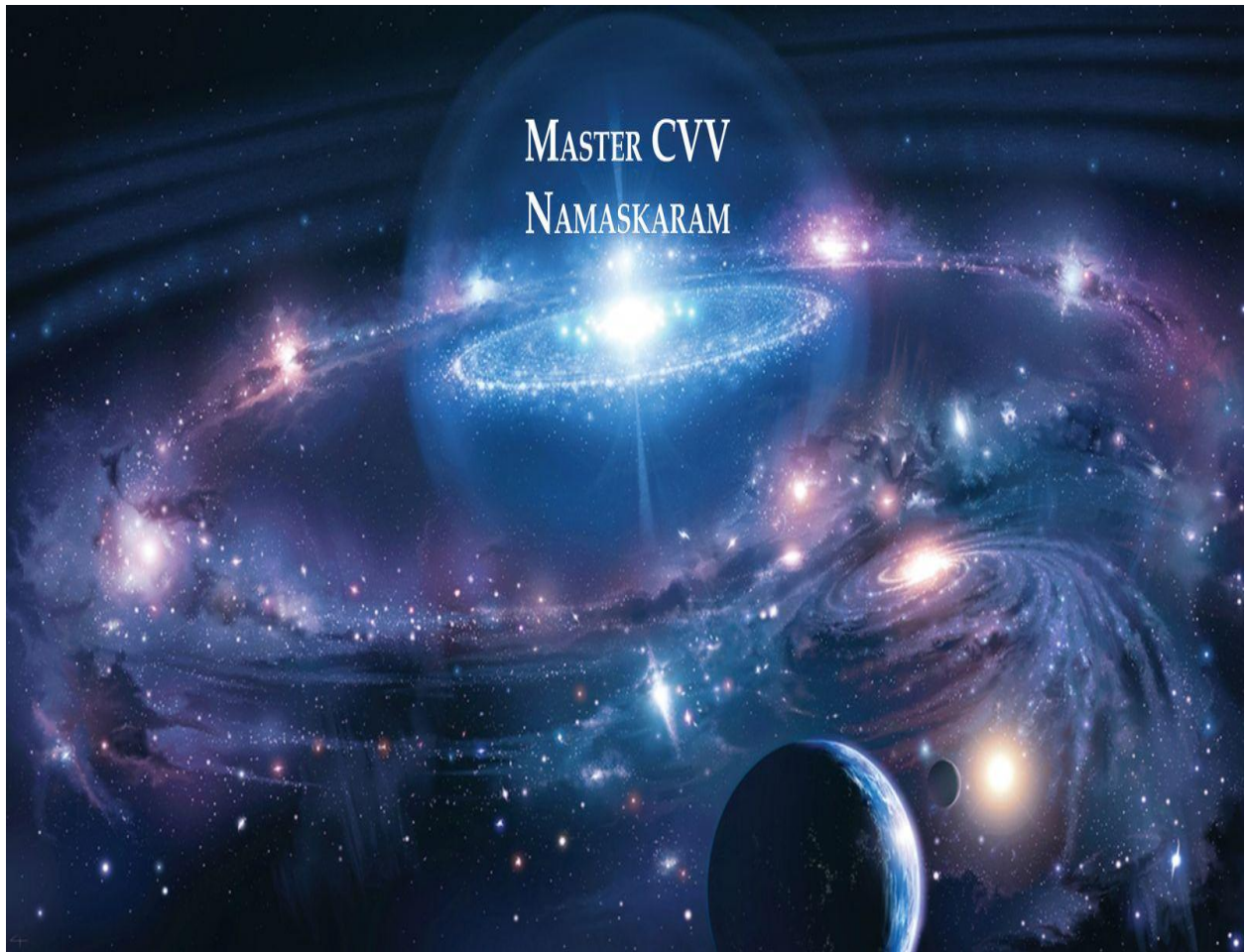


**Note: These are personal notes made from Master KPK's speech recording, translated from Telugu. Does not reflect Master's words in entirety. Please use for reference only. Not for publication.**

## **“Master CVV's Birthday Celebrations”**

**Evening Discourse by Master Parvathi Kumar on 04<sup>th</sup> of August 2013**

**WTT Retreat Centre, Vizag.**



Today is the 145th Birthday of Grand Master CVV. We have gathered here this evening to be in the presence of the master and re-align with him on this grand occasion. When a stable consciousness is close to an unstable consciousness like ours, the latter becomes stable. Our mind is unstable in nature and it changes from time to time. It changes from day to day, from month to month, from season to season and from year to year. So the nature of the mind is such. It goes after many things. We have many thoughts and concepts in which we are stuck due to our association with the mind.

Buddhi is an aspect higher to the mind. It is the light of the soul. It is stable in nature. People in Buddhi can observe all that is happening around without getting affected by the surroundings. It is just like seeing a movie. It is the observing of that which is changing by remaining in a non-changing state. That is the state of one who is in Buddhi.

Until one enters that state of Buddhi, he goes up and down in life with changing thoughts and concepts. Once man enters Buddhi, he slowly attains an immortal state. He becomes a Nara. You are a man when you are in Mind. You become a Nara when you are in Buddhi. It is the will of the divine that all of us attain that stable state. He deputed many Masters to help us reach that state. Master CVV is one such Grand Master who has descended to help quicken the process of evolution among the humanity.

We discussed some aspects of Master Yoga in the morning. Prayer is the most important aspect of Master Yoga. We will discuss some aspects of it now.

Master CVV instructed us to sit for prayer in the morning and evening at 6 am with a pure mind. He did not impose any other regulations. He did not ask us to take bath. You can take a bath if you want. There is no compulsion. It is better to drink or eat something and then sit for prayer because lot of fiery activity takes place in the body and the body may get weak if you do not take something. Master CVV used to feed everyone with 2 idlis and then asked them to sit for prayer. Master MN followed the same practice. We can also eat some idlis or drink something before sitting for prayer as per one's convenience.

Master CVV told us to keep a picture of his and sit before it. Master CVV told us to just keep incense. It is sufficient. Even lighting a lamp is not necessary. We can keep it if we want. Incense is important because Master energy works through air and having a good odour in the ambience is important. He descends with air as the medium.

Master told us not to meditate on his form or on his name. Just see his picture once, close your eyes and say "Master CVV Namaskarams" and from then on just observe what is happening inside. That is why in this path, we have no continuous chanting of name or meditation of form. Visualize that you are seeing the Master and he is seeing you. Then your hands will involuntarily come together in Namaskara mudra. All this happens when you have that dedication. Submit yourself to the Master saying inside "Master I submit my body, mind, senses and myself to you in all completeness at your lotus feet."

When you observe inside, at the initial stages of Yoga, you may not know anything. You may forget yourself at times. Sometimes you may observe deep breathing happening. At times there may be no breathing at all. Sometimes some inner movements happen and so on. This happens for a minimum period of 15 minutes and you cannot open your eyes during that period. If you are able to open your eyes it means that the Master energy has not descended into you because you did not submit yourself with sincerity and dedication. So try to do it with more Sraddha.

Master CVV did not give any other mantra or ritual. Due to tradition, we have added some more mantras and chantings to add splendor to it. Master told you can do them but it is not required and they are in no way related to Yoga. When you do prayer regularly, certain values and regulations are taken up due to your spur from inside. Firstly the thing that is required is to have liking towards this Yoga. Do prayer with intent and have a liking towards it. Do not do it by compulsion. No Master wants to impose his teachings upon you.

During prayer, if you can observe, there will be a smooth and constant flow of current into you. You can hear a soft sound inside. It will be like a soft sound coming from certain machines especially in India. As long as that current flows you cannot open your eyes. You won't feel like opening your eyes. If there is no sound, it is almost confirmed that nothing is happening.

You can request Master to extend or restrict the time of flow of that current depending on your time availability. When this current flows, a heat is developed in the body. Due to that heat, chemistry happens in the tissues of the body. It is like a fire ritual happening within. The cells of the body get heated and undergo transformation. Even there is heat developed in the eyes as well. That heat is not like the heat that you have when you have fever. It is warmth that is developed in the body. It is soft heat which regulates the Rajas (dynamism) and Tamas (inertia) in the body. So adjustments are made in the body by this heat.

You lose connect with the surroundings. Involuntarily you mind enters a subtle state and goes inside. You can remain in that state as long as you want. There is no time restriction. But generally Master decides the time depending on your submission and preparedness to accept the transformation.

Master takes control of your respiration. He introduces prana (life energy) into your body. Prana is the active or positive heat and that increases the already existing latent heat in the body. Latent heat is the heat that maintains normal temperature in our body. This is what happens during Pranayama and the being enters an inner state. Here all this is done by the Master energy. Master does Pranayama for us. We need not do it.

Slowly in this process, you enter your stable state of Buddhi. Then you will know the purpose of your life. Your habits undergo lot of transformation. You will be cut off from unwanted associations. You will not visit unwanted places. You will not get unnecessary thoughts. Your objective life is limited. You will only attend to your duties and nothing more. This is what is given in Bhagawadgita. Here all this happens naturally without you knowing about it. All the instructions given in Bhagawadgita turn out to be true to you naturally. Even the 8-fold Yoga path prescribed by Patanjali becomes true to you effortlessly.

After all this, you are then introduced to a more real, subtle world. It is more permanent than this world. You realize that this life is nothing but a dream. The dream in sleep is a smaller version of this larger dream. These secrets are given in the book "Music of the Soul" by Master EK through the story of Master DK.

A Yogi has 2 fold life. One life is permanent. Another life is limited and changes from time to time. A Yogi works in both the worlds. During the morning hours, he works in this world and during the night hours, he works in the higher plane. That is why it is said "A night to us is a day to a Yogi." So there will be an un-ending story and a story with an end, happening simultaneously.

Even in the subtle world, there will be associations; there will be lot of activity taking place. Generally people fear death because they do not know the other side of it. But if we have an access to this subtle world, we do not fear anymore because we know the other side of it. So we lose the fear of death.

You will be even more enthusiastic when the time for departure arrives because that world is even more attractive and facilitative than this world. To know that we can have such a body and to know that we can enter such a world is the purpose of this Yoga. There are many who remain in this Yoga without knowing this purpose. They just remain in this Yoga and keep doing everything just as a routine without the ultimate purpose. So know the purpose. The more you know about the yoga, the more you develop a taste towards it. How will it be if you try cooking something without knowing the final product?

Master CVV told us that our life is in his control and not in our control anymore, when you are truly in this path. Your life happens as per the will of the master. You can observe it very much in the life of Master EK.

So you will have another existence in the subtle world. You will have a subtle body with many more facilities. It has a much longer life period. That body is like the cars we have now days compared to the cars some years back. You can move out this body and come into this body at will. You will have no more crave for this body and you stand liberated. That is why it is called Taraka Yoga. It is also called Satya Yoga because you will be associated with the ultimate truth. The ultimate truth is that you are Brahman and this yoga enables you to realize that you are THAT.

The 3 principles that we discussed in the morning are to be followed very sincerely to be in this path of Yoga. Never ask anything from anyone. If you have a desire, you seek the Master himself and he will take care of it. He will either fulfill it or neutralize it. Another principle is to see the divine in all. The 3rd thing is Prayer. Prayer is the most important principle and it ensures that the rest of the 2 are followed.

Master CVV will ensure that all your past karma is neutralized. He does it in a variety of ways. Some bad incident which you are to experience physically is experienced in a dream. Once you enter the state of Buddhi, learning happens continuously and you will be handed over many duties as per the divine plan.

There are no restrictions or regulations in this Yoga. You can follow some as per the tradition if you want. But Prayer is the only compulsory thing to be done. If prayer happens regularly, you will have interest towards everything and you will do them on your own interest. Your virtues and values are enhanced. Master never imposes on you anything. You will be made to do everything based on your own interest.

So prayer is the essential principle and rest is all optional. Do it without fail. Bond yourself with this prayer and you will have no other bondages. If you are with Master, karma will not touch you. So be in alignment with Master as much as possible. This is possible if you are in the activities of divine order or prescribed by Master.

So this is such a grand Yoga and due to our past goodwill, we are into it. It is our responsibility to utilize this opportunity presented to us. This grand occasion is to recollect and re-align ourselves with the Master energy and grow in this Yoga. Do not worry if you could not do it properly till now. Start afresh with renewed will and aspiration from tomorrow. Even to do prayer, Master should grace us. Otherwise we may not be even allowed to sit for prayer if our behaviour is not proper.

So sit in prayer as long as you can. Activities happen without any effort if you are with Master. This is my personal experience. Your life becomes a splendor. Today's message is more like a missionary talk which we are generally not into, but on this day it is required. It is not good if one feels that one is in the path of a Master ignorant of his work, his teachings and the purpose of his path.

May Master's grace be showered on all of us and let us try be in his presence at all times and may he fulfill us in all aspects.

-Swasthi.