

Note: These are personal notes made from Master Kumar's speech, translated from Telugu. Does not reflect Master's words in entirety. Please use for reference only. Not for publication.

"On Simplicity" - Hyderabad (19-04-2011)

Hearty fraternal greetings to all who have gathered here.

The path of Yoga that we follow is one of the easiest and simple paths. We were just asked by Master to sit for prayer in the morning and evening and remember him while working rest of the day.

Reading too much may lead to some problems. We gather too many opinions and try to get to the logic of everything and get stuck in everything. We also have many expectations from the Master. So how much we may know, simplicity should not be lost. It is highly important.

We use our mind too much and complicate things. In our mind, we have all kinds of useless thoughts. Use it only when you need and remaining times, just let it stay calm. The Lord says "Just leave your mind to me." One is very lucky if one can do that.

Where you are walking away from simplicity, there you are moving away from truth. Be always on ground not in heights.

You can take the example of Hanuman in Ramayana. The activities done by Hanuman in Ramayana are much significant than the activities of Rama himself but he always placed himself at the feet of the Lord. Even when the Lord himself praised him, Hanuman never felt great of himself.

The only way to stay on ground is to repeatedly say "Namah" which means "I AM NOT, YOU ARE." So it is the recollection of Lord at all times.

We should keep simplifying ourselves on a daily basis. It is the Lord who is doing everything of us. If he feels its time to wrap it up, you can do nothing more. If someone tells something good about you or praises you, just listen to it and leave it. Do not try to publicize those praises.

So as said by Master EK "Bring your instrument to zero error." Always keep normal temperament. It is easy to say but it is not so easy when it comes to action. Everything happens smoothly in life if you remember that you are for the Master and offer yourself to him.

Do not live in concepts. You can build concepts but do not live in them. Do not live in your achievements but live in the Master. Hanuman forgot himself in the worship of the Lord. He even forgot the great strength that he possesses. Keep the Master in your heart.

So to say simply, "Do not do any extras." It may in terms of action or speech. Somehow we lost the technique to be simple. We try to imitate everyone and run after everything. Our "I AM" works through the ego "I AM". We should not stay in that ego. It is just for the sake of action.

We should also develop the quality of "equanimity". It is possible only when one can see the one existence in everything and everyone. To say all this is very easy but to follow it is highly difficult. We discussed this many times but the point is could you implement it in your daily life.

So make your life simple and keep it simple. Keep your self aware of the background existence. "May we live in the awareness of the background." It is no use if we read it everyday. You should follow it everyday. Get to the awareness of the background in all.

So that is the message for today. "Try to keep it simple. Do not live in any hyper situation or hypo situation." Do not feel that you are great. Feel that "I AM THAT I AM." Only when you are normal in temperament, the Master can relate with you. The Master can converse with you.

-Swasthi