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"Master CVV's Birthday Celebrations"

Discourse 1 by Master Kumar Garu on 04th of August 2011, at WTT Retreat Centre, Vizag.

Greetings to the brotherhood who have gathered here on this occasion of Master CVV's Birthday.

Master CVV is an incarnation of Master Agathya (Jupiter). His purpose of birth is to help the human beings in the path of ascend (Yoga) in a quick manner. To fulfill the worldly experiences quickly, to develop etheric body, to stay immortal in the eternal worlds for all the human beings Master CVV was born.

Sage Agastya comes into action in times of emergency in this creation. We see many such stories in our Puranas. He instructed Lord Rama and helped him kill Ravana. He could drink the oceanic worlds to kill the kalakeyas. The divine himself took the form as Agastya and is moving on this earth.

Yoga is synthesis where the being realizes that this body is just like a cloth which he changes from time to time and he remains eternal. We get the knowledge of departing from the body instead of dying and being pulled out of the body. Just as we are not our clothes, we are not our body. In this process, a divine body is formed and the being starts taking part in the divine plan. He also helps the other beings in ascend. He also enters the higher invisible planes and becomes a resident of those places. Only 1/4th of the creation is visible and the rest is invisible. To see the invisible part of the creation, we have to uplift ourselves and that is possible only through yoga.

So a diamond body can be formed with the help of this physical body given to us. With that divine body, every being can remain eternal. Everything in this creation keeps changing and even in us as well. But there is something in us which does not change and is eternal.

Master CVV promised to adjust our lives both inner and outer. He promised us Amaratva and Brahmatva (Immortality and becoming divine). This wisdom was given by the Seers long back but Master CVV speeded up that process for the benefit of human beings. He will take away whichever is not useful to us and only that which is necessary remains. He just asked to stay oriented to him in the morning and evening through prayer. As it is very simple, we fail to know its greatness and take it lightly. We do not have sraddha in doing prayer. Today everyone gathered here for prayer. Does everyone get up like this and sit for prayer at 6 in the morning

everyday? It is not so easy and only the strongly aspired ones and the committed ones can do it daily.

Even just by doing something, it does not happen. We should observe what is happening inside us during prayer. We do not have the interest in observing so much as we are interested in doing. If we just utter something and our mind keeps wandering, it is no use.

So the most important instruction is to sit in the presence of Master in the morning and evening at 6. If you feel that you have more important works to do than prayer, then you are just in some illusion.

Master CVV showed that we do not die by coming back from death 18 times. He even brought back to life his disciples and even his own son who everyone thought was dead.

For human beings, Rajas and Tamas (Dynamism and Inertia) are the dominant qualities. One with inertia never does anything and the one with Dynamism does everything except prayer. So prayer is the utmost thing in this path. If you go on doing some rituals, visiting temples, etc. without sitting for prayer at the right time, it is all useless. Master gave us the facility that if we cannot do bath before 6 due to some reason, we can sit for prayer without bath. That does not mean you neglect to take bath.

Master CVV said "I decide whether you can sit for my prayer or not." So if you do not feel like doing prayer, it means Master CVV does not want you to sit for prayer because you are not properly oriented. The transformations that take place during the prayer do not take place during any other ritual. Anywhere you are and anything you are doing, do not abstain from doing prayer at 6 in the morning and evening. Even if you are doing very important work at 6 in the evening, just stop for a while and recollect Master and then continue with your work. Later after going home, take a bath and do complete prayer. And do not be lazy to wake up in the morning. You may sleep later but at 6 you should be in prayer.

So the first important thing to do is to sit stably for atleast 10 minutes. Sit in poise. A person without stability cannot sit properly and cannot work properly. If one with dynamism sits without doing anything, he gets sleep. One with inertia is lazy even to sit. Some get many thoughts running through their mind. In spite of all this, keep sitting regularly. Just make an effort to make the mind sit stable. It is practice which needs to be done until the mind stabilizes. If you sit for prayer without making an effort to stabilise the mind, years may pass by without any result. Mind wanders and gets all useless thoughts. You observe them and they will go away. If you observe the thoughts that come, you stand apart from those thoughts and they exist no more. You will feel that you are sitting at a place with light all around.

When the mind is stabilized, you can enter the plane of Buddhi where you can meet grand Masters and cosmic intelligences who are working in this creation. All the deities and pictures that you have in your prayer hall become true and give their presence in that plane of Buddhi.

Otherwise all this just remains a fantasy. You can see all of them in bodies of light. You will also be able to see the invisible Masters when they come near you.

When that happens, the elements in your body undergo transformations. It is like a transformation of milk to butter and butter to ghee. It is like the birth of a flower in a tree. So a new body with golden glow is developed inside. We run after gold that is present in the outer world but fail to develop the gold inside us. Later there is the formation of the diamond body as well. Diamond is even more costly than gold. Right!

So Master CVV promised to grant us golden and diamond bodies and he asked us only to do prayer in the morning and evening. We keep Master's picture in our home and keep asking him for everything in the outer world but fail to do the only thing he asked us to do. Just do the one thing he asked and he will do you 1000 favours.

So first thing to do is sit stable in prayer and keep observing. If you do not observe the thoughts that come to your mind, you are taken away by your thoughts. When you do that persistently, slowly the mind gets stabilized.

Try to visualize that Master is sitting before you on a stage and you are sitting before him in the ground and the space around is completely filled with light. This visualizing greatly helps in stabilizing your mind. Sit as long as you can. Many such visualizations are given to us for the stabilization of our mind. You can try any one of those.

So slowly the formation of golden body takes place. The time span of that golden body is much greater than our physical body. It can be up to 1500 years. Once the golden body is formed, you can work upon the formation of diamond body which is eternal and ageless. All the Seers and Grand Masters, whom we speak of, work eternally in this creation with such diamond bodies. They take up a physical body at will and depart at will. All this will be true to you only when you are doing the related practice and enter those planes. They are much more splendid than our visible planes.

So the only thing that we have to do is prayer. Do not give reasons for not doing prayer. You should feel sad if you are not able to do prayer. You should cry if you are not having taste for prayer. Master will help you if you hold that aspiration. Master also promised to take care of the planetary effects on us. Solar and planetary adjustments happen.

We discussed all this many times and we will recollect it again and again but this recollection should help you do prayer regularly. Only then it is fruitful. If you are doing prayer regularly, then you are a follower of Master CVV otherwise it is just your illusion that you are his follower. Even Master EK said "Only those who do prayer regularly are my followers."

So do not neglect prayer. Transmission of light from the plane of Buddhi slowly takes place and this light transforms the elements in your body. You will slowly feel the changes happening in

your body though you may not know how they happen. How a bud transforms into a flower and then into a fruit? Like that transformation happens in us.

Just thinking and reading about the higher planes is of no use. You should do the related work to enter those planes. It is like cooking of food. Only if you cook, the food is prepared. If you think about it, no food is prepared.

You can transmit this energy to others only when you are transformed. It is not transmitted if you tell about Master CVV to 1000 people. So your inner transformation is important than telling about Master CVV to everyone. Only if you practice, it is useful to you and even to others. So we should regard this the highest.

In the recent times, Sri Rama Kotaiah is one who greatly demonstrated the important of prayer through the transformation he underwent. Master EK underwent that transformation long before we know him. So we could not see that in the life of Master EK. But we could see Sri Rama Kotaiah demonstrating to us directly in his life. He sometimes even spent few hours in prayer. If anyone went to meet him during prayer time, he used to say "Come! We will do prayer and later talk." Later he departed gracefully.

Every year in the morning discourse on August 4th, I keep telling about the significance of prayer. That one thing is sufficient in fulfilling ourselves. Our life will be a splendour. He will put you on top anywhere you go and anything that you do. But you should not feel that you are on top. He puts you on top if you are with him. So do prayer in the morning and evening and stay in alignment with him rest of the day.

For all Yogis, night is day. They carry out all their activities night time. We should feel happy at the onset of night because you can stay alone with the Master when all others are sleeping. You can see that in the life of Master DK who led a normal life during the day and a different life during the night performing divine activities. (See the book: Music of the Soul by Master EK).

Before going to sleep you should recollect the Master and tell him "I submit myself to you. You bring about the related changes in me. Please keep my mind in your control. I am not able to control it. You know everything and I know nothing. Please use me to do your work. I am interested in no other work. Please make me your disciple. So that I serve the humanity according to thy plan. Master CVV Namaskarams." So every night is a great opportunity for us.

Now days everything has become a fashion for us. We keep big images and idols in our home to show everything that we are followers of Master CVV. Is the Master presence inside you growing? That is more important. We should not feel that we are follower of Master CVV. Master CVV should feel that we are his followers. So increase the presence of Master inside you. If you stay devoted to him, he will grow in you.

Transformations happen in presence. It depends on what presence you choose. Master's presence holds great energy and that energy would surely transform us. You will not even know it. He will take care of everything. So learn to stay in the presence of Master. That presence should permeate us. This permeation is possible when we do prayer regularly in the morning and evening.

So we entered this grand path somehow due to the grace of Master. Utilize this opportunity given to you. Master will teach you everything from inside. He will give you energy to work. He will take care of all your problems. You just need to have faith in him and do prayer regularly.

You will know what to do and what not to do. You will know where to go and where not. Sometimes we will not be able to go to some place because Masters stops you from going to protect you. He is like a friend to you. He gives you all the freedom. He does take care of all your responsibilities.

"If you stay with me, I will be with you. If you stay away from me, I will stay away from you." That is friendliness. There is only friendliness. There is no bondage. Master won't bind you. Friendship is dangerous. Friendliness is divine. Because ship is bound to sink. :)

There was one shepherd. He was sleeping and he gets into a dream. In that dream, he goes to a temple and he digs at a place and finds diamonds and riches. After he wakes up, he starts searching for that treasure everywhere in the world but finds it nowhere. Later he meets a Sage and tells him his story and asks the Sage if he knows where the treasure is. The Sage tells "I know where the treasure is. It is at the place just where you slept and got that dream." That shepherd searched everywhere except where he slept. So what is the moral of the story?

Master is present within us but we fail to see him and search for him all around the world. So that is the message for this morning. Do prayer regularly and be in alignment with the Master all the time.

-Swasthi