. There are times when we give, and there are times when we share what we have with others. There are times, when we are positive in energy. Regardless the male or female bodies we have, whenever we are in the mood to give, we are all males, and whenever we are in the mood to receive, then we transform ourselves into negative energy to receive. When we carry negative energy, we receive, and when we carry positive energy, we give.

Do you know there is a statement in the Orient which says: "Only *Krishna* is the male and all others are females." Then many males are disturbed. They made a great verification of

themselves and then they felt really confused. How is it that we are females when we are males? Then the man who made the statement asked them to meditate upon it. After 12 years of meditation they have understood they are definitely females, and only *Krishna* is male. The secret is: only the Lord is the giver. All others are receivers. The Lord is the spirit in us, and we receive the spirit into us to make all experience. We may give everything, but we are not the givers of life. The only One who gives us life is the Lord.

So, He is the only giver and hence the only male, and the whole universe is female, because it receives the basic energy from the Lord. But in our small spheres we make little givings. Now Ursula gave us her flat, and we receive the place to live. So, we are the six females in the house of Ursula, and Ursula is the male when she gives. It does not mean that we change our bodies every moment. It is an aspect of becoming positive and receptive. If I say 'negative', again you will have some feeling. There is nothing negative about negative. It is only our feeling. Without negative, there is no positive and without positive there is no negative. So, whenever we receive, we are the negatives or receptives, and whenever we give we are the positives.

So, *Narayana*, the God in man, is the most positive, and then the negative is the man in God called *Nara*. These two are eternal. They keep living as long as the universe exists. When the two cease to exist, the existence is shifted into absolute existence, where there is apparent nothingness. The apparent non-existence is our non-understanding of existence. Even when there is no universe, there is the existence, but the only thing is there is no one to experience the existence.

The best thing to understand is to get back to the micro-cosmos. The macro-cosmos cannot be understood straight away, we have to look at the macro-cosmos through the micro-cosmos, and the micro-cosmos is we all. We also daily experience the state of apparent non-existence. It is the sleep. When we are in deep sleep, we do not know that we are sleeping. Only after we get up and look around, we feel, "Oh, I slept well." That is how you can experience sleep after you come out of it. But while you are in sleep, you are not experiencing it, because the one who experiences is also merged into experience. So, there is the experiencer and the experiencing merging into experience. It is called 'the three in one'.

There is the fellow, who is to experience sleep,
there is the process of sleeping, and
the experience relating to sleeping.

The three no more exist in sleep, and the fellow who wants to experience is also not there. To him, sleep is a mystery.

In the same fashion, when the creation comes out of the seeming nothingness, only after the first unfolding, there is the *Nara* to experience *Narayana*. Even the spirit which is the 7th plane of existence is an unfoldment from the centre *Narayana*. So, we have the 7-fold existence which we normally think of:

The God in man
The man in God
The love body
The wisdom body
The mental body
The emotional body
The physical body

Then we have the 8th one who is above the seven. The seven come out of Him, they gradually unfold into the seven, and they get re-folded into the One which is the 8th one.

After 7 unfoldments there is a new cycle coming. During the existence of the universe, the whole wisdom is explained with the principle number 7. If the whole thing is to be wound up for a new cycle, the whole thing is made into 8. The number 8 is very mystic. The whole thing gets into a double Zero, meaning, rounding up of one cycle. See, after every 7 days, there is a new

week coming. It is not because we have chosen to have 7 days a week; we have changed many things into the decimal system, but we could not change the week into a 7 days' week, because the cyclic visit of energies is on the basis of 7 and on every 8th days, you have new energies coming.

This is how the cycle is visualised. From new moon to full moon, you have 7 days, and then you have the 8th phase of moon, where there is the changing of energies. Then from 8th phase of ascending moon to full moon, you have 7 phases of moon, and then from full moon to new moon, you have 7 days to reach the 8th phase of moon, and again you have 7 descending phases of moon to reach new moon.

This is an aspect relating to 7 and 8. 7 phases of moon bring you to the 8th phase where there is change of energies. Then there is further waxing of moon towards full moon, and then there is changing of energies at the junction. Again there is changing of energies from full moon and you have one kind of energies coming up to the 8th phase, and then there is the junction with the 8th phase of moon, and you have again 7 phases of moon to get back to new moon.

These are the four weeks of a month according to the lunar calendar. The lunar calendar is therefore considered nearer to the measurement of time, because it goes by the changing energies of the nature. Each time you come to the 8th phase which you do four times in a month, there is the changing energy, and we have to be in tune with the change that is taking place in the energy, so that we remain in tune with the changed energies for the next 7 days.

If you take the same cycle for the day, there is the sunrise hour, the meridian or noon point, the sunset hour, and the midnight hour. If you take the midnight hour as new moon and the meridian or noon point as full moon, you have the 8th phase of ascending and descending moon in the morning and in the evening. So, in a small cycle of a day, there is the changing of energies every noon, every sunrise, every sunset, and midnight. This is how the number 8 keeps changing the energies. It is a regular unfoldment into 7 layers and folding back into the background. It should be understood that one to seven merge back into the background. It is not merging of the 6 into the 7th one. The merging is into number 8.

Hence, the Mantra is contained in 8 syllables.

The nature is undergoing its own cycle, and if we remain in spirit which does not change, and if we continue to see the change that is taking place in all other planes, we see how beautiful it is changing. If you remain with that which does not change, you only can see with pleasure that which is changing. But if you live in those planes where it is changing and make a strong will not to change, it does not work. If you are in a floating boat, you have to float with the boat. But if your boat is anchored and you see other boats floating, you can see how beautiful is their floating and changing.

When you are with the God in man, you can see how other things are changing. It is a great occult statement that God is change and no change. If you are in the state of no change, you can experience the beauty of change. But if you are yourself in the stream of change or in the flood of change, you cannot see the change. That is why the Lord says, "The creation is beautiful. It is so splendourous." There are also some fellows who feel it is wonderful. You know who those fellows are? Those are the ones who are called 'the realised souls' or 'the Masters of wisdom'. Those are the ones who also start feeling the beauty of the universe and the creation.

For the average man it is full of conflict, full of pain, full of suffering. He says, "God must be a crazy man." To him the whole game is unworthy and total madness. This is because he has not tuned up to the changing energies, and he is swept away by the changing energy.

The only one who never changes is in the 8th plane in the macro-cosmos, and the only one who does not change, but experience the changes is the one who lives in the spirit in his own being in the micro-cosmos. When you are plugged to the Father in the Heaven, the objectivity does not affect you. If you are cut off from the Father in the Heaven, then you have the pain of the objectivity. It is the same to you and to me. We get cut off, and hence we feel the pain. It happens to every Master, whenever he is cut off with the Father, he experiences the pain. When he is in tune with the Father, then there is no pain. Even crucifixion was not a pain. What is the kind of problems we have in life? They are so small compared to the crucifixion suffered by one initiate. The wise men turn the pain into pleasure through their touch with the Father. It looks as though Master Djwhal Khul and Master Jesus are sadists, because they invite pain, while wise men like us would like to avoid pain. They must be foolish to invite discomfort and pain. It is a clear demonstration that in so far as you are in tune with the Father in the Heaven there is no such thing as pain or pleasure. All that changes is a pleasure to witness.

That is how you will experience the situation when you are in tune with the God in man. There are many, many stories in the Orient, even adepts of five elements, for a moment they forgot the Lord, they fell and they suffered. It can be for a moment, it can be for a life. You know, in the story of Jesus, he bore all the pain of crucifixion with pleasure and for a moment he was cut off, and he felt terrible pain. The pain was so unbearable for a moment to him, and he cried aloud, "Father, why did you leave me?" When the Father leaves, then you are lost. That was the situation of Jesus for a moment. Maybe he felt in his own being that he is able to bear the pain. It is possible that sometimes we feel that we are able to do it. Then the God in man says, "Bye, bye!" That is what perhaps happened to Jesus, because we see such events happening in the lives of greater initiates.

Even in the life of Christ, it happened when he was living with Krishna 5000 years ago. The only teaching *Krishna* gave: "At no cost leave me." It can be very costly to be with me. If you are mindful of the costs, you cannot be with me. At any pain, be with me. If you are with me, there is no pain. If you are thinking that it is painful, it means you are not with me. If you are filled with me, then there is no pain.

So, pain and pleasure are experienced in the changing world, when we are disconnected with the background. And the grandest of the Masters who have realised it, they thought, "Let us give the background *Mantra* to all who would like to be with the unchangeable. Let not humanity put to pain and suffering. Let us give them some sound keys through which they can get into the connection with the background consciousness. Because the background is the 8th one to the seven planes of existence, the *Mantra* is conceived in 8 syllables.

I have explained to you last year the sound *Gayatri*, and *Gayatri* is a *Mantra* of 8 syllables arranged in 3 planes. The meter of *Gayatri* contains 8 syllables. All *Mantras* that are conceived in 8 syllables are called '*Gayatri*'.

OM Namo Narayanaya is also a *Gayatri Mantra*.

Then we try to know about *Narayana* a bit. *Narayana* is the state of existence before creation. It is beyond the planetary centre. It is beyond the solar centre and it is beyond the cosmic centre. It is the One that exists before the three. It is what I call 'the apparent nothingness'. That is what Madam Blavatsky calls 'the *Gandharvas*'. These are the waves in the space. A wave in the space forms into a globe, and you have the cosmic centre formed, and you have the universe formed. The whole work is 7-fold. The waves are continuously in existence and keep laying eggs of cosmic centres.

Now you can imagine what we are uttering. We are trying to be beyond the universe, where there is the absolute existence. Beyond the cosmic centre, there is the possibility for manifestation of many cosmic centres. From these waves of space, the globes of creation are formed. These are explained in the *Veda* as 'the grand golden yellow eggs'. It is this golden

yellow egg that is responsible for the whole universe that we try to understand now. This space is symbolically stated as the pure white swan, called '*Hamsa*'. It is that *Hamsa* that keeps on laying eggs, one egg after the other.

When one egg is laid by the swan, which swims in the waters of space, then it takes its own course of 7-fold unfoldments. When it is re-folding, there is another egg which keeps unfolding. If you can understand this you can easily understand the concept of globe chains given in 'Secret Doctrine'.

So, the divine swan lays one egg and it makes its own 7-fold existence and tries to get back into creation, and when this original egg is taking the second step, which is explained by Madam HPB as globe B, there is also another egg coming from the swan as globe A. Then the original egg becomes globe C, the previous globe A becomes globe B. and there is one more egg coming from the swan as globe A. When globe C becomes globe D, there is successive formation again as A, B, C. So, you have continuously the globes forming.

It is like the students are continuously in a school with 7 classes. When the students are out of the 7th class, the students of the 6th class are going into the 7th class, and the students of 5th class are going into the 6th one, the 4th to the 5th, the 3rd to the 4th, the 2nd to the 3rd, the 1st to the 2nd. Thereafter new children are making entry into the 1st class. A school is always full with its seven classes.

This is how at the cosmic plane the eggs are successively conceived, and the cosmic centre keeps on making its own successive unfoldment into the solar centre, and the solar centre makes its own successive unfoldment into the planetary centre, and then the planet also has its 7-fold existence. Our planet is one of such millions of planets that came through from space which is in its 4th state. The next state to the humanity or to the planet is to shift into the E-globe. That is why there is so much of speaking of etheric vision, etheric bodies, movement in air – to be like flying saucers, supermen. These are all in our mind today, because that is our future. But if you conceive the whole thing from the cosmic centre and from the standpoint of that beautiful swan that keeps on laying eggs all the time, you will see how beautifully the whole game is conceived.

Madam Blavatsky puts it so beautifully, "It is like our inhalation and our exhalation." When the great breath exhales itself, there is the universe formed, and when the great breath inhales, the whole universe is taken absorbed back into the original existence. It is a state from which there is the involution coming and a state into which the involution is traced back through evolution. It happens daily. It happens monthly. It happens yearly, and it happens in every cycle of time, and it also happens in one's life time. So, the scope is to experience it every day or once in life. The choice is ours.

Every time there is the sunrise. There is the unfoldment of the creation in Hamburg. People get up, and then they are getting into their coats. Before you put on the coat to come out, you put on the skin coat every morning as you wake up. Then you put on the cloth and an over-coat, and then you go into another coat called the 'vehicle'. From the state of sleep where you are in original existence, you take up all these coverings by the time you wake up. You put on the cloth relating to these five coverings. When you wake up, it is the 5th covering, the physical. Already you have 5 vehicles with you, and then you use some outer vehicle to move. Daily it is a process of involution, and throughout the day we live in the involuted life. Then we keep working inverted. That is why we lose our heads while working here. In the evening when we once again get back into sleep, without our spiritual practice, without meditation, without CVV, we are once again pulled into the original state of existence in sleep.

So, daily there is the process of leaving the home and making an experience and coming back home. But the only thing is we do not experience it consciously. The purpose of all this activity is to have a conscious experiencing of it. So, we have to make a conscious observation of the

time of involution and the time of evolution. Blessed are those who can tune up to the times of involution and the times of evolution.

You know we are now in a time of evolution. From 22nd December till 21st June, it is a process of evolution, because there is more illumination and you experience the longest day. Do you know what happens to the waters during this time? They find their ascending path through a good summer. There is the summer that evaporates the waters into the sky. Then the waters are brought down to the Earth. That is from 21st June to 22nd December. It is the path of descending waters, and from 22nd December to 21st June, it is a path of ascending waters. Same correspondence can be worked out for the month. In everything you find the ascent and the descent as full moon and new moon, and in-between the junction points of 8th phase.

The 8th phase of moon is so important for spiritual practice. *Krishna* is born on the 8th phase of moon and he is also born as the 8th child to his parents. It adds to the significance of 8 I was speaking about. It is all completely symbolic. When such high souls descend, they descend according to the symbols, because the highest energy called 'time' obeys such high souls.

Coming back to our path of ascent and descent of waters, you find this process described in this *Mantra*. The Sanskrit word for the path of waters is *Ayana*. *Ayana* means the path of waters, ascent and descent, both together. To describe the descent of waters, the sound syllable RA is used. RA is the sound that objectifies everything. If anything is to be objectified, the sound RA is used. This RA is the trill of the Taurus. The trill of Taurus is an aspect of RA. This is why it is said, "The bull roars." The bull of creation roars out the creation. Every year in the month of Taurus, the year is uttered out, and hence we have Taurus as a very important month in the year, and the full moon of Taurus is so important.

It is the year God who already made his plan in the month of Aries, and then the bull of Taurus utters in the month of Taurus, and then the year plan is worked out. It is a gradual unfoldment of the year through the bull. Each time you utter the sound RA, you have the objectivity coming out from the subjectivity. It is the creation coming out from seeming nothingness to apparent 'everythingness'. (It is a very beautiful expression not belonging to me, but it belongs to HPB.) She calls the absolute existence of the 8th state as apparent nothingness. It is apparent or seeming non-existence, but it is the existence. She calls all the creation which is to us a reality as the apparent 'everythingness'.

The physical plane is continuously at transition, but at this plane of *Narayana* there is no transition. This is the true existence. The physical existence which we have appears to be the reality. That is why she says, "It is apparent everything." The physical state which we experience is a conditioned existence. We are so conditioned by the body and the mind. We are self-bound to experience anything. We think others are responsible for our ties and knots in life, but they are all auto-made. That is why HPB says, "This is all illusion, and you think it is real." That is why the state of involution is a process of upside down. We have to reserve the inversion to find the reality. That is why sometimes we are asked to make the *Sirshasana* (the headstand). When you make this *Asana*, you will find everything upside down. That is our state. Physically we are not making *Sirshasana*, but mentally we are in that posture.

Coming back to *Narayana*, RA is the sound by which there is the unfoldment. It is called the descent of waters. Then there is the ascent of waters. The sound is NA. When we say 'NA', we mean not doing anything. But if this divine swan says 'NA', then all globes return. When the globes unfold, it is RA, and when the globes are to refold into their original centre – the globes including all the human beings on it – then it is NA. That is why we also say 'NA'. Na in Sanskrit is negation. No is the negation in English and Nein in German. Everywhere we use the same sound to say the negative. It is very interesting to note. In negative we are common. In positive we are different. In creation also it is like that. The unfoldment is into manyness, and the refoldment into One is through one process. That is why perhaps for unfoldment we have different sounds and different languages, and we all have one language to return. It is the

language of the Masters. The path is one, the sound is one, the travel is one, and hence we all agree with the Na-aspect. It is very interesting to observe this.

By saying 'Na', the swan refolds everything back into him, and by saying 'Ra' there is the unfoldment. *Narayana* is the path of ascent and descent. With *Narayana* we have covered the whole process of creation and we have gone into the state beyond creation. It is the One that exists beyond the ascent and descent of waters whom we salute, when we say, "OM *Namo Narayanaya*." 'Namo' means salutation, like *Namaskarams*. OM is conceived as the One existing beyond all the seven planes. If we count the syllables of the *Mantra OM Namo Narayanaya* from right to left, OM becomes number 8. We have to read everything in the reversed order, when we are retracing to the Father.

Numbers have to be read from right to left in the occult science, and OM stands as number 8. It is a state beyond the creational process which is the basis even of the cosmic centre. From that cosmic centre there is the descent of the waters of life, and there is the ascent of the waters of life. To remind us of this cyclic process with the two sound potencies, the grandest of the Masters have conceived this sound. So, each time you utter *OM Namo Narayanaya* you are shifting yourself to the plane beyond existence, which is apparent non-existence, where there is nil, none, nought.

That is what Master CVV gave as a *Mantra* of *OM Namo Narayanaya*. He is the Aquarian Master, so he wants to make everything new. In the Aquarian Age we want everything new - a new sound, a new meditation, a new approach, a new way of life – not much inclination for traditional things. It is not our fault, it is the fault of the time. If we get into the Aquarian Age we get all these ideas.

So, Master CVV, the Master of the Aquarian Age, he gave another expression of the *Mantra OM Namo Narayanaya* as nil, non nought level. It is a level where there is nothing and no one to know anything. There should be two to know that there is another thing.

In the state of sleep we don't know and don't see anything, but when we wake up, we know that we are existing and we see everything around. Even if we don't see anything around in a very dark room, when we wake up and open our eyes, we know that we are existing. And we also see that there is darkness around us.

So, all existence is in number 2. In sleep there is no existence, so the One becomes None. That is why Master CVV says 'None'. meaning no one, because there is no one to observe. Then there is no thought. That is called 'Nought', and there is nothing: Nil. That is the state into which you are taken through the sound potencies.

This *Mantra* is meditated upon at the north pole in the White Island regularly for 24 hours. There is an *Ashram* called 'White Island – *Sweta Dweepa*'. The great beings of the north pole who are called 'the beings of the white island' they utter this *Mantra* round the clock. This *Mantra* is also uttered in many other important spiritual centres of the planet. Uttering this *Mantra* the Cosmic Mercury keeps moving from cosmos to the planets. He is the Master who works as a medium between the cosmos and the cosmic centre, solar centre and planetary centre. He is the grandest of the grand Masters who initiates high beings into this *Mantra*. His name is *Narada*. He is the great sage who gives this *Mantra*. 'Da' in Sanskrit means to give. He is the one who gives the two sounds Na and Ra. Hence he is called '*Narada*'. He is the grand Master who knows the total plan right from the cosmic centre. He moves freely in the cosmic plane, in the solar plane and in the planetary plane. To speak of Him, it is yet another great experience. It is his will that makes us to speak of Him. He is such a great being. His name cannot be uttered and we cannot speak about Him, unless He wills it. He is the One who simultaneously moves in all the planes. He is called 'the messenger of angels, archangels and the cosmos'. He is the One who communicates with the waters of space.

About him I spoke in Hamburg 1987. You can go into the details by looking into these cassettes.

Let us continue our pursuit on the basis of existence *Narayana*. We have understood *Narayana* as the basis for the process of involution and evolution. We have also understood that the sound RA stands for involution and the sound NA for evolution, and *Ayana* is the sound giving meaning of the path of waters. It is the descending and ascending path of the waters of life which is conducted by an energy whom we know as *Narayana*.

So, the ascending path of waters is from 22nd December to 21st June. 22nd December, the beginning of Capricorn is also called Solstice. Capricorn is considered to be the dawn of light. What happens every day during the sunrise hours happens in the month of Capricorn every year. That is why 22nd December is important. In the midnight of 22nd December there is the sign Virgo rising, when the Saviour is born. See, the midnight hour is the hour towards dawn. The midnoon hour is the hour towards less light. From midnoon the Sun descends, from midnight the Sun travels to give us dawn. That is why in the month of Capricorn in the midnight hour, the mother delivers the Son. That is how it is understood in the Orient about the birth of Jesus. Jesus, the Saviour, was born on 22nd December in the midnight hours with Virgo as the ascendant, because Virgo is the Virgin Mother.

So, we have the dawn in our life every time there is the entry of Sun into Capricorn. On 21st March we have the spring equinox, and then we come to 21st June. This is the period of ascending waters. On 21st June we have the Sun entering Cancer, where the waters start making the descending journey. There is the tilt of the globe on 21st of June. Do you know why there is the northern and southern journey of Sun? It is not that the Sun makes the journey. It is because of the movement of the planet Earth.

The planet Earth makes three types of movement:

1. It makes the movement around itself.
2. It makes the movement around the Sun.
3. It makes a kind of tilting or spinning movement.

When the poles of the Earth move from right to left, we find that the Sun is coming down. When the planet moves to the other side, we find the Sun is going up. That is how we find the Sun making the northern and southern journeys. On 21st June and on 22nd December, such tilting movement is made by the planet causing change of energies. Hence, we have the change of energies towards light and then towards rain. See, Cancer is the beginning of the raining season. (I am speaking of the seasons according to the tropics, where the nature functions in greater harmony.) In the North and South Pole it is a different rhythm.

So, from 21st June it is the descending path of waters. It is also marked by increased night and reduced day. That is why we have the longest night on 22nd December and the longest day on 21st June. On 21st March and on 22nd September, we have equal day and equal night.

Those who leave the body during the ascending arc of Sun, they are in tune with evolution. When they are reborn they are born better compared to the previous birth. That means, they have better conditions for spiritual experiencing. There are some initiates who preferred to leave the body during the ascending path of waters. All spiritualists who cast off their bodies during the practice of spiritualism, they definitely leave bodies during the ascending arc. Those beings who are to get into more and more involution, they leave bodies during the 2nd half of the year. That is how it is described in the scriptures. If we verify the examples of the lives of the initiates, we find that many initiates took birth in the involutionary process. That is when there is the descent of waters and in tune with nature they have taken bodies. When there is the ascent of waters, in tune with the natural energies they cast off their bodies in the ascending side.

If you trace out the lives of all great initiates, they are all born in this descending arc. You have *Krishna* born in the month of Leo which follows Cancer. You have the three Masters here -Master CVV, Master MN, Master EK - they are all born in the month of Leo. They have cast off their bodies in the ascending arc. If you look to the life of any initiate, you will find the same phenomena very interestingly. The birth is between 21st June and 22nd December, and then the leaving of the body is between 22nd December and 21st June. Many great initiates in the Orient who have completed the purpose of their life, let's say around 22nd July, they wait till 22nd of December and after 22nd December they cast off their body. This is how the initiates function in tune with nature.

We are also expected to make good spiritual practice during the ascending path of waters. What is the ascending path? It is water becoming vapour and then merging into the higher circles. All spiritual practice is to get liberated from material. Hence, this period is considered an excellent period for spiritual practice, because in nature the spirit is in the ascending path. The spirit in the descending path is coming down. So, you have to work hard, if you are to ascend during the natural descent.

That is why on 21st March where you enter into Aries, you have the height of ascent. That is the highest point of illumination during the year, for which you shall have to prepare from 22nd December. If you suddenly awake for the Aries full moon, it does not work. There should be enough preparation from Capricorn, because the work starts even before the dawn. It starts in Sagittarius. Two hours before dawn we should be ready, so that we experience the dawn. When you cannot experience a pleasant, mild dawn, you are not ready to see the brilliant Sun at the noon time. The noon meditation will come later. The dawn meditation should come first. For the dawn meditation there should be preparation 2 hours before. 2 hours before Capricorn in the solar year it is Sagittarius. Every 2 hours you have one sun sign moving. 2 hours before dawn in a solar year is called 'the month of Sagittarius' which is also called 'the *Mrigasirsha* month' in the year. It is the lifting up the head.

Lord *Krishna* stated, "Among the 12 months I am Sagittarius." He did not say, "I am Leo," because he was born in Leo. He did not say, "I am Pisces", because he left the body in Pisces. He knew the importance of Sagittarius, and He said, "I am Sagittarius in a solar year." It speaks volumes. So, we must make the best use of Sagittarius.

The dawn of Capricorn can be experienced only by those who have worked out Sagittarius. There are still a few tougher spiritual practitioners who already start in the 2nd half of Scorpio, because Scorpio is something very beautiful. The splendours of Scorpio cannot be brought down into words. The feeling is: Scorpio is very dark. But darkness is absolute light. That is why the month of Scorpio is full of rituals in the Orient, because only in deep silence you can realise the Lord.

So, let us take Sagittarius as our basis, where our spiritual practice should start, so that there is the experiencing of the dawn in Capricorn. When we have Moon in Capricorn every month and Sun in Capricorn once in a year, and Moon and Sun together in Capricorn once in a year, you have many things to experience. So, please wake up in Sagittarius itself. The practice should start every year on 22nd November, so that we have one month rhythmic working to experience the dawn of Capricorn.

When there is good tuning up to the ascent of waters, then there is the effortless tuning up to the descent. So, the events in life start fructifying in the 2nd half of the year. The seed we have sown in the ascending arc bears fruit in the 2nd half of the year. If we are not finding any fruits, we should know, why there are no fruits, because the sowing has not been in tune with nature. As there is more Sun in August and September, we try to make much spiritual practice during these months, but it does not work, because the whole planet is in its involutionary process in the year. So, you reach a dark night around 22nd September and then proceed towards dawn once again to Capricorn.

All spiritual students work much in the subjective planes during the ascending path of waters. They work with objectivity in the descending path of waters. It does not mean that they are 6 months on holiday. It means they know that in the 2nd half the actions bear fruits, and the 1st half is for preparation. Each time when they come into objectivity on 21st June, they are more experienced. This is how we have to understand the year cycle. We can also apply the same theory for the month with the four cardinal points, and we can also apply the same for the day with the four cardinal point and the same for one's own life with the four stations in life. I leave it for you to work out and proceed further with *Narayana*.

Now in the Occident you have the three months from 21st March to 21st June with great importance attached to the three full moons. This is already towards the descent. If you wake up for the full moon of Aries, you will find it empty. You have to wake up in Sagittarius, work with the full moon of Sagittarius through the month of Sagittarius, where you have the grand Master Jupiter presiding over the energies. We all know that Jupiter is the planet for Sagittarius. So, with the good wishes of the planet Jupiter in the month of Sagittarius, we start every year our spiritual practices.

Then we get into Capricorn, where you have the man at the door of initiation. It is He whom we call 'Saturn'. Capricorn is ruled by Saturn. Experience the energies of Saturn fully in the month of Capricorn and every time you reach Capricorn, you have to understand that you must leave off that which you consider as displeasure, discomfort disappointment and delay. Unless you overcome these concepts, you are not permitted to enter into Aquarian energies, because you are very heavy with these concepts. You cannot fly into the airy sign of Aquarius. See, you have to fly in the Aquarian Age. We have to become very light like air. We are very heavy with the concepts of displeasure, discomfort, disappointment and delay. Unless you learn to accept these things with pleasure which is clearly demonstrated by every initiate and much more by Jesus who is a Capricornian.

It is easy to get into Aquarian energies, when we overcome the limitations of Saturn. Then we have good experiencing of the full moon energies of Aquarius. It is a life of flying with no heavy load or luggage with you. It is a free-style travel around the planet. Then you will get into the pure waters of Pisces. We all know the importance of the waters of Pisces. They are not like the waters of Cancer and Scorpio. You will have an excellent enjoyment of the pure waters in Pisces, where you reach the heights of existence and the ecstasy of the beauty of the world. Then you enter into Aries, and from Aries to Taurus and from Taurus to Gemini you can manifest your experience to externalise. Later you will make your descent of the path of waters. The spiritual practice is not with the three full moons starting.

Then there is another explanation for the importance of starting in Sagittarius. If you take the human body, by the time you start from Aries and reach Scorpio, you have reached the base centre.

We know that

Aries is up to the front,

Taurus is from the eye brows to the throat,

Gemini is the throat, the vocal chords and the shoulders,

Cancer is for the respiration and the circulation of blood,

Leo is the centre of all activity of blood,

Virgo is between the navel and the heart,

Libra is at the navel, and

Scorpio stands for the base centre, because Scorpio is the 8th sign.

Naturally there has to be a change. Hence, from Scorpio onwards, there is a reversal of the wheel. From the 2nd half of Scorpio, there is one energy that takes you towards the feet, where you have Sagittarius as thighs,

Capricorn as the knees,
Aquarius as ankles, and
Pisces as the feet.

This is how we see it in Astrology. But in spiritual astrology there is a deviation of the highway. From the 2nd half of Scorpio it turns up. For details you can study the 2nd half of Scorpio in the book "Spiritual Astrology", where you have the beginning of the spiritual practice. In Sagittarius it is a different function. When the energy is flowing from Aries to Scorpio down, you have the seven *Chakras*. A *Chakra* is a whirlpool of energy. The whirlpool makes you move circularly. The circular path is conditioning, like the rodent round the mill. It is the bull moving with a stone around to prepare oil.

Naturally when there is the path of involution from Aries to Scorpio, it is a process of conditioning. From spirit to matter we are conditioned. All conditioning aspects are carried out by *Chakras*, because they move in circular fashion. But in the evolutionary process you have Sagittarius in-between the base centre and the sacral centre, and Capricorn in-between the heart and the throat centre. It is the reversal from Sagittarius into an upward path. The reversal takes place from 14 degrees Scorpio, and thereafter it is the evolutionary path, and hence in the 2nd half of Scorpio the practice starts. From this point in the human body, instead of *Chakras* you have lotuses replaced. It is no more the conditioning aspect of *Chakra*. It is the unfolding aspect of a lotus.

You have
the 4-petalled lotus at the base centre,
the 6-petalled lotus in the sacral centre,
the 10-petalled lotus in the solar plexus,
the 12-petalled lotus for the heart,
16 petals for the throat,
96 + 4 at the *Ajna*.

This is how there is the increasing unfoldment of petals. In the scriptures of *Tantra*, when they speak of *Chakras*, you have to understand the involutionary process. When they speak of lotuses, you have to understand it as the evolutionary process relating to a different centre. For reasons of safety, the names are given for both.

So, you have the lotus of Sagittarius, the lotus of Capricorn, the lotus relating to the other sun signs like Aquarius and Pisces. For details please read the caption Libra in Spiritual Astrology. Now with respect to the lotus in Capricorn, it is mostly misunderstood by all Yoga schools. It is confused with the heart centre. The heart centre is different from the lotus of the heart. The lotus of the heart is the abode of *Narayana*. (I wanted to take you to that centre that is why I gave the basis relating to Sagittarius.)

If you make your practices regularly starting from Sagittarius, there is scope for us to settle in the centre of the heart lotus *Narayana*. It is in-between the regular heart and throat centres. That is where He exists in the indigo colour like a grain of rice making beautiful colours from there, brilliant electric currents. To find him, there is the astrological key which I have explained, and there is the sound key. It is the key of sounds: *OM Namō Narayanaya*. We have to practise the *Mantra OM Namō Narayanaya* in a particular rhythm and according to a process which is given by the Masters who have found Him with that pattern.

The pattern is like this:
OM in the centre which is between the throat and the hear,
Na in the 1000-petalled lotus which is *Sahasrara*,
Mo in the brow or *Ajna* centre,
Na in the throat centre,
Ra in the heart centre,
Ya in the solar plexus,
Na in the sacral centre, and

Ya in the base centre.

This is how we have to utter the *Mantra*. Close the eyes with a pleasant mind, not with a busy and agitated mind, sit in a comfortable posture, visualise the sound OM in the centre which I have stated in the lotus of Capricorn. Each time we utter one syllable, we utter forth from above below for 8 times.

Then there is the reversal of the process, where you utter OM in the Capricornian centre, the lotus of the heart, and *Namo Narayanaya* is uttered from base to head centre.

First we make from head to base the 7 syllables, and it is done 8 times.

In the 2nd set of 8 we are uttering Na at the base centre, Mo in the sacral centre, Na in the solar plexus, Ra in the heart centre, Ya in the throat centre, Na in the *Ajna* centre, and the last syllable Ya in the head centre *Sahasrara*.

Like that, you make again 8 utterances. In the 3rd set of 8, utter the first set. That means, there is one downpour from above to below through uttering 8 times, then there is the uttering forth from down below upwards for 8 times, and then uttering forth from above downwards 8 times. So, 24 times the utterance is done.

Thereafter you can make the utterance of *OM Namō Narayanaya* in the lotus of the heart as many times as you want, as many times as you feel sweet and pleasant. But before uttering in the heart lotus, the three exercises have to be done, because all energies are brought into harmony through the process of the three sets of utterances. So, 24 times of utterance followed by repetition of the *Mantra* in the heart lotus - this is how the sages have been uttering from times immemorial. Uttering this *Mantra*, the grand Master *Narada* moves in all the 7 planes and is the dearest of the 8th one. When we are able to utter this *Mantra* with rhythm and with regularity, it develops so much magnetism in our being. The Masters of wisdom feel attracted towards us, because the magnetism in us pleases them to come near to us.

You know there are Masters who are like Christ, who keep meditating upon this *Mantra* from thousands of years in the North Pole, in the South Pole, and in the etheric plane upon the banyan trees and the ficus religiosa trees. Their purpose is only to harmonise the energies on the planet. In spite of humanity, if the planet is still in harmony, it is because of the penance of those sacred ones. If you find any ficus religiosa or banyan tree and sit underneath that tree, you are immediately shifted into a state of meditation. That is why these trees are much recommended for meditation. All those whom we know as the Masters today have received their illumination under these two sacred trees. This is because there are many Masters who in the etheric form meditate upon the branches of these trees. So, the best place is considered to be under the shade of those trees for this *Mantra*, but we can also do it in our own houses. This is how we can reach the harmonious aspect of the life energies in creation and quickly tune up to the plan.

You know, all your seven planes of existence are fully armoured, when you do this *Mantra*. You are diamond-like, nothing can be done to you. Nothing can touch you, and you are only there to magnetise others. It is an 8-fold armoury. No weapon can pierce through. That is the protection the *Mantra* offers. You are so well harmonised by the sound of this *Mantra* and you are quickly tuned up to the plan. There is no mental effort to search for the plan. There is no loss of time to get into the plan, because the mental effort may sometimes lead into wrong plans, and you lose time, energy and also money – all that can be avoided through the protection of the sounds.

Sound is an aspect which can be realised only when colour is realised, because from form we go to colour and from colour to sound. So, sound cannot be advocated publicly. Only people who understand that sound can construct - only to such people this sound can be given. People who have not understood the potential of sound cannot understand this. The regulations of

sound are very important in this connection. It requires constructive speaking and constructive listening, the ability to speak silence and the ability to experience silence in speech.

The practice of *Mantra* will be fruitful with those only who carry the regulations of speech and silence. It is not making noise, speaking only when required, and speaking precisely without use of more words, and it also includes listening with precision, and also closing our listening capacities, when there is noise. These regulations have to be practised to realise the *Mantra*. If noise and much disturbance have no impact upon us, then we are eligible to practise this *Mantra*, because we should hear the only sound OM through every noise and every sound.

There is a way to utilise sound. Sound is a sacred faculty which is given to us. It should be used with much caution. Each utterance has to be purposeful and constructive. It should be to harmonise, but not to destroy. When others destroy through sound, we should also be able to cut off from that kind of listening to that sound. Coupled with these regulations, if you practise the *Mantra*, it will bear fruit. There are people who mechanically chant *Mantras*, but their tongue is very sharp. Those who hurt through their tongue cannot get realised through the *Mantra*.

To take the flight relating to *Narayana*, there is the customs check and immigration check. Everything should be clear in your passport, and above all you should have the visa. The visa is speaking and listening to silence. 'May we speak the silence without breaking it' - every day in the evening like parrots we make the sound. It is not just uttering like a parrot and then speaking irresponsibly. If we want to utter such *Mantras*, there is the responsibility of speech. With that kind of responsibility, when we do it, it definitely bears fruit.

There is a story relating to the *Mantra Om Mano Narayana*.

There was an initiate to whom this *Mantra* was given. He kept on following the regulations of speech and meditated upon the *Mantra* according to the pattern described. Then he became very, very illumined, very, very wise, and he started permeating like the Lord himself. The whole creation is the permeation of the Lord. There is nothing that is not filled by Him in creation. So, the initiate is also permeating like the Lord, because he started seeing only the Lord in everything. He was so identified with the Lord, he has become as much as the Lord.

His permeation was a source of jealousy to the king of celestials who is called *Indra* in the scriptures. If someone is glorious, there is the instinct of jealousy in some other. This king of celestials who is also a high being and illumined enough, but when he found some other, who is more illumined than him, he developed jealousy and consequently fell from the place of his kingship. Then the initiate also occupied the throne of the king of celestials, because it was a natural process for him. Through love you permeate, and through energies of jealousy and hatred you constrict.

When the throne was vacant, the initiate happily settled down on the throne. He had no attitude to occupy the throne. His natural permeation through love was such that he settled down there. Then the king of celestials was very worried. He found in the initiate a great enemy. So, there was a further fall, because he started hating the initiate. Before he was only feeling jealousy, now he started hating.

The king of celestials had no way to occupy the throne once again. He thought that the only one way to come back to the throne is to meditate upon *Narayana*. So, he also started doing the *Mantra*. After sometime the Lord was pleased with him. He appeared to him in a form and said, "What is it you want?" *Indra* said, "I want my throne." Then the Lord smiled and said, "You take this weapon. It is all powerful, it can kill any enemy. You will find your throne once again, when the enemy is killed." The king of celestials was very happy. He came back and declared a war against the initiate. The initiate smiled at him. "If you want to fight, you fight. I am not fighting."

Then the king of celestials hurled the weapon on the initiate. It was like an incense stick to him. It gave him some good smell and fell down. The king of celestials was surprised. He went back once again into the forest and again meditated upon *Narayana*, and he got one more weapon. He came back and used the weapon on the initiate. It was not functioning. He went for the third time to *Narayana*. He gave the weapon and told him, "You do not know how to use weapons. You better ask the initiate, he will tell you, because you are not able to use the weapons which I am giving."

"What am I to ask the initiate how to kill him?"- Indra said.

"Yes, you have to ask him. The enemy has to be killed, and he knows how the enemy can be killed."

So, the king of celestials once again went and without asking him the advice, he hurled the weapon, and even before he hurled the weapon, the hand was paralysed. Then the initiate smiled.

"I really sympathise with you. Before you lost some weapons, now you have lost your hand also. What is it you want?"

"I want to kill you."

"This is not the way to kill me. Why do you want to kill me?"

"Because I want my throne back."

"Yes, your throne will come to you, if you change your method. The weapons will function to kill me only if you see a friend in me, but not an enemy. You cannot kill me, when you see an enemy in me. Do you know why? Because I don't see an enemy in you. Even if you are hurling weapons upon me, I have been seeing the one *Narayana* in the weapon and in you. To me only *Narayana* exists. There is no separate existence of the weapon. There is no separate existence of the king of celestials. There is no separate existence of even the throne to me. All is *Narayana* to me. I am settled in that state. The only way you can win is to realise the truth that all is *Narayana*. If you can include me also in your concept of *Narayana*, then there is no battle. The battle has begun in you, and the battle has to end up in you. The purpose of your uttering the *Mantra* is not complete, when you see me different from *Narayana*. When you are complete with your meditation of *Narayana*, then you do not see me as your enemy. There is no enemy in me; the enemy you find is nothing but your own mental child. Get rid of the enemy, then you are untouched, you are unconquerable, and you remain the king of the creation. To be the king of the creation is to be in continuous consciousness of *Narayana*. You were in that state, but looking at me, you have developed jealousy and you have fallen. Get rid of the jealousy and hatred, include me in your concept of *Narayana*, your throne will come back to you. I am not in need of your throne."

This is how a son of darkness has become a teacher of a son of light. This is a grand story describing the significance of the *Mantra* that even the most ignorant can become most illumined and surpass the king of celestials in his illumination, if the *Mantra* is practised according to the regulations.

Let us practise the *Mantra* in that fashion and see how it works with us.

There is a statement about this *Mantra*. It runs like this:

The most wise,

the ones who don't need anything in the world, who have transcended the state of need, who are totally settled in their own state of I AM, who only see the one I AM as everything - do you know what they do?

They keep uttering this *Mantra* with no purpose, with no motive.

That is the sweetness of the *Mantra* as it is described in the scriptures.

We utter so many things to get illumined. We do so many meditations to get illumined and to gather wisdom. We still need many things, not in the physical plane, but in the spiritual plane. We want to see the Masters, we want to be with Christ, we want to be with the Cosmic Lord, we want to know the plan, we want to be the world disciples - so many things we want. They have overcome all that. They just don't need anything, and every wisdom is with them.

They are totally settled in their own being.

For such people, what is the need to make an utterance of *Narayana*? From any logical thinking you find that it is not worth while, it is not needed. Many have asked them, "Why do you utter *Narayana*, when you have everything?" They say, "We cannot but utter." That is the sweetness of the *Mantra*.

"Yes, we have every wisdom with us. We hold the total plan with our little finger. We can teach every occult science. We can transmit the pure consciousness into every nook and corner. It is true that we don't need anything. But to us the sweetness of *Narayana* is such that we continue to utter.

That is what the grandest Master does. He was asked, "Why do you utter this *Mantra*?" He said, "There is no cause. It is a state of causelessness, and yet a state of pleasant, sweet, deep experience, and keep we keep uttering.

So, even people who have overcome the planetary, solar and cosmic systems, they continuously utter this *Mantra*. How beautiful must be the experience of the *Mantra*! That is how a scripture makes the beginning. It must be the most cherishing and fulfilling state, otherwise such grand ones why should they utter the *Mantra*?

Let us make an enquiry into what this *Mantra* is. This is how the scripture *Bhagavata* starts. It is the ultimate of all the scriptures in the Orient. The grand Master whom we know as *Vedavyasa*, he classified the whole wisdom into four parts. He gave out four *Vedas* and 18 *Puranas* to explain the symbolism of the *Veda*, and he was not satisfied. When he was not satisfied, even after such grand work, it is the sage whom we know as *Narada* has initiated him into the state of *Narayana* and it is in that state he gave out the scripture *Bhagavata*. The scripture *Bhagavata* continuously drives you to the centre of *Narayana*. There are many, many initiates in the Orient who quickly harmonised themselves through the *Mantra* and became high souls to guide humanity.

Personally I feel that it is a good fortune to speak of such high sounds on a Thursday and especially on the 11th phase of moon. So, let us try to realise what we can achieve through this *Mantra*. It offered the whole cosmic system to those who chanted it, and according to our capacity we keep expanding in consciousness.

If we follow the regulations and utter the *Mantra*, it fulfils us in every walk of our life.

Thank you