

Merry Life Day Discourse of Master KPK

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Video:

<https://www.youtube.com/watch?v=isXtXrwgga4&list=PLsH2l6BIGH3ZW30s9nm8R1-ViXtjJive>

Medham me...

Hearty fraternal greetings to all the brothers and sisters who may have gathered to listen to this talk according to their inclination and also according to their convenience. Master CVV declared 26th July as the day of Merry Life. Today is the day in the year 1910 the Master was able to link up the cosmic, the solar and the planetary kundalini and link up that kundalini to each of the aspirants who relate to the Aquarian Age through the sound CVV. It was a grand achievement in relation to the energies that have descended into him around March 1910, which you all know.

On 30th March 1910 he received the influx of cosmic energy which he distributed from 29th May, naming it as the May Call Day, and on 26th July he has been able to utilize the energies to link up the pranic principle in all the three planes namely cosmic, solar and planetary energies with the kundalini of the individual aspirant. It is first of this kind to enable quicker evolution of humanity upon the planet and also quicker evolution of other kingdoms on the planet.

So, it is a very important day that has to be recollected, remembered, and it is also a day to pay homage to Master CVV and feel the pranic principle in the head, in the upper torso and in the lower torso. These are the three planes in man in relation to cosmic, solar and planetary energies. I therefore thought fit that I relate to all the groups today so that we get the initiation in relation to the opening of doors of life right from Muladhara to Sahasrara.

We have junctions relating to prana which exist in all the seven centres of our body while the chief centre happens to be the heart for the life principles. So Master CVV, the energy that he supplies enables us to link up the pulsating principle which functions at Muladhara to the pulsating principle that functions in the heart centre. That is the first link up. The second link up is enabling the pulsating principle to further

link up to Ajna. That is the second link up. And then there is the third link up from Ajna to Sahasrara. By these three links that we gain in relation to the pranic principle enable us to permeate into the surroundings. That is what is intended by our working with the life force in the path of Yoga.

We should know that we as souls relate to the bodies, be it causal body, or subtle body or physical body. Our link to the bodies is through the life principle which pulsates. That is why the life principle exists at the physical plane, at the subtle plane and also at the causal plane, and it descends from beyond.

The occult statement is, "All is Life. Within the Life the beings are and within the minds again the Life is". The Life is in us, the Life is around us. The Life enables to link up to the bodies that the soul begets, either at the causal plane or in the subtle plane or in the physical plane.

The soul has another thread which is called the thread of awareness. There is the thread of awareness, there is also the thread of life. These are the two threads by which we function in life.

The thread of awareness enables us to fulfil the purposes of our life. The thread of life enables us to hold ourselves steadily in the body so that we can conduct the purposes. The activity of life and the activity of awareness within us are interdependent. One can uplift the other, one can pull down the other. The awareness activity is what is called the intelligent activity. It is called the *prajna* in Sanskrit. There is what is called *prajna*, that is our awareness, and there is also the pulsating principle that is our life. And life principle is called prana. Prana and *prajna* together constitute the soul. That is why the soul is called a pulsating unit of awareness - a pulsating unit of awareness. And there are two essential flows from the soul, as awareness and as life.

With life you can move upwards, with awareness you can move upwards. That is how the Yoga gives us to move up by associating with anyone of the two principles. When awareness associates with life, together they can move up. The unit of the two enables a yogic state. When awareness and life -that means when the life activity in us as also the awareness activity- when they are in harmony with each other, the life blooms and the awareness moves with greater swiftness.

If life principle is weak it pulls down the awareness principle. If awareness is down, it also pulls down the life. So, these are the two twins that exist as one which we call atman or the soul individual.

So, we need to know the functioning of life in us and unless the life is kept cheerful and joyful you can't really achieve any purpose. That is why Merry Life is a message to keep the cheer at all times. We shall have to be cheerful as far as possible throughout the day when we are in the wakeful hours. If you are very serious and very tense, very worried, and you are very much in irritation, or in depression of thoughts, gloomy in attitude, morose towards the surroundings, then you cause a depression to the Life Principle also. The negatives of thought pull down the Life energy, the positives of thought pull up the life energies. That is why the seers of all times speak of a smile in the countenance at all times to come.

To be cheerful is an essential quality for any person to progress, and much more so in the path of light or in the path of discipleship, which is also called the path of Yoga. A person who cannot smile cannot achieve much. Life blooms when there is cheer. If you see the writings of Master Djwhal Khul he says: "Cheer is a special wisdom". To be cheerful means you already carry certain degree of wisdom, certain degree of contentment, certain degree of happiness, only if you are cheerful. If you are cheerful you lift up the surrounding also, you also lift up your own being. And a cheerful person is (ready) with comedy, is ready with wit, wit is a common factor with a wise man, and a wise man cracks a joke then and there and uplifts the audience. That is the beauty of wisdom coming from a cheerful person.

When there is no cheer when you are carrying out the practices of discipleship it is all worthless, it doesn't give you the needed essences of life and the joy of life. Therefore, Master CVV thought fit to bring in cheer from the Higher Circles, from the Cosmic, from the Solar and from the Planetary level whatever merriness, whatever cheerfulness, whatever joyfulness that can be invoked, can be invoked when we relate to Merry Life. Master CVV himself was very merriful, very joyful and very cheerful. So was Master MN, so was Master EK, who belongs to the Hierarchy of this energy, and in general the members of Hierarchy they are all very cheerful people. During their leisure hours they cut jokes, they

make jokes, and they enjoy exchanging jokes as between them, they don't hold themselves in great seriousness when they are together.

That is why this cheer is of great importance. That is the reason why besides cheerful people we also need comedians in the group. A comedian makes things lighter. The importance of cheerfulness, joyfulness and merriness should be there in every activity, so that the activity is enlightened and is also lighted up in terms of its labour, you do not feel the labour as a burden when you do the same thing with a cheer on your face. Cheer reduces the heaviness of the activity and makes it lighter and enables us to stay afloat.

I want to give the importance of being cheerful at all times. You can even lift up yourself from you depression when you are cheerful. You can lift up yourself from your deep sicknesses if you are cheerful because cheer brings the needed healing energies. The more sick you are, the more cheerful you should be. All the people who can cheer you up they are the true helpers around a sick person, but not people who stay around and keep on fearing about the sickness. That is the importance of being cheerful that you bring in healing energies and uplift even the sick persons. Therefore, at all times, a bit of cheer is needed.

If you see lord Krishna, he lived 126 years and was always cheerful, very cheerful, very playful, while he carried out a huge activity of establishing Law, uplifting the Law and also uplifting the Knowledge. He uplifted every field of human activity with cheer on His face. That is the beauty of Lord Krishna.

Lord Rama was also said to be a person with cheer, and then we have Lord Maitreya, who is depicted as Laughing Buddha. Laughing Buddha is yet another presentation of Lord Maitreya, they are not two different entities. The Jain system prepared Laughing Buddha as Maitreya and Jain system itself is full of cheerfulness and relaxed functioning in every walk of life. Many say that the future is Jain-Buddhism. Jain-Buddhism is that you are always in a meditative state, it is a normal state of being with cheerfulness added. That is how we have Laughing Buddha coming. The origin of Laughing Buddha is from Lord Maitreya himself. Lord Maitreya was very cheerful. He is the World Teacher that leads this humanity into higher states of existence. That is where we need to be cheerful.

It is very sad that people do not even understand jokes when they are made and that is because they are mostly in the head but not in the heart. The chief centre of life is in the heart, while the chief centre of awareness is in the head. If you are at heart, you can be very cheerful. The head also joins the heart and conducts cheerfully, but if you move up to head, you lose the cheer. Therefore, cheerfulness was encouraged by Lord Krishna, cheerfulness is encouraged by Lord Maitreya, cheerfulness is called "a special wisdom" by Master Djwhal Khul and a smiling Master is always welcome while a serious Master is not that welcome because he brings in lot of seriousness into the situations. So, keep a smile when functioning. The one who smiles wins life, he wins life even from the point of death. That is the beauty. Even from the most dire, difficult, depressive, deathly situations, you can still revive on account of this wisdom of cheer.

Therefore, take this Merry Life as a means of resurrection from death. It causes resurrection. There are people who die with a smile in their face. They are the ones who are the true achievers. People who can smile away when they are departing from the body, that could be the best state that one can achieve. Therefore, the importance of cheer shall have to be known and shall have to be maintained and one has to practice it by being around a cheerful person. It cannot be gained by itself because it is a contagion that comes through the heart and a cheerful person can supply it by being around. Lucky are the people who have a Master who is cheerful, who can cut jokes, who can make fun, and who can keep the group in that joyful state.

If you see among the nations, we can easily see there are such nations who are excessively serious, and there are such other nations which are joyful. If you take for example Europe, in South of Europe there is more cheer. In the North of Europe there is more head oriented activity. That is why people come from North to South during the sunburn to gain the cheer through the sea beaches. If you see the Spanish or the Latin speaking communities, their cheer is totally different from the cheer of those who

speak Greek, German and the English. You can see even in languages the quality of cheer differs according to the tradition that they hold on.

Discipleship demands that we have a good admixture of heart centre and head centre. Will and Love should move together. Will belongs to the awareness; Love belongs to the Life. The two have to be merged for a happy blending and functioning with synthesis. That is where we have to pick up Merry Life as a message to move forward in relation to our daily activity of life which extends even into our practices. Do not carry out the practices of Yoga with lot of burden on your head. Make a cheerful approach to your practices, so that the practices become easier.

When you see a blooming flower, you feel the joy because it is unfolding life. If you see the sunrise, it also enlarges our joyfulness and awareness. A sunrise is definitely different from the sunset. Sunset has different purposes; sunrise has different purposes. Lucky are those who can see the sunrise on a daily basis, and feel connected to the uprising energies as they come to you from the Sun until the noon time. That is why the hours from the dawn to meridian are always considered to be energies that uplift. So also a flower that unfolds and that blooms, contrary to the flower that fades away and falls down by hanging its head upon the stalk. So also if you see animals, some animals give you joy by their activity itself. There are dogs which can give you joy, there are cats which demand your attention. The difference is, the dog is very positive energy, it gives joy to you, and a cat is a negative energy, it is a Moon energy, it demands from you. Therefore, if you see in groups also, you find people who demand your attention, there are people to whom people are automatically attracted. There is a difference between the two. In certain person there is a natural magnetism of attraction on account of the joy that they hold. It is not just wisdom that attracts people, wisdom coupled with cheerfulness attracts aspirants and enable them to gain wisdom to open heart.

Therefore, we should think of the surroundings, what is it that really expresses itself and gives joy? A flower gives joy, a fruit bearing tree gives joy, a growing tree gives joy –there are also trees which look very morose and trees where the creepers keep on hanging down all the time but not moving up to the sky. The difference you can easily feel. Where there is unfoldment and growth, there, there is life energy in its full function. Where there is the opposite at work, there the life is receding.

So also in the birds; you can see certain birds which give you joy by the very sight of them. There are also such birds as bats which will pull away energy from you. So from bat to eagle there is a range of birds. Some of them demonstrate greater life and they also transmit life.

Likewise among animals, among plants, among humans, among minerals. If you see a piece of charcoal you don't get so much joy. But if you see a piece of diamond it is totally different. That is how there are certain life- giving forms, there are certain life-absorbing forms. Relating to life-giving forms is what is important to keep on moving with the life that keeps itself merry.

I hope you have understood the importance of being cheerful. That is the first point without which any practice of Yoga has no meaning and no progress can really be achieved unless man is a joyful person. At the end of the practice of Yoga what should remain with you is the Bliss of Existence, which is also called Love, which is also called Truth. That is where we think of the prayer relating to Master CVV which says, "Master please, let us receive the influx of Thy Plenty of Prana into our system so that we may resist disease, decay and death, realise the Highest Truth, the Pure Love and the Bliss of Existence and serve humanity according to Thy Plan". Do this prayer with cheerfulness, don't do it in a serious manner because it all relates to the life principle, and the Master wants that the life should be merry, it should be a merriful life, a cheerful life, a joyful life, and we also have set up now all over the globe laughing clubs. This comes from Laughing Buddha only. From Jain-Buddhism they propagate laughing clubs that every day people practice during the morning hours especially, when the Sun is rising in the Eastern horizon, they get into some time for just laughing, because laugh enables release of tensed up energies in you. Therefore, go to a seaside, or go to a park, or a river valley, or a peak, early in the morning and keep on smiling loudly, loud smiling for about 15-20 minutes releases all your tensions in the body and brings you much more life.

So these are all things which look to be silly from the standpoint of the spiritual practitioner, but the more and more when spiritual practitioner becomes a serious person, he works out the contrary but not the very fulfilment which is intended by Yoga. Therefore, Merry Life is of great consequence to all aspirants and that should not be lost at any cost. So therefore, I give you the examples of Lord Krishna, Lord Maitreya, and then the laughing Buddha, and also the statement of Master Djwhal Khul which says "Cheer is a special wisdom". Keep a smile on your face while you are at work. Then all heaviness is lost and life moves up.

Life can be lifted up with awareness, life can be pulled down by lack of enough awareness. Ignorance pulls down life, awareness pulls up life. Likewise, uplifted life can uphold awareness. And a life that is in depression would also cause a depression to the awareness. So, they function directly in proportion to each other and therefore the two flows in us -which are called the two currents in us- shall have to be equally attended to and maintained at their optimum. That has to be the practice. Seldom people speak of life, they only speak of awareness, but the life principle is as much important because without the background support of life principle the awareness principle cannot function.

Unless there is pulsation and respiration in you, you cannot really carry out any activity. The mind cannot function, the senses cannot function, the body cannot function, the intellect cannot function. Awareness functions through intuition, intellect, and then the mind, senses and body, life maintains the entire body. Therefore, you should have to pay attention to the life principle as well.

When you think of the life principle, you think of the heart principle. You also think of the pulsations of the heart and there are essentially five pulsations with each one of us and we shall have to work out these pulsations in us and gain their friendliness. By that, we overcome many of our barriers.

The mind creates so many barriers to the person. It creates barriers and barriers and barriers, and we also have a barrier now in terms of movement due to this epidemic or pandemic that is spread all over the world. So, people can get depressed because of the pandemic. People can also cheer up life and be cheerful and keep the sickness away. There are two ways of relating to an issue. If you are cheerful, sickness generally does not come up to you, and even if you are sick your sickness is weakened on account of the cheerfulness that you have. Therefore, even in hospitals I feel there should be a team that keep cheering up the patients in the hospitals everywhere.

This pandemic is seen as a problem by humanity, but from the standpoint of Hierarchy it is seen as a solution. What we see as problem, the Men of Wisdom see it as a means of solution. Master Morya makes a statement saying that "Behind every problem there is a gift". Behind every problem there is a great gift of Nature. We think that the Nature is very harsh on account of this pandemic called corona, but behind that there is a gift. It enables to reorganize yourself. It enables you to reduce your movement to the meaningful things. It gives you more time to think it over, it enables you to be together with family members and other intimate group members, it enables you to relate like these classes and teachings and then cheer up each other. It is a way to meet a problem. If you see only the problem you do not get the solution. But if you see what Nature intends as a gift behind this problem, then you bring in the wisdom and solve the problem. That is how we need to know about this Merry Life and work more with the life principle in us.

Life principle functions in the heart. As a consequence, we have inhalation and exhalation as our respiration. Without inhalation and exhalation you cannot really function. It is happening in us, we are not doing it, and this inhalation and exhalation when you relate to, you can also feel or perceive the pulsating principle in you. The heart pulsates. The pulsating principle is the background for the respiratory activity. Respiratory activity is a visible activity. Pulsating activity is behind the respiring activity and therefore is seen as a hidden thing. It is the hidden functioning in us that the heart pulsates. We always look these days towards the pulsating rate, how much the pulsation is happening. Unless the pulsation is maintained at a level, you may have to think of inhaling more oxygen and uplifting the life principle.

So, pulsation when you relate, your own awareness lifts up the pulsation. The moment you think of respiration and its background as pulsation and keep relating to the pulsation in the heart, when you

relate to the pulsation in the heart you are already uplifting the life principle in you. Therefore, when you are sick, what should you do? -you should relate more to the pulsating principle. If the pulsating principle departs from the body, it is called death. But when pulsating principle is strengthened and is made to function, it strengthens all the pranic principles, because the pulsating principle is the key principle relating to the five pulsations.

We all know the five pulsations. The five pulsations are inhalation –which is called prana pulsation, exhalation –which is called apana pulsation, and then there is equilibrium of the two-which is called samana pulsation, and then there is an uplifting pulsation which moves from heart to Ajna –which is called udana pulsation and there is the fifth pulsation-which is called vyana pulsation, meaning “all permeating pranic principle”. There is an all permeating pranic principle called vyana, which permeates the whole body. There is the vertical moving pulsating principle, which is called udana principle, which moves up and down in the spinal column. Then there is inhaling pulsation with the help of which we keep receiving oxygen into your own being by breathing in, and there is apana pulsation, the counter pulsation by which you throw out the carbons as they accumulate in the body on account of the combustion that happens in the body due to the activity of fire in us.

So therefore, there are five pulsations at work. Apana throws out the carbon that forms in the body. Prana brings in lot of pranic principle into us, and then udana enables the movement of life force up and down from Sahasrara to Muladhara and even up to the feet. Vyana pulsation enables to keep the life principle to every cell of the system. And then there is samana principle, which is the equilibrating principle. This is the fivefold prana that functions in us, and it functions in three levels, that is the beauty.

I have given in the articles on Occult Healing a detailed description of how the five pulsating principles function at the physical level, at the subtle level, and at the causal level – at the causal level and at the shukshma level and at the physical level. So, these $3 \times 5 = 15$ pulsations keep man completely fit in the body brimming with life, so he can always replenish his life and even cause resurrection to himself when there is a deep disease that attacks him. That is how the yogis resurrect from deep sicknesses and even resurrect from death. Resurrection from disease, decay and death is what is intended by the prayer that is given to us by Master CVV. By regularly relating to your pranic pulsation, either during your meditation times or contemplation times or during your sleep hours, just do not sleep away vaguely, sleep with awareness. If you sleep with awareness it means that you associate your mind with the inhalation and exhalation and then link up to the pulsating principle in the heart and consciously move along with the pulsating principle up to the brow centre and then let the sleep come. This has to be an exercise. Master Djwhal Khul specifically suggests this exercise to every aspirant when he attempts to sleep either during the day or during the night: do not just sleep away vaguely, utilize the sleeping time as a means of reaching the higher states in you. Turn the sleeping hours into meditative hours, so therefore, when we think of the pulsating principle what we attempt is we have to equilibrate the inhaling and exhaling activity into the pulsating activity at the heart. When you feel the pulsating resonance in you, be with it for a while. When you are with it for a while it leads you inside. That is where you have subtle pulsation. The subtle pulsation leads you to the vertical column where there is the light vertically present from above to below, from Sahasrara and beyond and Muladhara and below. That is the axis we have, into which you move. There, there is the pulsating principle that lifts you up. That is where you meet the udana pulsation. Do that and go up to your forehead and be with it, where you can witness enormous unlimited light. When you sleep like that, then there is another bridge. As you sleep or you meditate the next bridge is from building a bridge between the Ajna centre to Sahasrara by relating to Vyana principle which is all-permeating principle. When you get into it, you get out of the limitation that you suffer that you live only in the body.

We feel that our life and our awareness is limited or circumscribed by the body, but the truth is we are beyond the body, our awareness is beyond the body, our life principle is beyond the body. In fact, our awareness is not our awareness. It is universal Awareness. Our life is not our life, it is universal Life. The life in the wave is the life of the ocean –oceanic awareness, oceanic life, functions in us in this unit of form, and in that you feel that it is your life and your awareness. Once these barriers are all crossed you are really into an unlimited sphere which is called “Anemi goda (?)” meaning a sphere without limitations. And you keep on improving your horizons of awareness with the help of life principle which functions as a bird for you. That is why for life principle the ultimate symbol given is the eagle. Eagle is

considered to be a bird that flies over the seven skies. Seven skies represent the seven planes of existence that you would really fulfil by relating to the pulsating principle which exists in you in your heart centre. Therefore, time has to be given to relate to it.

Keep a smiling face when you do the meditation. Do not carry out meditations with a serious face. Just keep a smile for yourself, you do not have to pay for it. You can just smile and then move on into the inhalation and exhalation. When you go down go deep and come back, deep and come back, and deep and come back. After some time you can feel the pulsating resonance. Get into the resonance of pulsation, be with it, let your awareness be with it while your respiration happens. You are inside now. Then be with the pulsation, that pulsation leads you inside. There you have subtle pulsation. That subtle pulsation connects you to the uplifting prana which is called Udana prana. When you join that prana it is like you are taking vertical flight, you do not have to do anything. Your awareness is lifted from the state of air –which is the state of Anahata to the state of akasha in Visuddhi and is further lifted up into second akasha at the Ajna or brow centre. And then the final akasha which is at the Sahasrara. We have three akashas: akasha, mahat akasha, para akasha, meaning the planetary sky, the solar sky and the cosmic sky, marking three different borders which are apparent, beyond the unspeakable, indescribable, incomprehensible God, who is Life and Awareness together.

The God Absolute is called Awareness and Life together, it is two as one. From that state, as it descends it descends as two, as Awareness principle and Life principle and builds the three systems: cosmic system, solar system, planetary system. In us, it is the head, it is the upper torso, and the lower torso. Normally a mundane man lives in the lower torso. It is the fact that the mundane man lives in the solar plexus and keeps on moving around only fulfilling all his desires and all his requirements and the requirements of those who he considers as his people, and serving all that which he thinks is his. Therefore, they live below the diaphragm. That is the normal state.

From that state an aspirant is trying to move above the diaphragm. For that he has to make all his practices at the heart centre but not below. All practices have to be either at the heart centre or at the brow centre. It cannot be in Solar Plexus or Muladhara or anywhere below the diaphragm. So, this lift up happens when one person thinks of developing himself.

So, the planetary system, the planetary life or the planetary prana functions up to the diaphragm. From diaphragm to throat it is the field of the solar. That is where we say heart is the place of the Sun. Even Sun is said to be the Lord of Leo, above the diaphragm. So therefore, Sun rules the upper torso and the Sun to the Sun whom we call Savitru, rules the forehead. That is why we think of Gayatri and invoke the Sun to Sun, and the Sun, and then the Sun in us. That is how we relate to the three Suns, which is also given in the western hemisphere as Salomon. It is triple Sun. It is also called Aditya, Savitri and Surya.

Anyway, I'll do not deviate from the subject. What is important is that you relate with the help of your respiration, get into the heart centre and then link up to the pulsating principle when you are at your leisure. This has to be a practice. And then link up to this pulsating principle whenever you intend to get into sleep. Then the third step is, make sure that you also give time in your daily practices to relate to respiration, pulsation and then working with pulsating principle and moving up to the head centre. Let it be, let time be adopted for these practices. A student of Pranayama is recommended to relate three times with the pulsating principle at the rate of 24 minutes each time. At the rate of 24 minutes each time you are required to relate to the pulsating principle. That would enable you to establish the habit of relating to the pulsating principle. So, three times you consciously relate, and you also relate whenever you think of sleeping, so four times. So, when you practice so very frequently on a daily basis to relate to the pulsating principle, then gradually it becomes a habit with you, and you are able to relate to the pulsating principle without much difficulty and your mind which is full of thoughts cooperates to associate with the pulsating principle. That is important. When you have the association of the flying bird, the bird will take you on a flight. You do not have to fly anymore. If you associate with an aeroplane, the aeroplane takes you on the flight. If you associate with the bird and mount upon the bird, the bird lifts you up. Likewise the bird that exists in you is the pulsating principle.

Try to be with it, try to be friendly with it. Then it obliges you and allows you to be on its mount. It is only through friendliness you can be knower. Only through love you can be knower, through devotion you

can be knower. These are the three means to mount the bird because a friendly bird allows you to be on it. A bird that you love allows you to be on it. So also a person who is exceedingly devotional. The bird would condescend mounting of the aspirant upon the bird. That is how to feel friendly with the pulsating principle, love the pulsating principle and be devoted to it. By that you can slowly mount upon the pulsating principle which exists as the subtle principle at the heart. And once you mount on it, it takes you up.

Even the Lord of cosmic nature whom we call the Second Logos, whenever he intends to descend, he only descends by the bird. It descends by the bird and he again recedes by the bird, he returns by the bird. So, we too can ascend with the help of the bird and descend by the help of the bird. The bird helps you to ascend beyond your form. When you are able to ascend beyond your form, then you see the beauty of life. Then you see the beauty of light that pervades you. The light is far beyond what you think you are in. You are very strenuously contemplating upon a point of light within your body, but once you are out of the body it is all light all around. When you get out of a deep well, when you are open to a great sky, it is all light all around. Like that you feel light everywhere. That is how you keep on obliterating the marks that you have, the territories you have. The symbolic presentation of Saint Mark in the Testament is, man prepares his own demarcations. He makes his own demarcations and limits himself to it. There are people who limit themselves to their houses in corona, there are people who break the demarcations and go out and do things which are essential. What is essential is different from each one's perception. So, there are people who keep on coming to these classes overcoming the limitation that we could not. Likewise, there are people who can dare. Those are the ones who can obliterate the mark. The mark is what is called Saint Mark. This mark is also called in the Eastern scripture as the principle of Markandeya. Markandeya is the one who presents in you as your own understanding of limitations and he suggests you, by your own adventure you can overcome your own limitations. Today we have lot of slogans coming on account of corona which says, "beyond the fear there is the victory", "beyond fear there is success".

So, you mark your own limitation and you suffer in it. You see the chick in the egg. The chick in the egg is limited to the shell, but when it grows it feels the limitation of the egg shell. Therefore, it starts breaking it. It breaks it. It breaks it and comes out, and then it is in a greater light. And then, thereafter it sees that it has some wings which it can use, and with the help of the wings it flies. See how in two steps it is in the sky a bird. A bird is in the sky by breaking the limitation relating to the egg shell and also breaking the limitation of lack of knowledge relating to the use of the wings. So also the human is made in the image and likeness of God, so the limitations that he sets for himself are his own limitations, no one has set these limitations. By your own awareness and with the help of your own life principle you can transcend each one of these limitations. Don't we say in the prayer "May we transcend disease, decay, death, realise the highest Truth, the pure Love and the bliss of Existence and serve humanity according to thy Plan"? Is it not a proposal that you shall break your own limitations?

That is why Master Djwhal Khul also says in his teachings "the Wisdom is for those who will". You have to will to do something which is good to surroundings. Number two, we shall have to know. You have to will, you have to know, you have to dare. To will, to know, to dare and to be silent. Do it for yourself, do not make a publicity about what you are doing. Just keep doing it and you grow, you grow in your awareness. What I am trying to say is you can grow beyond your body in your awareness, you can grow beyond your body in your association with life. When that happens, you can move out of the body, you can even move into the body, you can flux in life with the help of that knowledge that you have, and then overcome your own sicknesses, your own disease, your own decaying. This is how Master CVV gives a dimension and he has established on the planet today. That is the importance.

Today he has been able to link up the three planes of prana: the cosmic, solar and planetary, link it up to the human kundalini. That is the beauty. It is a great work, it gives you a kind of planetary initiation. He gives such a planetary initiation to this planet having come from the Jupiter's ashram, Master Jupiter ashram in Nilagiris, which is connected to the Great Grand Lodge in Sirius, it is a great work that is done and we pay homage to all these ashrams of Sirius and then the southern ashram on the planet wherever it is and also the ashram in Nilagiris and to Master Agastya, the Sage Agastya and Master CVV, they form the Hierarchy in relation to working with Merry Life. They form the Hierarchy. Think of them sitting in contemplation and relate to the pranic principle which sets your health in order, it sets your system

into harmony, it enables you to contact the pulsating principle and make a movement in an upward manner by which you realise the principle of Markandeya or the principle of Saint Mark.

Master CVV speaks of Saint Mark in the Occult Meditations and in Saturn Regulations Master speaks of again Markandeya in the 30th Saturn Regulation which is detailed by me into 33 regulations. The last 3 regulations relating to overcoming the whole system which you think is your form. Your form is your limitation. It is your egg. In that egg you are living. By breaking this egg you can move into the planetary state where you can experience many things relating to the planet. All ascended Masters although they reside in a body they are not conditioned by their body.

The beauty of the Masters of Wisdom is they reside in a body but they are not conditioned by their body. Does not a bird reside in a nest, but it is not conditioned by the nest? It moves up and goes to further skies and covers greater distances, comes back by evening to the nest; so also a yogi, a Master of Wisdom can move out with the help of pulsating principle. The pulsating principle keeps the thread of life in the heart and enables you to move up. The connection is there to the heart.

For a mundane man, the thread of life is connected with Solar Plexus. For an aspirant the thread of life is in its own place, its rightful place which is the Heart Centre. So when a man of wisdom, when he moves of the body, he moves out with the help of the thread of awareness, moves all around, conducts the purposes and with the help of the thread of life he comes back, joins the heart and enters into his system. That is why this (heart) is called "the lion's gate" for entry and exit of life principle, while this is the king's place (forehead) for entry and exit for the awareness and come back. That is how we have to understand and conduct these practices. Without these basic practice you cannot get into that which you have set to yourself as your defined life.

Pranayama is the fourth step of Yoga which enables to move out of the known situation to an unknown situation. The whole pursuit of knowledge is to get familiar with an unknown situation standing in a known situation. From known to unknown you are moving. The moment you move into a part of the unknown, that part gets as known part and then there is still unknown part. You keep on moving and expanding until you keep knowing, as much as your soul feels "enough to function for now". That is how knowledge is pursued with the support of life.

Pranayama enables you to step into the next step which we call Pratyahara. Pratyahara means absorption into your own being and absorbed deep into your heart centre and you are drawn within. When you are drawn within, you are drawn up within. That is how we have Dip Deep and then Axis arranged Hours as a mantra following it. You go inside, when you touch the point where there is lift up, there you get up, you lift up and that is where the functioning happens and you are up there in the Ajna centre or in between the Brow centre and Ajna centre, there you feel the float; you do not feel that you are bond by your body. And you feel the further float when you reach Sahasrara.

Sahasrara is the uppermost point. When you reach there, you have realised what you call "Om Mani Padme Hum" according to Buddhist system or the essence of Gayatri which puts you in the thousand petalled lotus. It is called "Om sathyam param dimahi". Sathyam param dimahi is an eightfold Gayatri mantra: Om sathyam param dimahi which is called Gayatri in the East. Om Mani Padme Hum is the mantra given by Lord Buddha. Either of the mantras are realised. Now we know them as information, but when you get to the thousand petalled lotus you are into the unlimitedness of Light and Life, and that is where you meet the true Bliss of Existence. You really understand how merriful is life when you are out of your body.

There are many persons who feel so good out of the body. People who take anaesthesia before they come back they feel such a great release and they feel also the constriction when they wake up in the body. This is a common experience. I have also known a person who was about to die, who was brought back by touch upon the Ajna centre. When she was coming back she was smiling almost to the point of laughing and said as she was about to enter she uttered forth "Master, let me stay in this state, I don't want to come into the body, it is so beautiful here, there is such a pleasant blue all over and I am floating here". If you come into the body you don't float anymore. When you get into the body, where is the float?

You have to limp, you have to drag your body, it is like a luggage which you carry with you. Most of the bodies which are (...) it is a luggage with which you move. But when you float over it is so beautiful.

This float over is not a fairy tale for persons who work with life principle, because life keeps you afloat. That is why I tell people who are highly intellectual, they keep on fighting in their mind, they have so many concepts to fight on. As much mind you have, so many viewpoints you have. As many viewpoints you have, so much they are contrary to each other. Isn't it? Around a point there are 360 degrees, so there are 360 viewpoints. So, one comes opposite to the other. When there is one viewpoint there is already the opposite viewpoint. So, there is opposing viewpoints in all 360 degrees and you have no respite in your mind. You have no respite in your mind however intellectual you are. Only when you get into intuition you get the respite.

But this mind when it is applied upon respiration and gets to pulsation and moves up, it learns to how to float, even initially. There are people who float in life, there are people who work very hard in life. There are two kinds of people. To some people there is such a hard work all the time. When you are below the diaphragm it is all heavy. That is why the Sun sign Virgo which is below the diaphragm, the keynote is "much labour without remuneration". That is how it is said. So, what is the key for Virgo? Virgo is also a Sun sign symbolic of caves in the mountain ranges. So, get into the cave of the heart which is just above the diaphragm. The Virgos are below the diaphragm; get into the cave which is above the diaphragm. It gives you a respite, you get into the higher planes. Below the diaphragm you are loaded. And in Libra you are further loaded with passion. In Scorpio you can imagine it, you get into the hole where it is all dark. Only again in Sagittarius you meet the bird to move on. So therefore, when your life tends to be heavy, if you learn to be afloat you can cover your jobs easily. When your life is in a floating state, in a flying state, you can handle things by over-viewing things. Over-viewing is a facility and enables to relate to a thing according to the need.

See the eagle, it moves up, it moves far higher than the normal birds but its eye can see the smallest creature that is crawling on the earth. What a sight! The message is "The higher you move in your awareness, the sharper is your look". Men get a precise look when they move in their awareness. If we go in an aeroplane to higher skies, we don't see anything on earth. The ability to see the minutest detail comes to you when you move in the higher planes. Why? Because you gain the eagle's eye. When you are with the eagle's bird, it gives you the eagle's eye, and you are able to target it well. The beak of the eagle speaks of targeting. It targets and directly descends from the high sky to the target and hits the target or picks up the target with the beak and then holds it by the fingers of the hand or the legs, whatever you call. That grip, the eagle's grip is so strong. If it grips your hand your entire skin and flesh is all gone. Such is the case.

So why I am saying this is, think of the bird, think of life and think of moving beyond your own limitations with the help of life principles, especially when you are stuck with mind. Men are stuck with mind. They cannot overcome their own mind because to overcome mind with the help of mind is difficult. How can you overcome your mind with the help of the mind? You cannot. How can you step upon something unless you have a stable base? Therefore, pulsation is the higher state for mind and also for respiratory activity. When you put yourself in the higher pedestal it enables you to move and get into higher states of awareness. And that releases you from the present state of awareness. That is why for men of intellect you have to suggest heart meditation and relating to the pulsating principle. For men who are excessively oriented with life and the joy of life, you have to suggest meditations relating to the brow centre. That is how you have to work. Whatever one is lacking, you have to decode what he is lacking, supplement it and cause an equilibrium between his awareness principle and life principle.

That is how the Markandeya principle is helpful to us and therefore people think of the seer Markandeya and the mantra that he gave. He gave the mantra "OM Trayambakam Yajamahe Sugandhim Pusti Vardhanam Urvâruka Miva Bandhanân Mrityor Mukshîya Mâmrutât". There the attempt is "don't let me die, let me fulfil". "Don't let me die, let me fulfil, I'll myself come out". People who cannot come out, they meet with death. People who can come out, why should they be put to death? So, the mantra says, work out your limitations and overcome your limitations and when you are so long working with this attitude, even the angel of death waits. He will not touch you because you are still working out to come out yourself.

See, the chick in the egg, it keeps on fighting with the shell. The mother tries to help from outside, but the chick is faster, it comes out fast. So therefore, even death waits which is the terminator. Even death waits where there is an attempt to move out of self limitations. Self limitations are the limitations that each person sets himself according to his state of mind. A seer is one who has overcome the barriers of thinking, he keeps as open as the sky and enables every possibility to have.

The sky is called Akasha, and it is open for millions of avakashas, meaning descending thoughts. That is where Rig Veda says, "Let thoughts come to me from all ten directions and lift me up". So, when you are open to the sky with the help of pulsating principle you are no more limited to the routine thoughts that bother you on a daily basis. We move within the shell of a few thoughts that keep on moving us in terms of eating, moving, drinking, sleeping, speaking and relating to the worldly affairs. It is a limited sphere, move out of that. This moving out helps us to break the barriers of Saturn, barriers of limitations, barriers of death. That is where the seer Markandeya comes in the way and we need to relate to the message more than just reciting the mantra with fear. People chant this mantra Trayambakam when they have fear of death or in the fear of a very serious sickness. There you are singing the mantra or chanting the mantra more with fear, so when you are in fear and sing it, it doesn't serve the purpose. The purpose of the mantra is to overcome your own fear. Fear is your limitation, overcome your own fear which is the worst fear that we suffer from. That is the worst fear, isn't it? So, overcome that limitation by observing what it is and being with the pulsating principle. As long as you are with the pulsating principle, you won't die, that is the beauty. You won't die. As much as you are with the life principle, you don't die. Let you move out of the body but you do not die, because you are with the life principle. That is the key.

The seer moves out of the body with the help of the life principle and conducts with the help of the awareness principle. That is what I suggest on the occasion of this Merry Life to practice with the life principle which is incessantly functioning in you. Please note your mind is not incessantly functioning. It breaks through sleep hours, but in sleep hours there is no mind. But be it sleep hours or be it wakeful hours the life principle is always there, isn't it? So, when you are more with the life principle in you, by associating with the bird of pulsation even if you leave the body you are alive. You leave the body alive and with awareness.

That is where Patanjali suggests in the fourth step of Yoga, let Pranayama be accomplished, then get to Pratyahara which is an absorption into your own being, which enables you to move up into the sky in the throat centre. Later further move up. The pulsating resonance you can feel in the throat, in the lower palate, in the upper and even in the nose and then you can feel in the brow and be there and keep praying to move up even beyond the brow, to the higher skies in you. That is where the awareness and the life principle together move into higher spheres and experience many more things which otherwise are not known. When a newspaper gives you news, when a television gives you news or when a Teacher of Wisdom gives you news, it is a news which is transformed to you and informed to you. But there is a way that you can yourself get the information and then feel the joy of knowledge and then help others with that knowledge. So that is where we can link up all the pranas in us which are otherwise in the lower, below the diaphragm.

That is where those who are below the diaphragm in their awareness they die hard. Death becomes difficult. Those who work out their life principle and awareness at least to the heart centre, they die much easier. If they also move up to Ajna, they die at will. And those who move further up, they regularly move out of the body and move into the body and to them there is no such thing as experiencing death.

This is how Merry Life enables us to attain, and Master CVV has made it possible in the sense yoga made it possible. There are Seers who gained it even before, but it was a long, long process. With Master CVV and his Aquarian energies and Uranus penetration, he works it out faster and when you think of moving in this direction the Master helps you and makes you move faster. That is where we need to relate to the Master and the Hierarchy relating to him and then function with it, try to see if you can function at the rate of three times 24 minutes a day. That is how 72 minutes Pranayama is said to be optimum Pranayama. That is enough. Spread over a day of 24 hours, 3 times. In fact, 72 are also the pulsations of a yogi per a minute. In a minute, a yogi pulsates 72 times. Normal people who they are

healthy, they pulsate anywhere, between 60 to 100, but for a pulsating yogi it is 72. So, 72 is a nodal number. Six times 72 for one hour it becomes 4320 pulsations. 4320 pulsations in 60 minutes. That is what we have, and these pulsations can be worked out on a regular working with it. Start with 24 minutes a day, where in 24 minutes you can carry out 60 x 20 pulsations. 72 pulsations per minute. In 60 minutes, it is 4320 pulsations. So, work it out in 3 meditations during the day, which is for 72 minutes, meaning you have a grace period of another 12 minutes.

Therefore, working this out, is what is given as an optimum in the book Spiritual Astrology by Master EK under the caption Pranayama. Everything is there in the wisdom books. And then, you have to pick it up and work it out, and the 4th step of Pranayama teaches how to work with Pranayama. Inhale slow, soft, deep and uniform inhalation, three times, give a pause and again inhale, and the exhale and give a pause, then in that pause you can feel the pulsating principle. Then, thereafter be more and more with the pulsating principle. Be there, if you join there it is already being in the departure lounge, where the flight of Udana comes and lifts you up. So, make this effort, that is important. And let that lift up happen to all of us, and this is good time. When there is not much to move outside better you move inside and then carry out.

The beauty of life principle is, (this is the last point I cover), life pulsations are rhythmic. They are very rhythmic functions. Life works with rhythm. This heartbeat, it is so rhythmically conducted. Awareness need not be functioning with rhythm. Our activity may not be rhythmic while our life activity is rhythmic within us. Did you ever observe this? Whatever you are doing, the life is at work, the heart is at beat, the pulsation is happening and the respiration is happening. It is naturally, rhythmically happening in us.

But then the awareness principle it doesn't have that kind of rhythm. It has different rhythms for different days, but if you see the universe, everything is functioning in rhythm. Therefore, rhythmic working of awareness becomes possible when you associate the awareness principle with the life principle. Because life has rhythm, awareness also receives that rhythm. When you are with a rhythmic person, you gain that energy from the association. So, when you are regularly associating with the functioning of life in you, you gain the rhythm. When you gain the rhythm, then you have set your system in order. Because life is in rhythm, intelligent activity is not in rhythm, there is disorder. When life is in rhythm and awareness also tends to be rhythmic, then the life gets into order and things happen in an order.

When there is an order in your doing things, expansion is inevitable. Expansion is the quality of Jupiter. Jupiter causes expansion and Jupiter does not give expansion of awareness until one organizes himself to be very orderly in every aspect of his life. That is why in Spiritual Astrology the very first sentence under the caption Jupiter is "there is an order in arrangement of objects". When the objects here are very orderly arranged we are able to conduct this talk at a global level. When something goes out of order, all that I speak will not reach the intended places. So, while the practice is at work, and the speech is at work, the awareness when it is not in order it does not conduct the very purpose. Therefore, rhythm to awareness comes in association with the rhythm with life which is already in every human.

That is the reason eagle is taken as a symbol by the 7th Ray Master who is the Master of Law and Order. It is a ceremonial order. Magic happens when man continuously functions in a rhythmic order. His work expands, his awareness expands, all that he does expands, expands and expands, and expands beyond boundaries. That becomes possible only when rhythm is taken to. And that rhythm is already in you as life principle. Associate your awareness principle also with it. Make a timetable and follow it for yourself -about your wakeful hours, about your prayer hours, about your dining hours, about your work hours, about your relaxation hours. All can be arranged within a day and see how best you can follow. That causes ability to expand. That is where the seventh Ray is of great importance in the field of wisdom which is but imparting rhythm to the awareness and that can be easily gained with the key of pulsating principle- for that reason, the eagle is taken as the symbol by the 7th Ray Master for all his ritualistic rhythmic and Masonic work. These are the few thoughts that come to me and the practice is just this. It is one practice, the rest is information and then initially I spoke how beautiful it is to be joyful. A joyful person floats, he doesn't sink. Therefore, lead life floating but not swimming. There are people who swim life. How long will you swim? There is a limitation to your swimming. It is already considered to be great if you swim the English Channel, meaning between the Islands of England and Europe or it is also already considered great if you swim from India to Sri Lanka. But the life is even far distant. It has the

swim travel. You cannot swim all the time, you should learn to float. And that floating ability comes when your mind is enlightened by association with the life principle. Let it be so with all of us and let us keep moving, not only horizontally but also vertically. Thank you one and all for your listening on a Sunday which is otherwise spent generally. Thank you, Namaskaram.