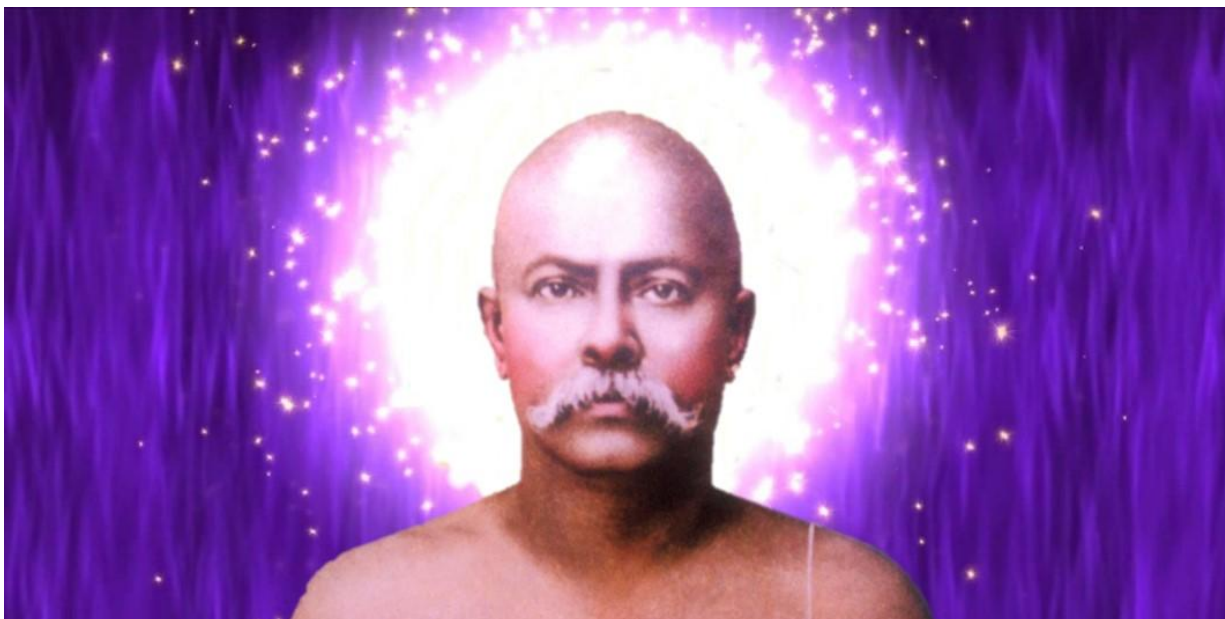


Note: These are personal notes made from Master KPK's speech recording, translated from Telugu. Does not reflect Master's words in entirety. Please use for reference only. Not for publication.

"Master CVV's Birthday Celebrations"

Evening Discourse by Master Parvathi Kumar on 04th of August, 2017

Radhamadhavam, Vizag.



Today we are celebrating 150th birthday of Master CVV. We are trying to be in his presence ever since this morning. We generally do it everyday but on this day we made extra effort in that direction.

In the morning, we discussed 11 instructions which Master CVV received from the highest of planes. He noted many such instructions for the benefit of aspirants like us. We will continue to discuss some more instructions now. For those who wish to participate in the yoga of Master CVV, these instructions are very important to be known and to be followed as much as possible. I would suggest for those who missed the morning discourse to go back and listen to the recording atleast as only when you hear both the morning and evening discourses, there is fulfilment.

Master says "The pulsations that I cause within you will enable you progress." If we are silent and alert in our observation, we can hear the pulsation happening within us. Master causes all adjustments in us through that pulsation. If Master energy is working within, the pulsation can be heard very clearly and with more sound when compared to other sounds. When the energy descended into Master CVV and he was working with it, the pulsation that was happening within him used to be so intense that all the

members in the house could hear it. So if you are able to hear pulsation and remain observant to it, Master will cause adjustments in you at that time.

In the 8-fold yoga, Pranayama and Pratyahara are considered very important steps to be practiced. In Master yoga, as we observe, Master will make these happen within us without our effort. The pulsations can be heard at different places during prayers depending on where the adjustments are being done. All through the spinal column these pulsations can be heard.

As adjustments keep happening, you are gradually uplifted. During adjustments, all the aspects of your personality which impede your progress in the path are eliminated during these adjustments. If you are prepared to sit for longer prayers, then more and more adjustments happen. We should request the Master to enable us to sit for longer prayers because our objective karma keeps pulling us. If you are able to sit for prayer in the morning and evening, then you are lucky that your karma is allowing your progress. We should remember that prayers are not for Master. We are not doing a favour to Master by sitting in prayer. He does not require you. You require him. So do not be in a feeling that you doing something great by sitting in prayer. Let there be no such feelings during prayer. Let there be only surrender to the Master.

Master says "I AM Brahman. I have taken the responsibility of uplifting you. I am your teacher." Brahman is the teacher for each one of us. He comes to us as a teacher through different mediums.

Master further says "Learn to hear me and follow me during prayers." If you are very sincere and regular in your prayers, you will start hearing from within. Learning, here, means to be observant and vigilant enough to hear any sounds within. "To observe" is a very important aspect of this yoga. Observation should be inside. We are very observant outside but here we need to be observant inside. Let your energies of observation be directed inward. Once you start hearing from within, then you will know everything required from within. You will get the required forces of will, knowledge and action for any activity that is to happen through you. The outer aspects of clean place, fragrance in the air, etc. are to give you the required orientation. Once the prayer begins, everything happens inside. So keep observing within. Initially when you close your eyes, there might be lot of thoughts coming to your mind. You should sit long enough that all such thoughts disappear. Once you are used to observing pulsation, then thoughts cannot disturb you easily. We should be very persistent in this practice of relating to pulsation.

Master further says "Depending on how sincerely you relate to me, I relate you and accordingly, you are taught and uplifted. The relation between you and me is very pious and private. It should not be discussed with others." The relation between you, your Master and the Lord is a private affair. Do not bring them in your discussions with others. You can only discuss some of these aspects with your co-disciples who understand the relation. In any case, the relation should not be discussed casually with anyone. You should also not try to influence others to join this path by telling about the Master. Whether someone else will join this path or not will be taken care of by the Master. Why are you worried? If Master wishes to instruct someone through you, he will bring that person to you. You need

not go to someone and tell him Master's instruction. So avoid all kind of discussions about Master or the Lord. If not, you will be penalised.

Master will first treat your respiration and prana. If you are suffering from respiration related diseases, Master will cure you of them. Your vital body is strengthened. You will not be tired of actions easily. Flow of consciousness and blood in the body are streamlined. In this manner, Masters adjusts all your body parts which are hindering your progress. All this happens provided you have complete faith, you surrender unconditionally and you are very sincere in your prayers.

If you are very sincere and regular in your prayers, Master will ensure that you are punctual in all your activities. You somehow reach at the right time for any activity. Even if you end up a bit late due to some reason, that time happens to be the right time. If it is happening so, it means that your prayers are very fruitful. Master does so because he wants to ensure that your time is not wasted. He considers your time to be very valuable.

Master says "your thoughts remain oriented towards Divine and useful things and anything useless to you goes away." When you are free, you get an idea to do something useful. You never indulge in useless things. Your objective activities are restricted. All these things naturally happen which indicate that your prayers are turning out to be fruitful.

If your prayers are happen regularly and sincerely, then the following qualities start taking birth in you:

1) Calmness - You are never in a hurry. You work steadily but things happen fast. It will be like rotation of earth. We do not feel anything but in reality, earth is rotating very fast.

2) Sympathy - You will be sympathetic towards others when you hear their pain or sorrow. If someone is sad or is hurt and you feel "this should happen to him because he did something wrong in the past", then you will be necked out of yoga. Such attitude of expecting something bad to happen to someone is never tolerated. The other person might be very bad but that does not matter. You should be sympathetic.

3) Soft behaviour - Your movements, actions, speech, etc. become very soft. You handle objects with care. No object gets spoiled in your hands. If you are very harsh in your movements, it indicates strong diabolic quality in you. That will go away with regular prayer. Your walk will also become soft. When Master CVV was walking, people around used to feel that he was floating in the air.

4) Depth in personality - You should be able to receive and accept what comes to you without reacting much.

5) Alertness towards duties - You will become very sincere in fulfilling your duties. If you know your duty, you will do it without the need for others to remind you. With regular prayers, you will know your duties from within someone else telling you.

6) You will get the right ideas at the right time. There won't be a delay in getting the right thought.

Master further says "The relation you have with me is only for the sake of your development. I will ensure that you remain comfortable in life irrespective of objective facilities." You will remain happy irrespective of what you have or not. You may not own a house or vehicle but you are always happy. Master will ensure that your basic needs such as food, water and clothing are fulfilled at all times. So, all your basic needs are satisfied. He will give more than the basic needs only when he is convinced that you will not be bounded by them. For Master, your subjective progress is most important. Objective progress also happens if you are ready to utilise objective wealth in the right manner.

"Your memory power increases tremendously. People will be surprised by the growth in your memory power and quality of the ideas you get. You get ideas which normally people do not get. It is due to the work of Aquarius. It is called "the brain behind the brain". The growth happens by leaps and bounds. This change does not normally happen. It only happens due to prayer.

Master says "I will teach you everything from within. I will teach you the secrets which are not known to others. I will remain your teacher and teach you everything until you realise Brahman." This is another promise of Master.

Master also says "I will take care of your responsibilities in your life. You just need to be sincere in following the instructions that you receive from me. Never take any opinions of others about these instructions." So he will take care of everything but there is a caution that you should not take opinion of others. Master does not like discussions on what he tells you to do. Just follow them without doubting or questioning. Discussion with others disturbs you and may create unnecessary doubts in your mind.

Master says "To reach Brahman you need not reject or leave anything in your life. In this path, everything that is not necessary falls off naturally." At the ripe time, all things which bind you fall off. You need not make an effort to ward off anything. You need not worry of any attachments that you might have. They will fall off naturally. You might not even notice that. Everything that is impeding your spiritual progress will be removed effortlessly.

Master says "As prayers happen regularly, your desires start reducing and you will be oriented only towards your duties. You will be mostly oriented towards activities of goodwill." Master will give you a cut off from all unnecessary desires. He will also cut you off from all unnecessary associations.

Master says "During prayers, do not do anything other than observing what you can. Concentration on something is not part of prayer. Observation and waiting patiently are only things that you have to do during prayer." People speak of concentration a lot but it is not required in this path. If you relating to a Divine aspect, gradually you lose yourself into that and you are absorbed. That happens naturally. So concentration is not required in this yoga.

Master says "Try to utilise your energies more and more for the welfare of others. The more you utilise, the more your energies are enhanced." If you work for others, your strength increases a lot. One who works for many is never tired. So let your orientation be such. Your resources are continuously

replenished as you work for others. This is a secret in creation. Nature gives you lot of energy if you are working for the welfare of others.

Finally, a caution which Master gives is “do not hold onto others and boss over them using your strength”. That will pull you down a lot.

During prayers strive to gain strength to work for the welfare of many. You are automatically uplifted in the process. If you strive to become someone great personally, then nothing will happen.

In this manner, there are about 300 MTA's instructions to Master CVV. We discussed about 24 of them today. These instructions are being published every month in Navani. We will also discuss them in future at some opportune time like May Call or December Call. Try to recollect what we discussed today again and try to bring them into practice as much as possible. Finally remember that all these things happen naturally if you are regular and sincere in your prayers.

-Swasthi