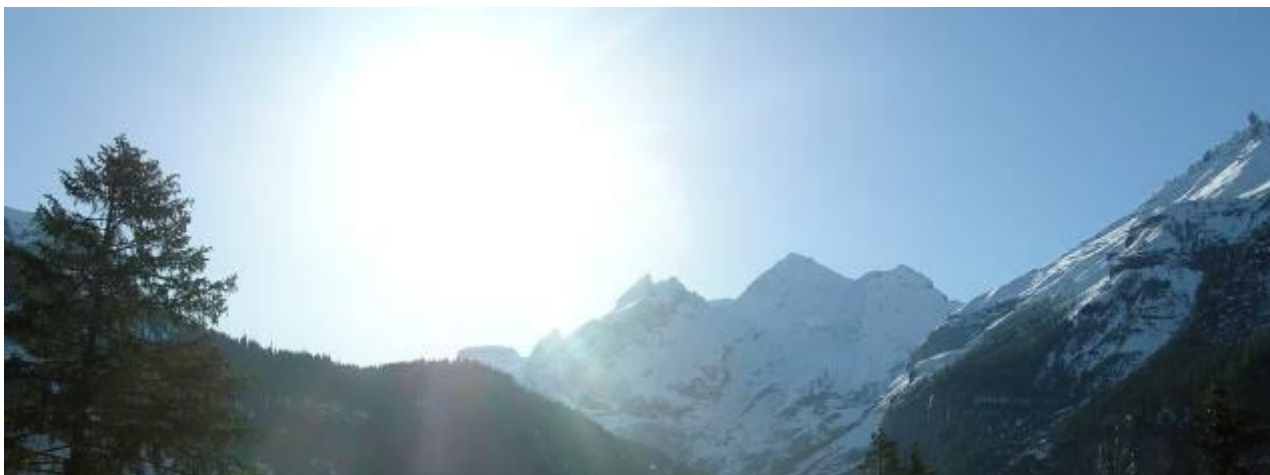




May Call Day Seminar: Yoga and Transcendence

With Dr. K. Parvathi Kumar

May 26th, - June 3rd, 2007, Kandersteg, Switzerland

(These notes are only for personal use. They are incomplete and might contain mistakes, lp)

A group of about 170 persons from Argentina, Austria, Belgium, France, Germany, India, Italy, Spain, Switzerland and USA had gathered for the celebration of the 98th May Call Day with Master K. Parvathi Kumar and his family at the beautiful place of Kandersteg in the Bernese Alps, in Switzerland.

Sat. May 26th, 2007

Hearty fraternal greetings and good wishes to all the brothers and sisters who are gathered here.

For those who want to get to the source, it is a celebration, also for the personality. The personality has to tune up to the soul. May the 98th May Call Celebration draw the personalities nearer to the soul and may the personality align to the soul. This is an important step in yoga. I am thankful to all of who for the ardent prayers you have done to ensure that I come back. It was a global unity of prayers, it is deeply appreciated by me. Thank you for that, and we will continue to work together. No despair. We may aspire, not transpire, and there is inspiration. In spite of all that is happening in us and around us, and the conflict that is generated from within and without has not conquered the path of discipleship.

We don't bother if we fall short of many things. The personality has many shortcomings, and we are also disgusted with others, this is o.k., but we continue to work with inspiration, because inspiration comes from the soul and cannot die. We walk with great enthusiasm the path of yoga, of discipleship. Discipleship is nothing but holding the tail in order. A tail is an extension. Personality is an extension of our soul. The work is to ensure that the tail is in order. We are always the tails of the One, as soul we wag, hence the personality I also wagging. We don't listen to Him. It is like a father complaining, my children aren't listening. Have you listened to your father? – You can't expect the children listen to you. The practice of listening is the practice of yoga. Listen to the One more and more instead of listening to the group members. The members always play on the drum. We need to listen more and more to the One all around and also in us. He is so proximate that we see him in a great distance. He is as proximate as he is distant. He is neither proximate nor distant. Arrange life in a manner where we listen more and more to Him.



Sun., 27th June, morning

The seminar was inaugurated with a fire ritual, and it started with the Master talking on Yoga and Transcendence.

I once again welcome you all to the Master May Call meeting. Master May Call is the day of initiation for humanity in the New Age. Master CVV chose the month of Gemini to initiate humanity into the Aquarian energy and thereby lift up humanity from the solar plexus to the throat. The whole work relates to the sound, the throat centre, to lift up humanity to akasha. As being an airy sign, it is related to Libra and Aquarius. The Master is the spiritual air, Aquarius, and humanity is in Libra, the mundane air. The lift-up from the mundane to the super-mundane, to the state of self-realisation, is what is attempted through the medium of Gemini. In his age of Aquarius we need to lift us up to moving air. Like a caterpillar puts off his body to become a butterfly, to be able to fly.

From caterpillar to butterfly. The caterpillar crawls, it is a horizontal movement. The butterfly makes a vertical movement. If you see a butterfly you can't see it is the evolved version of the caterpillar. A transmutation of the body is necessary. Yoga and transcendence (gap...)

There are many ways to make the ascent, and this ascent has to be done voluntarily. Each morning and evening we link up body and soul. The pulsating light enters into objectivity. The soul enters through a triangular process called Sat, Jnana, Kriya – Will, Knowledge, Action. The triangle you enter through the three qualities. You have a program what to do, how to do, when to do. When we wake up, we are coming into the three qualities. We take birth into the three qualities and get the program. In this total program there are series of knowledge and will: To get up from the bed: the will to get up, the knowledge to get up, and the action. Then washing the body. Then drinking a cup of coffee, it keeps on the whole day.

There are five pulsations, five sensations, five sense, five elements. It is a five-fold door through which we enter. If you are consciously come back from the senses, to the sensorium, to the qualities, to your being, it is the way back, the ascension. You exist, become aware in the morning, go into the three qualities. They lead you into action, into the five senses. Three and five, with the pure consciousness we are nine.

We have to recollect the I AM every morning, the original name. For the final state of freedom, this is the final question we get: Who am I? To get conditioned by the three qualities in the loss of freedom. If we get into the senses, into objectivity, it is the full loss of freedom. We think of objectivity only. All things for objectivity keep coming to us even if we close our eyes. We cannot at will withdraw from the senses. The three qualities that exist in us. Three times we are bound.

Each of us is like a bull, a powerful being, but being bound by head and foot. The bull roars, it is like a cry, because it is bound, by objectivity, senses, thoughts. Even thoughts of good

will bind you. It is a bondage. Thoughts of good will, ideas are also thoughts. Beyond that you get into the clear, blue pulsating consciousness. That consciousness keeps flying in the blue sky like a bird. The eagle moves in the high sky, the 7th plane of akasha. Even flying in the high sky it can see the prey on the ground and fly down to come up again. The caterpillar stays on the ground, the butterfly stays in the air and comes down only according to need. That is – I AM. Out of space a unit of space comes out as a pulsation, a separate pulsation happens. Before that there is not will, knowledge, action yet. The first root race is only in samadhi. That is our real home, to be, the real I AM, the state of awareness that I exist. I am there and I have the awareness of existence.

In the boundless existence I am also there. From that state I come down into objectivity. All all these three I AM exists. It can permeate from below upward and from above downward. It permeates. Imagine the I AM as a thread. The three qualities as three beads on the thread. The red, blue and golden yellow, the 5 beads - three qualities, senses body. You are the thread and not the beads. You are the thread around which all beads are gathered. All that is born is bound to die. The qualities emerge the moment you get up in the morning. It is a pulsating being. That is our essential state – no wil, knowledge, activity, thoughts, emotion. We know that we are in in sleep, but we don't know how we are existing. How are we pulsating awareness, also in sleep hours, we don't know. From that state of pure pulsating awareness you step down three times. So three times we have to step up to get back to the Sanctum Sanctorum. In the third volume of Secret Doctrine H. P. Blavatsky speaks about the entrance into the Sanctum Sanctorum. You need to get there, but you get stuck up with the sensation born out of you. We are stuck up with all that is born out of us. What is born is bound to die. What is it that is born? We are not born, we are there always, so we don't die. What has come out of us has to die one day, our sense of taste has to die, sensations die. The body dies, because it is born out of us. That which is born is bound to die. People who don't know say, because we are born we will die. This is not true. We aren't born and we don't die. We have developed 3 envelopes. Time can eat them away, even a big body. The knowledge is very important, we don't die. Even if we go to a funeral place, please remember, we don't die. Our qualities would die, because they are not our original state.

To get into objectivity, you need the three qualities, the sensations, the senses. You need in a temple a minimum of three portals. As soon as you enter through the first portal, you are out of objectivity. There is first the hall of learning, then the hall of knowledge, then the hall of experience. When we awake, we are not aware that we have come back. Nature takes us back to sleep. A disciple can come back consciously. The related practice is called yoga.

There is an asana, Shava asana, to stay like a dead body. You can consciously withdraw from all parts of your body with imagination. Imagine your withdraw, then you don't feel the body. If you slowly withdraw, you don't feel the heaviness of the body, the five senses, there is no use for them until tomorrow. Tell the senses to go on vacation till tomorrow morning, the thoughts also can go, only one thought remains, That I Am. Only THAT remains, So-Ham, That I Am. That is the song that remains with us in the sleep and in the wakeful hours. That is eternally with you. The rest dies, if you know or you don't. Which we don't observe, they die. Come back in the morning. What is born dies, what dies, will be reborn.

Death is happening with all these things, but not with you. Observe how death is happening with your body, senses. If you see the death, death doesn't see you. If you don't see death, it sees you. That has to be practiced daily in the night. Even if a tiger sleeps on your side, we don't know. What exists is, I AM, the rest dies That what is born dies is a cycle, the cycle of birth and death. We need to work with the death, it is important for every man, so that he remains unaffected. No scripture is called a scripture, if it doesn't give the secret of death. In Bhagavad Gita the first teaching is about death, in Bhagavatam also...

There are two aspects, to know that we don't die, then to realise it. Knowledge is not realisation. It is through a practice, systematized practice, called the science of Yoga. It is the only practice to lead you to the universal consciousness, to transcend death, to experience universal consciousness.

We consider the word Yoga for a while. It has become globally known by know. The root is yug, to get to the One. We are not One, we are split, broken into pieces. We were like one

pot, which has been broken. The pieces have to be put together to become One. Broken emotions, families, health, everything is broken. All the broken things are brought together.

A businessman was in a shop selling and buying. A madman passed by and asked him: What are you doing? He said: I'm doing business. – What for? – To make profit. – What is profit? – Making 2 out of one. The madman replied: That's not profit, that is loss. If you make 2, 3, 5, 10 out of one, it is loss. If you make One out of 10, then that is profit. The businessman was confused. He knew how to multiply. We know how to multiply thoughts, money... Multiplication is anti-yoga. Bringing to One from many is yoga. The businessman said: How? Madman: Yoga is to be One, to join, enjoy.

It is one unfolding as many: One hand, five fingers. Five fingers won't become a hand. There is one consciousness, one life for all. One tie to hold all. There has to be cooperation between the body and the qualities and consciousness. Cooperation is a fundamental quality. Cooperate, so that we rise into the temple of initiation. Who cooperates to him the doors of the temple open. Cooperation is an inner attitude. When there is an inner attitude, you also cooperate outside. When there is a lot of conflict inside, we spread conflict outside. When there is joy inside, there is joy outside. Union is a state of cooperation. When the bull is yoked, to cultivate the land, cooperation is there. Those who follow the path of yoga should know how to cooperate. How to cooperate only the heart can tell. The Master says, think from the heart, so you come to yoga.

Jo yaj. Sacrifice. We have to sacrifice our viewpoints to get the vision. If we hold to our viewpoints, we don't get the vision. If we hold to our viewpoints, we don't get the vision. Each of us have our viewpoints which have to be sacrificed on the altar of yoga. Visions are broad viewpoints. Master DK says: Visions are broad viewpoints. If something is excluded, something is lacking. Sacrificing one's own viewpoints, and then cooperating for the common good. People who do not put down their individual viewpoints, they are not fit for yoga. It is not only this group. In your vocation there is a group. How? To include other's viewpoints, put down your own viewpoints. Thus you come to Yoga.

Yaj: People sacrifice other things, but not their viewpoints. People expect others cooperation, but don't cooperate.

The footnotes in Treatise on Cosmic Fire (TCF) are most important. What is spoken about yoga in Cosmic Fire (CF) It is well known by the title, but not known by the content.

We are speaking of yoga and transcendence. I spoke about Libra, Gemini and Aquarius. Then came a break. Then I shifted to caterpillar, butterfly, transformation, descent and ascent, then we tried to understand who we exist and all that is born out of us, and that we don't die. Dying is a lack of understanding. To move out of ignorance is the science of yoga. There is a path of ascent for the new age through the airy triangle. I teach the ancient sciences and what is added in this to quicken the process as it is decided in the highest circles as a gift for humanity through may call. Humanity as a whole is represented by Gemini, the throat centre. The Master being an Aquarian master said: When we invoke him, he would come to the throat centre. He lifts us up from Libra to the throat centre, the 5th ether, so that you build a body of ether, of light. Transformation of this body is like a butterfly born out of a caterpillar. In the Aquarian Age it is predicted that man would fly without airplanes, in the etheric body. Right now man is in three ethers, 1st matter, 2nd, vitality, 3rd fire, 3th relates to air. 5th to akasha. Up to the 5th ether you can be raised. Let us see how much we can raise our consciousness to the throat centre.

Sunday, 27th, Afternoon

Hearty fraternal greetings and good wishes to the brothers and sisters that are gathered here.

On page 81 in TCF there is a footnote where Mme Blavatsky speaks of yaj, yoga.

³⁶ "This whole solar system being conceived of as one vast mechanism, with an exquisite adjustment of its parts in all major details, is only the physical expression of Vishnu, or the ethereal basic substance, as we may understand the word for the present. All the harmonies observable in the manifested cosmos are only the result of the harmoniously

working energies that resolve ether into the expression that we recognize. All planets, worlds, human beings, etc., are only parts of the body, each functioning in subordination to the law which governs the whole. The evolution, preservation and destruction of the world is therefore one vast process called Yagna, which takes place in the body of Yagna Purusha, or the psychical body of nature. Humanity taken collectively is the heart and brain of this Purusha and therefore all the Karma generated by humanity, physical, mental, or spiritual, determines mainly the character of this Yagnic process... Shri Krishna therefore calls the process the Yagnic life that he has been giving out to Arjuna as Yoga (1st Sloka 4th Chr). In fact, Yoga and Yagna are very closely allied and even inseparable, though at the present day people seem to disconnect the two. Yoga derived from the root Yuj to join means an act of joining. Now as the heart is the great center in man, likewise the Yogi of the heart keeps his central position in the universe and hence his individuality. The individuality or the Higher Manas being the pivot of the human constitution or the center on which two hemispheres of higher and lower existence turn as I have already said, the Yogi of the heart has a heavenly dome above and earthly abyss below and his yoga becomes twofold as a consequence. He joins himself on to the thing above in dhyana and the thing below in action. The word Yagna derived from the root Yaj - to serve also means a twofold service, service done to the thing above through service done unto its expression the thing below."

- *Some Thoughts on the Gita*, pp. 18, 134.

The meaning of yoga we have been considering in the morning. Yug stands for union, yag for sacrifice. Yagna means service, sacrifice. Yug means union, communion. The best community we have is the community of Maitreya, Maitreya Sangha. Yoga is a state of natural unity and cooperation. Anything in your body cooperates with the other, the hand, the leg, eyes, tongue, stomach, all cooperates. If the stomach is not well, the tongue will cooperate. If you are hungry, the tongue cooperates to take in food. The eye cooperates with something comes. There is one consciousness functioning in all. That consciousness enters into a triangle of forces. The soul gathers – will, knowledge, action for the day. Then it develops its inversion, it involves. Spirit becomes dynamism, knowledge becomes poise, action becomes inertia- From the spiritual triad all qualities develop. Through dynamism will dilutes as desire. What am I to do becomes what I want to do. There is a big difference between the two. I have to do becomes I want to do. Will gets into an inversion called desire, and desires multiply, one desire becomes many. Two becoming one is running back to the state of yoga.

The soul has a purpose for the incarnation. The purpose in the incarnation, the little wills of man, which the knowers, the masters know and serve. Knowledge / Love become personal love, what we like and the contrary, what we don't like. When you are in knowledge, you have impersonal love. Personal love has a different outlook. I love you because you love me, it is a business seen as love in the world. It is not stable, because it keeps on moving from object to object, from person to person. That's why there are so many arrangements in one life on the basis of this one love. You have so many marriages, because it is not love. That love is a flow of energy regardless how the other is. The sun shines regardless what we do with it. The love dilutes as personal love, on the basis of likes and dislikes. If the love between two persons is stale, they continue to be couples for incarnations. There are stories of couples in the Puranas for eternities. That's love. It is stable, Emotional love is not stable, you like something today and don't like it tomorrow.

Action also gets distorted into actions and reactions. Action is allowed in creation, reaction is not. Reaction means you create your own ripples. Ripples go on for a long time. They keep happening with every reactive action. That is karma, it binds. The One uttered through the triangle creates the three qualities, 15 varieties, thousands of details. In the process will, knowledge and action is lost. The karma as we know is a binding karma, because we have lost the knowledge to act, the will of life.

Each one is born with a will what to do in this life. On the way the will is diluted into personal will. The beads of the thread are hold together by the thread, without it they aren't together. The senses, the mind don't cooperate without the consciousness. When you are in work, you

have one thought, when in meditation, 100 thoughts. You digress, you have to re-gather, then you know the purpose of life and how to gain the knowledge of life.

Krishna says, first of all become a yogi. To become a yogi is to become an original. We have become distorted. We have to become new.

The butterfly is totally different from the caterpillar. The flower is totally different from the tree, but it has come from the tree. The Master is totally different from the man, but he has come from the man. Yoga is nothing but cultivation of the field.

Krishna gives the example to Arjuna: You have to be conscious of the field you have to attend to. He works the soil every day, takes away the weeds and attends to the seeds. You have to be full of prana, using it to grow the right thought into action, eliminate the wrong thoughts..

If someone ignores you, you feel insulted. – Why? Because there is ego. Buddha was insulted once. He thanked the one who insulted him: Muchas gracias. The one who insulted was surprised and asked: I have insulted you, why you said thank you? Buddha said, because I have waited since long for you, and now it has come back to me. I insulted you in the past, now I am free from it.

Master MM says: Be grateful to the ungrateful, because they are eliminating your karma. This freedom Buddha way looking for. Buddha said: If you won't have come, I might have had to wait for another incarnation for you to come. It sounds out of order to us, but we are out of order. H.P.B. says, in SD.: "Gently to read and kindly to be judged." Where is the complaint? Many have attacked her. Unless we have karma, there won't come anything.

The more you are put to fire, the more you are purified. Why do I say this? There is through acts of ignorance the building up of karma, and the karma has to be cleared. There are three types of karma. From the past a bit of it is taken for this life. If you don't react, but only act, you are cleared from karma. Jesus accepted to be crucified. This acceptance is demonstrated in the life of great disciples.

When Moses returned from the Mount, Sarah saw that he was different. This difference is aimed at by discipleship, by yoga. This lets you know the subtle meaning of yoga. In a group life there is a lot of mutual friction, this helps clearing karma. That's why group life is planned by the Master, so that the angles of the soul are all eliminated. Wife and husband are like that joined, to drop viewpoints. This rubbing is like putting two stones together and rub. That's why married life is always a group life. As much friction so much rounding up. In a group life there is so much rounding up, like a stone becoming a beautiful image.

What I have been 12 years ago and now is very different. You don't carry so much mass in your body as before. Speech is much better than before. If it is as before, there are no changes in us. One change is service leading to sacrifice. Another is the ability to cooperate. Non-cooperation is a normal quality. We know how not to cooperate. A neutral state is better, when we don't know how to cooperate. These two, service and cooperation, are the two legs to move.

Service leading to sacrifice is one leg of yoga. Cooperation leading to communion is the other leg of yoga. Without cooperation and service you cannot move significantly, even if you have read all the books of yoga. Yug and Yaj, that is yoga, that is what HPB gives in Secret Doctrine, that is what I wanted to give from the footnote (see above) in Treatise on Cosmic Fire. The fire is, you are not working in cooperation, they have to cooperate. The two fires, when they join - TCF, Occult Meditation - it is only yoga. Fire is the awareness, the consciousness. Join the fires together.

When the pranic fires commune, man gets perfection. The fires in the cell are innumerable, the pranic fires. Then the two fires commune there is no more sickness in the body. Then you have the solar fire, then you get the third initiation. While you are in the body, you come out and work.

We find yoga in Ramayana, Bhagavad Geeta ...

The footnote in TCF, p. 81. : The whole solar system being conceived as one system, with an exquisite adjustment in all. The physical existence of Vishnu is seen as the solar, Vishnu is the permanent consciousness. Vasanti, that is that where into all enters", that is Vishnu, he who envelops, surrounds all. The solar system is seen as a solar person. Aditya represents the consciousness permeating the solar system. Of which our earth is a part. The solar

system is the physical expression of Vishnu. The physical expression of Ignacio isn't Ignacio, he is beyond the expression. The solar system is a vast mechanism, it is only an expression of Vishnu. All planets and worlds, human beings etc. are all part of the body of the solar system.

In the body every limb cooperates with you. You are apart. All the planets are part of the solar system, also all the kingdoms of nature. Nothing in the solar system can be eliminated, because it is part of the One. Even a sick part is part of you. This is the understanding of yoga.

In TCF it says, the evolution preservation and destruction is thus part of one great process, of birth, growth and death. When it wants to withdraw, form is dissolved. In the process of creation, maintenance and destruction you are there.

Reaction creates individual action, binding karma. Then you come out of that karma.

Most sublime concepts are given in small sentences, in small volumes also.

Coming back to jayna and yoga. As much service and sacrifice you do, you come to yoga. As much cooperation you do outside, the more cooperation happens inside. The clutches of karma loosen and slowly fall off. Freedom is freedom of the soul from the bondage of karma you have created. The Masters never thought of political freedom and all the freedom movement. That is jumping from one fire pot to another fire pot. It is not better when the British or Indians govern, because there is no governance within. First govern yourself well, then think of governing others. Freedom came to India through a man who had become free, Mahatma Gandhi. He could do it, because he had gained his freedom first, freedom from money, individual attachment, he was seen as an instrument to give freedom to the country. When Sri Aurobindo was fighting for freedom, a Master came to him and said, think of gaining freedom before thinking of giving freedom to the country. As much as you know cooperation and service, so much you get free from the pull of the senses, self-prepared ideals, -isms. Those have sold themselves to a thought. A thought is a thought. Free from thought, free from wisdom concepts. Not to get stuck with astrology, with so many wisdom systems. To be free is more important than all these concepts. That freedom is what yoga proposes, to change from bondage to freedom.

Master CVV says, the energy has come down from the highest circles to quickly go through the process of yoga. He worked as an agent, the energy came from the highest circles and worked through him, so that the planet is lifted up. We will pick up some implements, together with the traditional ones, some additional ones.

Presentation of some persons:

Christophe Thot, from France. He has gained some very special dimensions of astrology. He has gone through Spiritual Astrology, Esoteric Astrology. The energy of Master CVV also visited him and so he is with us in the group. He lives half of the year in France, half of the year in Pondicherry since 11 years and is member of the Ashram there.

Guru Prasad, Gayatri and Krishna Katya: the son and daughter in law with their daughter, whom Master first had thought to be a boy, and also the authorities had given her a male passport. (Master was joking about it.). the Shanti, the daughter of the Master, with her husband Krishna Prakash, and son Krishna Hirday. Then the sister of the Master, Parvathi, and her husband, Surya Rao, then Krishna Adhurthi, the youngest brother of Sivaji Adhurthi, a software engineer and his wife, a dental surgeon, from Hyderabad group, who do substantial service there, then a member from Bangalore group and another.



Monday, 28th May, Morning

Hearty fraternal greetings and good wishes.

The yoga path of Master CVV has its central theme as prayer. Taking to a comfortable posture, holding a pleasant mind, preparing oneself means holding a clean body, putting on clean clothes, clean things around, then you do the prayer. The Master recommends also candle, incense. The mind is inclined for the prayer. It is not meditation, he called it prayer. This prayer is, as much as you are ordered in your prayer, things get ordered, you get more direction of the master. It is important that we do not miss prayer. He asked his followers, it is not a mechanical prayer, it is an ordered process. As much as it is not an ordered prayer, nothing comes from the higher circles.

All the books we received from Alice A. Bailey; Master DK gave out intellectual knowledge, but she is a devotee, she is more intimate with prayer than meditation.

Meditation is alignment with the higher, of the higher with the universal. Before alignment we should have the desire to align. Master DK says in *White Magic*: Meditation is an act of waiting to receive. We should wait to receive the Divine in us. How ardent should that waiting be? Any moment the Divine may arrive. The true aspirant waits and waits, not only in prayer, but throughout the day to receive through sight, sound, events. If it comes, you might not receive. Your orientation comes from your preparation. The aspiration (?) comes from preparation. Master promised he would visit us every morning and evening 6 o'clock.

Every master is an embodiment of the energy of the seven rays. When we invoke them, they transmit the energy through us. If I am casual, negligent, careless, preoccupied even if the quest comes we don't know. The quest visits us in the subtle form. How much we should be focused to receive him. The mind can be focused, but also mechanical. Bailey being exceedingly devotional, she received the master, he came to her. She said, it has always been prayers that have been helpful to me. Meditation happens in deep prayer. Devotion is the still water, emotion is muddy water. Devotion forms the basis, with that basis of the heart she could receive the master every seven years. She worked with the master for 30 years.

Excessive devotion leading to emotion is to be avoided. Devotion is aspiration. If you are casual, the nature doesn't respond. Ramakrishna, you don't know how ardent he was with his prayers. He could stay in meditation for days and months together. The starting point was prayer. When Jesus stayed on the mount for 40 days, it was not fasting. He kneeled down, that led to prayer, to oblivion of the surrounding, to fusion with the divine. He did not eat nor drink. So it was with Ramakrishna Paramahansa, for 3, 4, 6 months.

Prayer would keep you to the divine more easily than a mechanical meditation. The mind aligns with the heart. The prayer is in the heart: "You are all capable, I am incapable. You can lift me up – am I so heavy?..."

Please remember to pray. In prayer you can submit your thoughts, hopelessness, desperation to the Divine. "I am physically and mentally disabled. If I have the divine grace,

all disabilities disappear.” Therefore Master CVV gives as core them the prayer. Prayer is the key. “I shall fulfill you in this world and that world. I fulfill you in your family, economic life, social life, divine life, and ever you are a fulfilled person. Pray to receive me into your heart. As much as you pray, so much I enter into your heart. Once he enters he works for us. He repairs, restructures your body, your psyche, he guides and instructs you from inside. He will seek places for you, unfold you gradually, it is amazing. You would never think of doing certain things in your life and he unfolds them and you cannot imagine the way he unfolds. He gives the required knowledge, inspiration, he takes you to his fold. When you are out of a crisis, he will also create crises, because only through crises we learn, otherwise we sleep. The only thing you need to do, invoke Me twice daily, I will start working, teaching from inside. You feel like meeting certain persons. Before Master CVV came, we haven’t crossed the borders so frequently. People are made to expand, put to new situations. He stretches us to the limits he (assigns ?).

He transmits the ray of Uranus from his heart, then expansion happens. The hunger for knowledge, for service grows. The hunger of the stomach is never taken away, because he is Master Jupiter, He also wants us to have good food, to live in comfort. He would like us to be a healthy model of disciple, not a sick model with broken aspects of life. The fulfillment has to be on both sides, you need the father and the mother, the material and the spirit. Father and mother should be equally affectionate to you. There should be material and spiritual abundance. Yoga is fullness. Lord Krishna, King Janaka are splendorous models of yoga. Your mundane and super-mundane lives are put to adjustment. For the yoga path of Master CVV the first step is pray, for Patanjali Yama, Niyama, Asana. Here master CVV speaks of prayer right off. The impulsion comes from inside, the impulsion comes from inside, the adjustment comes, you start with prayer. We leave all our books after exam. When it comes from within you, it slowly becomes your nature. You become aligned in thought, speech and action. When it comes from within the heart, it has the power of the soul. Hey says, you can’t do it, I will do it for you.

Asana means, a stable and comfortable mind. Only when you have a stable and comfortable mind, you can think of other steps of yoga. He straight away starts with the third step of yoga. “I start a movement in you to start fire in you. You will have much heat emerge in the body.” In true meditation the body gets heated up. When they joining forces, then there is the Kundalini force. Fire in the body cells and in the prana, these two join together, leading to Kundalini fire. Then fire in the base centre starts moving upward to join the solar fire. Like with the petroleum light, when we pump, the light goes up, to the centre in the forehead, it gets illumined. Then there is no more need of pumping. Union, yoga, the all work together. All streams, side-streams join together, which have been separate. He conducts a lot of adjustments in your thought plane, emotional and even physical plane.

The fire he puts in through prayer and crises. We should be thankful to our group, you should be take it as the master, he punches on your and you say, thank you. Every punch of the group is a punch of the master. The punch comes from outside and inside, accept it from both sides. Ever since we start invoking the master, what is coming back is clearing of karma. He is quickly clearing out karma. We create some crises and engage ourselves in crises. For those who are working with the groups, crises are normal, it is a fiery process.

How much I talk to you, it remains a secret, because I tell you thousand times and you tend to forget it, that is the real secret. If there are crises in the group, I always tell, don’t leave the group. Take it and work with it, you are better off. Any time I tell it, people tend to forget. All secret teaching is like this, it is openly said, but people forget.

Krishna says in Bhagavad Geeta, 9th chapter the kingly secret. Krishna tells Arjuna a kingly secret, he secret of secrets. Arjuna was eagerly listening. Krishna said: You don’t exist. That’s the secret of secrets, you don’t exist. Each one is a concept built by ourselves. For the gold the ring doesn’t exist. Any number of times we say, That I Am, That is existing as I Am and A Am not – namaha, Namaskarams. It is all that. Every time let us listen to it, but we don’t remember, that is the secret. Secrets are open statements, but always forgotten. You shine forth in crises if you accept the crises. The gold in us is our golden etheric body, How can it shine forth unless it is put to fire? We have frictional, solar and cosmic fire. Matter through fire loses its grossness.

The master works from within and then you have crises, this is your karma you have to fulfil. Slowly overcome your limitations. Limitations cannot give you the fulfillment. He makes an allround development with us, not a one-sided development. He said he would enter into you and work in you down to your base centre. He moves in the body expelling the gross matter. It is churning. When you churn, the essence comes out. The butter comes out of the milk. The invisible butter becomes visible.

The subtle body is the butter, integrated with the milk. It is a churning process, a separation of the etheric body from the physical body. All initiations come out when we are in crises. Initiations happen in the utmost crises. Look to the life of the great initiates. It happens in the moments of crises. The fire churns in the base centre. He said, there are new methods given now to have the process fastened. The immediate step ahead is to gain immortality. He lifts people from the mental level (fire) to the Buddhic level, air. 90% of humanity are emotional, with water, not yet fire. From emotion to air, what is the way? Put the heat and receive steam. The water bubbles up and evaporates. We all have to evaporate. It is a work of fire.

The work of the master as per respect to the old yoga path, he puts the disciples to a fiery process and transmutation, transformation takes place. He is like a miller to whom you take some grains and put them into the mill and they come out as powder. The grains are transformed into flour. That is what a teacher does, he transmits the energy. The master gives the mantra: Miller form centre. We don't know what is received when transmitted. What is the good of transmission, when not received? What is the use of broadcasting, when the emission is not received? The receptive centres are not good enough, while the broadcasting centre is very good. I speak from here, but don't know how much is received. You may not receive. The Master said, while I transmit, I go into you and transform. Even if you are sleeping, I get into you and start working. That is the basic difference between the teacher-student relation in comparison to before.

What is the use of bombarding of information in the name of wisdom, when they cannot accept? It is like a house on fire. We tell them how to come out. Inform them by telephone, we cannot, because they are already in some kind of (paralysis).

First I spoke of prayer, the theme of yoga is bent on prayer. Second, the teaching of the New Age is the teacher is seeking the student. In Mahabharata times the teachers also were warriors. Krishna said, I will be in the war, I will be in the tick of battle and help you.

Master CVV says: I come into you up to your bottom and start working there.

Another one: When we are born we have our natal chart which gives an indication of our abilities and disabilities. On that basis the lunar gods give us bodies according to the qualities of our wish(?). Some are born weak, some are born strong. The transformation depends on the etheric body. The bridge is between the etheric centres and the body of flesh and blood. If some glands don't work, for the ordinary man the thymus gland doesn't work, nor the pineal. For a yogi, they work. People remove the thymus gland, because for the doctors they have no importance. The dentists remove the wisdom teeth, but you know that in a good wisdom tooth, there are 7 roots, and the 16 centres in the upper and lower jaw represent the 16 wisdom centres. We do root treatment and kill it. For a master of wisdom the 16 roots of the teeth are very important, which for a normal person aren't important.

The disciple chooses the parents according to karma. He develops the brain centre. The mechanism of the brain starts from the heart, then takes to the head centre, then to the mind, then the Kundalini power is settled to the base centre. The base centre is responsible for the preparation of the body of flesh and blood. You are like a hydrogen balloon with a wooden base. The balloon would go up, but the base keeps it down. The base centre keeps you down. The kundalini in the base centre absorbs material, keeps on changing to body from time to time. When the base centre is removed, you can stay without change for a longer time. He says: No bigger change, because he expels the material. When we do prayer, we enter into the subtle body.

Master VPS was a great scholar, well-versed in all oriental systems, but had a sick body. He tried everything, but nothing worked. He prayed ardently, relieve me from the sick body. There was no answer seemingly. One day in the morning he decided to commit suicide and he expressed his disgust with the body. He had terrible pain, stomach was in terrible disorder. The friend said: Don't think of suicide. It is unbecoming of a knowledgeable person

like you. VPS said, if you were in my position, you would not think that. The friend said: You think, next time you get a better body? You start where you left off. He said, I tried all remedies. – He said: I know a man in Kumbhakonam, he speaks of yoga, go to him. Master CVV was known more for healing than for yoga. He spoke of a yoga which is incomprehensible. Try to go there instead of thinking of suicide. Master CVV gave him a prayer, he uttered it to VPS and cleared everything. One prayer, life-long. After the prayer, VPS turned very hungry. The master insisted on a lunch of 16 courses every day – shall we try? Food was served, VPS said, no, no, Master said, eat everything, forget about your sickness, it is cured. He ate, nothing happened. He was a professor of high order in a university, he contributed a lot to the Telugu library. He externalized the songs of Annamacharya. He was surprised that such a cure happened. He became a great healer himself on the path of yoga.

VPS asked the master. What exactly has happened in me? - I have entered into your kundalini and have emptied it totally, so that you gain your etheric body and function without body. He said he quickly would prepare 1000 accepted disciples. Normally 10, 12 disciples were prepared. He said: I clear humanity by groups. Emptying kundalini is one program so that the senses of the body are lightened. This is a new dimension related to this yoga.

The maser gave very mystical sayings, which you don't understand immediately. I have collected them over the last months.

In the third root race, when man became self-conscious, the hierarchy came down. The beings were in a kind of sleep state. They existed without knowing they existed. The first root race was like in Samadhi. The second root race like in dream state. The third root race in the second half there was the descent of buddhi into man. Animals, plants, minerals exist without knowing. Mineral is in a sleep state, plant in a dream state, animal in a semi-conscious state. Man is fully self-conscious. We have all come here to fulfill what we did not fulfill on the earlier earth. The sons of will and yoga, the Kumaras, have fulfilled it previously. The 4 Kumaras, the 10 Prajapatis..., they came to help the beings of humanity. Yoga existed right from that time. The first teacher of yoga has been the Lord of time. Patanjali is seen as the lord of time. Therefore Patanjali is worshipped as a lord with a serpent. Adi Shesha, that is, the Ultimate remains. What remains is time. What comes out of seeming nothingness is time. By time nature is stimulated. The last to enter Pralaya and come out of it is time. This has been the foremost teacher of yoga and has come down as Patanjali in the yoga age. Lemuria is in the waters. The Pacific is in the waters. The West Coast of North and South America is considered most sacred, because it keeps the secrets of Lemuria. The golden light of California, the Rocky Mountains, Andes Mountains were always part of Lemurian race, a magical land. On the other side of the Pacific we have remnants of Lemuria, China, Eastern Asia, it is all Lemurian. When it went down, Atlantis came up. These high beings who then came, from that time, there is yoga. Kapila gave the teachings of yoga on the present borders of California. The place where Kapila taught yoga at the end of the 2nd root race / 3rd root race is on the Californian border. The sciences of wisdom were mastered in Atlantean times. Two groups split up, those who used the knowledge for their personal purposes and those who used it for the well-being of all. There are no diabolics except the humans. The fight continues till today. One group thinks of the whole, the other for themselves. They are so mixed, they exist in all of us, divine and diabolics. Sometimes we have good behaviors, sometimes other behaviors. The path of yoga is the golden middle path, being neutral in your attitude and keep on working for the well-being of all. A real knower encourages the ignorant to find light. And he leads those in light to the divine.

There are no good and bad, but those who know and those who don't know. The ignorant cannot be condemned. A true yogi encourages the one who is conditioned by evil to find a way of light. Asato Maa Sat Gamaya - From Darkness to light, and those in light ensure that they work for the Plan, for all.

The central theme is Sushumna, the right and left are ida and pingala. When Jesus was put to crucifixion, everything was in him. He said on the cross, Father, forgive them because they don't know. A true yogi doesn't speak of sin, only of experienced and inexperienced people. Yoga is not trying to take position on the right side, but in the middle. You meet both things, what you like and what you don't like. Likes and dislikes are from your own

viewpoints, it is not vision. Neutrality is yoga: The golden middle path is yoga. That existed from ancient-most times. In this people are ascending and taken to Samadhi, through 7 planes of existence. If you are moving to a higher plane you don't exist to the lower plane. When we are in the lower plane of awareness, the higher don't exist. When we move to the higher planes and neglect the lower planes, then the normal life is helter-skelter. Health is not good. If you don't have enough to eat, you don't have time to pray, but to work for food. In the mundane world the higher planes are neglected. Those with real Samadhi don't reach the lower planes. Master CVV says that is not yoga. Just going up to the 4th, the 7th plane is not yoga. You have to permeate. He gave the saying: Simultaneous existence on all planes. That is the yoga I am proposing. Most of the yogis don't have healthy bodies, because of neglectance of the lower planes. Krishna, Janaka remained in healthy bodies for a long time. Normally a yogi is poor-looking, long hair and barb. He is more in the head than in the body. Yoga means, permeate all 7 planes and be vibrant in all planes. The sunray meets the earth, it is in all the planes. It permeates, you have to permeate into all the 7 planes, you cannot neglect any plane - physical, vital, mental, Buddhic, blissful state is not neglected. The whole body is the scope for your expression, the whole body of creation. By the time you gain the experiences of higher planes, the lower plane is not in shackles. It is not removing the one for the other. Is not the Lord on all planes? He is existent. A son of god is to permeate all the 7 planes, you gain something, do not miss anything. This yoga enables you to permeate.

Monday, 28th May, afternoon

In the morning we have covered the dimension of yoga of Master CVV. These are all additional dimensions added to the tradition of yoga. Therefore the Master said, it is a new yoga. As per time and changes and living conditions, this science also evolves. New dimensions are found in time, likewise in the science of yoga new dimensions were found. There was a time where it was thought that yoga was not possible unless a person takes to a certain position, strenuous practices were put on. Slowly as time changed, gradually evolved, it is now more working in the mind than in the physical body. Master CV says, physical posture is not important, mental posture is important. If you do the prayer, it will offer the mental comfort. Master CVV does not expect any accomplishments from his students. In any conditions they are eligible to yoga. All that is needed is an inclination to prayer. In whatever broken conditions you are, if you take to the prayer, I will start from that basis. Only inclination is needed. The entry and also the exit are kept open. As per the deeper inclination to yoga, you are built from within. As you delude, the process dies down. The physical is as important as the causal body. He says, in God's creation all bodies have equal importance. Every body has its role to play, do not ignore one in favor of the other. If the tree is sick, the flowers will be sick, too. Don't neglect the physical. Many would do with Tantra, mantra, meditation, all work on the Buddhic plane, to experience the ether, the 4th ether. That is what Aurobindo calls the supra-mental or what Agni Yoga calls super-mundane. Those who do tantra, mantra etc. experience the 4th plane. When you place the fourth brick for the temple, can you ignore the other bricks? Brick by brick we build. In the body we build one over the other.

We need to permeate to the 4th plane, but not shift to the 4th plane. Many get to the Buddhic plane and neglect the physical, vital, mental planes. I have seen many yogis, and heard of yogis of the past. They had defects of the path. The emphasis is more on the highest, it is not balanced. Students on the path of discipleship put excessive emphasis on certain things and ignore other things. Yogis sit too long in a position and can't use their legs anymore. And when the practice is not properly done, we get mentally deranged.

The foundation stone has to be very strong, don't neglect food. Eat nourishing food. Make haste slowly, says Master DK. Today we read the books of Mme Bailey, tomorrow we want a group, next day we want to knock at the door of the Master. Make haste slowly. A fruit needs time to ripen. The etheric is the basis for the physical. The Masters of Wisdom are worried of the shapes of the physical bodies as they are found in the USA. The face is o.k., but the bodies are like balloons. They have very big shapes, greater than in any other continent. Those humans, even if they come back, they have the same form, huge forms with small heads, by our food habits. We have to rebuild our bodies through the etheric over lives.

Anything that is disproportionate is rectified, adjustment to the physical. Normal, natural state remains. "I would build your physical body, like an automobile mechanic restructures the automobile exposed to accidents. You leave it in the repair garage. The shape is repaired to the originally designed shape. I am the master mechanics. I will repair the body and see that the physical is well enough to build the etheric."

Lead a normal, natural life. We got accustomed of being abnormal, that has become normal. Spirituality makes you normal, natural. It should enable you to restore originality. Be normal, be simple. Just do the prayer. If the fundamental prerequisite is a lotus posture, how many can do it? The body will take to a posture which is comfortable to itself, when prayer is done. When you are in yoga practice, you are put to much pressure, like butter to be put into a form. To be able to stand the pressure put to the physical, the physical has to be very strong. He quotes Lord Krishna and Lord Maitreya as examples of yoga. Even at the age of 126 years, he had a body of 16 years. Also Lord Maitreya. It is the most beautiful form on earth. They are the examples, even to the physical the effect must be. Jesus said. The kingdom of God on earth. Up to the toe your body has to be healthy, vibrant. Don't neglect the physical, then it is not integral yoga.

Master CVV says, My yoga is not new, it is a proposal of the divine. Master DK says: the energy is visiting our system from the south. The ashram of Master CVV is a southern ashram, the hierarchy is a northern ashram. Through Sirius it visited the system.

He says in the path of yoga I am transmitting, do not think that you should have no comfort. There are wrong conceptions about yoga, that you cannot have family, profession etc. Those who don't have economic stability aren't fit for the yoga. When you get into this oga, economic, social, emotional stability are gained. Unless the platform is strong, you cannot dance. Unless the stage is stable, how can the statue stand? He said. Sta, sta, sta. Sta stand for Shiva, the will. Have as much will for the physical life as you have for the other. Comfort means, good clothing, housing, vocation, it is a good example. Someone said to me, it is a good model that you have come with the whole family.

He doesn't accept any imbalance at any level. You can ascend any triangle of the planes, if you aren't stable. You move like the thread, let the beads be there. Emphasis on the physical soundness and strength. He was very humorous on those who were fasting.

Another dimension: this yoga has come to be because it is decided to be in the cosmic plane by the cosmic person. He has himself formed into a being to be that yoga. You know there is a cosmic person, from him it comes out in a process of fire ritual: Sarva hutaha, an all-consuming ritual. Our god is fire, it is all-consuming. He is the One from whom everything came. The absolute God called Brahman in the scriptures, the foremost, Adi, from him a proposal came and it took to a form. Adi turned man, and became the founder of ritual. ATM, there in ATM, Adi turned Man. He can be invoked by us as MTA: to turn man to Adi. Every man to experience the absolute. There are libraries in Tamil Nadu with the Nadi Books. In one of the books was written about Master CVV. A nadi specialist was initiated by Master CVV and he picked up the book and found in that book: It is Brahman in manifestation to give a direct path to Brahman. Whosoever offers salutations to Me, I shall transform him into Me as much as I AM. He showed the book to the master. He smiled and said. Why do you show it to me? It is like showing you a picture and say, it looks like you. - Just for you to know. - Don't you think I don't know? I know what for I Am here, what I have to do. Throw the books into the river and follow Me." Thereafter he never looked into the book again. The planets have new functions now. There is a new dimension which was not there in traditional astrology. Moon, Sun, Saturn have been given many more functions. Only Jupiter doesn't need any different functions, because he is always with the Plan.

2. Once you take to My prayer, don't look to your chart anymore. I prevail over you, not your chart. From my chart no astrologer predicted what I am today. In my youth my father was showing horoscopes to astrologers. I told my father, I will prove the charts as wrong. I got gold medals in university, more than anyone got until now. The chart said: At university he is a loss.

What Master CVV brings out of you, what potential, you never can imagine. I never dreamt that I would be a teacher going all around the globe. The horoscope did not show. Now the people interpret it into my horoscope. But before no astrologer could see. The potential of the

energy, he said MTA, there is a channel prepared directly from the God Absolute, from where you directly receive. There is a regular system, but in emergency there is some changes. There is a channel created from Adi up to man, and he turned man: Adi turned Man. This man is the founder of the system. It is to him we say: Namaskarams Master. It is from him via CVV, MN, EK.

The Master said, whomsoever transmits the energy, that instrument is called Master. It is like the human being eligible to transmit the energy is also called master. In the beginning Master VV, he only said: Master Namaskarams. After 11 years he was instructed to say: Master CVV Namaskarams. In Kumbhakonam you listen only Master Namaskarams, Master CVV Namaskarams. Then MN came. As much as masters happen, the names are the sound keys for the energy to happen, to fulfill them and fill the surrounding. The energy would straight away evolve into the human system and evolve them to become masters. This is a new direct line. If we want to meet the president of the nation, we have to go to the palace, got to the president. It is a long process, but if the president wants to meet you, you don't have to go through the whole process. The system cannot say no, don't do that. In many systems they build empires and become prisoners of their empires. But in the path of Master VV, there is a direct line. If the master calls anyone, I cannot have any objection. It is multi-channels. You go by the channels, by which you received it, but there are more. In 1981, Master EK said, the energy is with you now, it decided to work with you. It can take up anywhere, anyone at any time. It was predicted by HPB, because she was having access to the ashram. She said, in the first decade of the next century the energy visits the system, it is like an avatar, and the followers looked for a boy and made him to be a vehicle. That is not the prophecy. The highest decides how to decide. The lower cannot decide, it always comes by its own surprising the minds.

There was a great anticipation even with initiates to set an order for Krishnamurthi and where the highest would descend. The Lord did his job and left. They only later came to know. When Krishna descended and was in the physical, even the creator Brahma did not know, nor the celestial king. He came so quietly to be born in the same kind of a royal line, not a reputed one. Only when he started doing deeds, some suspected. If the divine decides, it doesn't need the system. In Ramayana all the devas were born in form of different monkeys. There was no announcement how he would come, because the Divine is free from the system he has developed.

The entry of the energy of the Master was predicted. Everyone had his own idea, and someone also received the energy and they got frustrated and there was a feeling that the prophecy was not fulfilled. The teacher of the system is seen as the main entrance for the energy. It came from the south of the zodiac, Leo, compassion, he enters into the heart and transmits itself. So if you see the books coming from Master DK, he mentions, the Vaisakh Festival will be replaced by Leo Festival, because it relates to the heart, the World Teacher of the new Age. The advent of the Master was not known on the planet. The seven seers are from the Himalaya Ashram, Master Jupiter is from the Southern Ashram.

Generally for evolution it is the hierarchical ashram that works, but for emergencies it is the Southern ashram that works. In Initiation – Human and Solar, there is an intimate junction. All that follow the books of Master DK come into the yoga path of Master CVV, be it here, North or South America. You see in Initiation that the solar energy is coming from the south. I gave those triangles in Aquarian Master. Starting with the Great Invocation, the externalization started. Master CVV said, it is a new direct line, it need not come through the system, without disturbing the system, it directly comes. It is called MTA, the new direct line. The Master says, another dimension of yoga, it is "shift of center":

For the creation to happen there are four chief implements the Lord uses:

"Today (till the advent of the yoga) we all have to go through the three qualities and then reach the Mother who is the basis of the spiritual triad to reach the father, that is the way. Conditioning of the senses, the mind, three qualities. We enter through the three, will, love and light, to the three qualities, poise, dynamism, inertia, and enter into objectivity. From the qualities you have to be released to merge with the pure consciousness and the absolute. This work is presided over by the Mother. The whole creation is the network of the Mother. The eightfold nature is worked out by the Mother. Then the Mother has prepared the children

to hand them over to the father. That is the normal practice. But in later years it is the father that takes over. Many fathers directly interact with the babies. The fathers do the job of the mother, it is part of the momentary plan: Direct link to the father. In creation only few are handed over to the Father, because the Mother pampers the children, has greater attachment to the children. The child remains a mother's child. That's why many don't take to the path they should have to take. When the father prepares the child, the Mother cooperates. The Divine Mother steps aside and hands the child to the father. The Father decided to take over. The time is up, the progress is so slow. I would rather prepare the child fast, not so detailed as the Mother does. He said, please understand there is a shift of change and the father is preparing directly. The trinity has nothing but the Mother, Will Love/Knowledge and Light/Action. It is a remote preparation of the child. He cuts short the whole thing. Brahman himself has decided to transform human beings into Brahman. There is a shift of center for preparation. The energy instrumented Vaivasvatha Manu also. Manu is in charge of preparation of human bodies. Who can tell him? He is an expert, he gives the forms to all. Master CVV says in one of his statements, I instructed Manu. It sounds crazy, but it is true. The models prepared after World War I, then after World War II, and then after January 1966 are different, and from 88 (?) onwards, after the Harmonious convergence, the model change is the initiation of Manu by MTA: The models prepared by Manu are so defective that it is not easy for pineal and pituitary to align. The bridge is not build, because the model is defective. The energy itself started correction. New Model Pituitary, so that it aligns well with the pineal.. If it is not aligned, nothing can happen. All that is directly taken care of. A shift of center for evolution. They have opened a new office, from which changes happen faster. The old offices continue. He said, do as I say, don't compare with the old way. Thank you.



Tuesday, 29th May, Morning, May Call (After Fire Ritual)

It is the grace of the Master that enables us to participate in the May Call celebration. The Master willed the May Call to be here and also all those who are here subtly received the call of the Master. The Master is there, you do not even feel. You may think you abstain from prayer for one reason or other, but the truth is the Master willed you not to participate in a prayer. Don't think it is your choice, it is not you. Doing prayer or not depends on the Master, not you. I watch you and let you to the prayer, to the May Call celebration or not. When I do not let you, you find some excuse not to attend to. It is not necessary that everybody joins in Switzerland, but participates in a group and the new indications for the program of the year. In this way, the Master graces us with the May Call and we should be ever thankful to him. I will shortly recover what has been said.

The energies are transmitted during the group life. There is the spirit within each one of us, coming from the soul. So we keep attending to group life, group meditation, in spite of personality difficulties. The soul inspires the personality to participate in the group life. The soul decided to rearrange the personality. May Call is a celebration of the soul, not so much of the personality. When the personality is aligned with the soul, the celebration is real, if not, there are conflicts and crises. They are welcome, they are means to adjust the personality.

I gave the meaning of yoga, yug, yaj, relates to cooperation. Cooperation we extend to the outer world is from the cooperation within. The cooperation between personality and soul is yoga. A person who has a cooperative attitude with the world gains the cooperation outside. Cooperation on one side, service leading to sacrifice enable the cooperation within us between the physical, vital, mental, buddhic, atmic. The inner cooperation is as much as there is cooperation with the outside. The purpose of yoga is align oneself, freedom from the 5 senses, mind, sensation, triangle of qualities. Free oneself from them, then yet work with them. Freedom of the soul is considered more important than other freedom. Mahatma Gandhi is called Mahatma, because he is free from the conditions of the senses, the body. So he was considered apt to give freedom of the nation. Sri Aurobindo wanted also to work for freedom, he was advised first to attend to his personal freedom and then to the freedom of the country. Freedom of the soul is of most importance, other kinds of freedom are of lesser importance. Freedom of the soul – your qualities, senses, body, society do not bind you.

The new dimension of yoga that came through for the New Age, yoga is dynamic, it adopts to the changing time. Therefore the theme of the seminar is initiation. I have collected 33 new dimensions. I have collected them in a book in India. it was first an activity of mine, about prayer. The prayer of Master CVV is a prayer, not a meditation to start with. I told you how the Master enters into you, clears the body, instructs you.

The miller puts the grain into the mill, it is put on, the grinding is done, rectification is done, the material stuff in the base centre is expelled, so that the body feels light. There is a fusion of pranic fire with the fire in the body.

1st dimension is prayer, 2nd miller form centre, 3rd dimension was, emptying the base centre, and how the whole body goes through from transformation, transfiguration. 4th, the yoga coming from the Master is an integral yoga, making us strong on all the planes. I have explained how simultaneous existence on all planes was prophesized by the Master and splendorous mundane and supermundane or divine life was proposed by the Master.

Most of the yogis gaining Samadhi neglected the physical plane existence. Saha Samadhi, actual state of Samadhi on all planes is proposed. Taking connection with the 7th plane he takes connection with all the other planes as per the place and need. For the sake of humanity in the New Age a new proposal has come down from the highest circle to help humanity, the planet and the solar system, and how it helps the planet and the planetary beings, being called ATM: Adi turned Man. Adi is the absolute, it gave a channel for himself. I gave the example of Rama who came through the existing channels. He established the Law to show an ideal way of life to man. When the Lord came as Lord Krishna, he did not come through the established channels. The officials felt humbled because they did not know. Also today the Adi, the Absolute decided to directly descend. It was found to be necessary, and he decided to work it out. When we utter Namaskarams Master, it is the Absolute or Parabrahman descending from Sahasrara to Muladhara. That is MTA.

The Mother is preparing the child and hands it to the Father. Through the triple qualities the seven planes came down. The fire ritual has seven layers, because the fire descends into 7 planes. From the No-Other state through time an impulse comes, like we awaken in the morning. The impulse comes from beyond, from pure existence, the impulse to awaken comes according to the time cycle. Who gave the impulse to awaken? It comes as per the time. Then we know “we are”, we know it only after we wake up. The awakening comes from that which cannot be defined, it wakens us up. Once we are awakened, we know that we are existing. Even before we know we were existing, the knowledge, the Mother is there. It is called light, Aditi in the scriptures. From seeming nothingness to apparent something. There is a gap between the sleep state and the awakening. We do not know how we slept. If we know we are sleeping, we are not sleeping. The gap is the secret of the secrets, it is called

the Aquarian passage, from seeming nothingness there is manifestation. On the other side there is no water coming in, on this side water is coming out. Out of seeming nothingness the apparent something is coming out. Aquarius is called the month of Magha, it enables you to understand magic. Magic, Mehico, Maya, all that comes from that word. There are steps by which from seeming nothingness apparent something appears. This magical work is known to the Aquarian Master. It is called Vena. Among the twin gods, Varuna is the next one, then Agastya, then at the atomic plane. Vena is beyond, Varuna is a supra-cosmic being. Vena to Varuna, to Agastya, to Sirius, then Sirius to Master Jupiter, what I explained yesterday. This channel relates to the south. The original channel is through primordial nature, the 3 qualities, the 7 seers, 7 planes of existence.

Magha in Leo, the sign Anuradha in Scorpio, Rohini in Taurus, Dhanishta in Aquarius, they will become important. When the Sun or Moon transit these constellations, you will get the energies of Aquarius. Moon's and Sun's functions are taken over by Uranus. Uranus works through sun, Moon, Venus and Saturn. Master made all these planets as channels. Master CVV said: I have made the planets channels of the energy. In Esoteric Astrology many things would reveal to you if you have an intuitional understanding. There are many links to the sayings of Master CVV.

The passage is from Vena to Varuna, the twin god, then Agastya, the cosmic seer, then to the plane of Uranus at the solar plane, before that it is the higher Sirius, then the constellation Magha in Leo and Anuradha is Scorpio, Dhanishta in Aquarius, Rohini or Aldebaran in Taurus. That is how the entry of the energy in our system came. The planets working in our system, Sun, Moon, Venus, Mercury – all planets except Jupiter, because he represents Master Jupiter, he is steering them. The energy is distributed around the planet and also around the solar system. The expectations and anticipations that were there end of 19th, beginning of 20th century, were fulfilled, but not the way the humans had foreseen. Certain disciples prepared the very high being Krishnamurti to receive these energies, but the Divine had other plans. When it did not visit him, he was a bit irritated, but went ahead giving the wisdom teachings.

The Aquarian energy was given from Kumbhakonam. 5000 years ago it was given from that place also and again it was given from that place. He is an advanced disciple from the ashram of Master Jupiter. By the age of 18 he mastered eastern and western literature, English, Telugu, a very great master of music, a person well placed in society. He was himself mayor of the town. When the energies visited the planet at the midnight of 31st March, it was not by chance he became a master. Till then he was leading a splendid yogic life. He received and assimilated the energies in him and gave them out. It was called the new direct line. Manu Vaivasvatha, Mahachohan, World Teacher, Master Morya, Master Kuthumi, Sanat Kumara were all formed into different triangles and transmitted the energy to the planet. Two world wars started. Afterwards the Hierarchy started to give out the related knowledge, from 1919 the books of Master DK, and till 1949, the Great Invocation was given in June 1945, at the conclusion of World War II. A tremendous speed of scientific inventions came. It is all from the new direct line. This was done for further transformation, transfiguration. To this extend it was covered.

I give you another dimension of the yoga, where the Master differentiates. He distinguishes the Absolute called Adi and the Atma called monad. Atma is a unit of existence, they are the products of nature, as products of time through the cooperation of fire and illusion: time, primordial nature, fire and illusion. Without illusion 1 becoming 2 is not possible. Yoga is to transcend maya. In multiplicity only union is seen, that is yoga. By maya multiplication becomes possible. The theologies say, there is no other, but through illusion you see others. You are multiplied immeasurably into all directions. The mirror effect jumps through all the 7 planes. So maya is one of the chief tools. Primordial matter with the help of maya, fire and absolute prepares the beings.

The individual is subordinate to time, to nature, to fire and illusion. This kind of conditioning doesn't exist with Adi, but it exists with nature. Since all beings exist through nature, nature always prevails over the beings. In the nature of your being there is maya. As a being is created, maya is there. You cannot come out, even at the highest level there is maya. Even

the creator, the 3 logoi, were affected by maya from time to time, because the trinity itself is a product of mature, mulaprakriti.

For mulaprakriti, time – kala – holds you, being a unit of time. You cannot come out of it by approaching the trinity or nature. Nature has brought all out. Nature would like to get dominance on you, it can make you very powerful – will, love, light, illusion is with her, the 3 – will, love and light – is subjected to illusion. The illusion happened to Shiva also, but they are not in such a big illusion as we are. Only Adi is an exception, because all have come out of it. The master says: the nature does not let you behind of it.

Seldom we are thought as being sons of be. The sense of beness comes of Brahman, the sense of achievement comes out of nature. There is nothing to achieve, because you are THAT. Achieving is nature's game. The nature makes you powerful and makes you more and more into achievement. But then there is a sense of beness. The sons of man are the sons of beness, in beness you are in Brahman. Unless the attitude to do drops, we cannot exist as beings. We are human beings, not human doings. We always believe in doing one thing or the other. Doing relates to the Mother, it demands how to do, what to do and doing, from morning till evening. It is a triangular wheel happening. You will something, have the knowledge of doing and then do it. If some good will worker is sitting quickly he or she is thinking of what to do, how to do and doing. Doing is called kriya shakti, the power of doing. Why should you do? In creation we have to do, there is no other way. Action as basis, you get the will to do. With will to do you try to get to how to do.

The greatest Tantra of the Mother, Lalitha Tantra, it says, the Mother is the power that nature makes people to do. We see people are very powerful. Nature is very powerful there. All the doing is a triangular activity for which you are the basis. If you come out of this triangle, you are in peace with you. Then you do only what is needed to do. You would not do more or less, only what is required to be done. You stay away from the triangle and get into the triangle as much as needed. People set in meditation to get out of the triangle, but in meditation we get so many thoughts and we get the illusion that the Master is coming. So we get into the will. At will we should be able to get out, to be in the sense of beness and come out of it for doing.

At the end of the day you are tired, sleep comes. Nature says, enough for the day. In the morning we get up again and get into activity. At the end of the day again it speeds down.

There is a beautiful story in the Puranas, which is very helpful. Ganesha, the elephant his parents are Shiva and Parvathi, the Logos of Will and his power. They have two sons, one represents Jupiter, Ganesha, and the other the cosmic Marsian energy, Kumara. He is very handsome, he has many abilities, is swift in his movements, he has a weapon which can hold away all demons. He is in us in all the 7 centres. His ability and power cannot be described,. He is an embodiment of achievement, all the power of the Mother is with him. Ganesha is not doing much, not moving, the cosmic Jupiterian. Once the devas wanted to elect a very able person to work with the sound OM, create other sounds, which would form the basis of planets, the solar system. The one who is most able to work with sound should be elected. They asked Lord Shiva to nominate someone to make groupings of sounds to form manifestation. They asked the Lord to nominate. Some devas proposed the name of Kumara, because he is well known, very few devas proposed Ganesha.. Kumara had the great majority and felt proudly the father would decide. He said to the father: you know how much ability this job needs. The devas proposed me and the elder brother, both of them want me. What you decide? The Lord said: You think you are very swift and your brother is not. I propose a contest between the two of you. Whoever wins the contest would get the job. Kumara said, fair enough. The Lord looked at Ganesha: Do you agree? Ganesha: Thy will be done. Then the Lord gives an idea to go around and to take bath in the etheric streams that are surrounding us. The creation is not yet, it is only on the atmik plane. Whosoever gets around into every stream, would get the position.

Kumara mounted on the peacock, his vehicle, and went around. Ganesha was sitting and smiled. The Lord asked: Don't you want to get round? Ganesha: Your will be done. Lord: You move around me three times. He did so. Wherever Kumara goes to take a dip in the etheric streams, he sees Ganesha taking a dip ahead of him. He came back, fully tired. Ganesha is sitting pretty there. Then the Lord asked Kumara: Whom shall I give the position? Kumara:

No doubt to him, he was everywhere ahead of me. How could it be? - Ganesha as a disciple he will teach all to you. Ganesha guides him the principle of going inside. By going inside, you are with the Father and know the Plan. He went inside and knew the Plan. The younger brother was enthusiastic. The one who is in beness can be one with the Father. So Ganesha said: Thy will be done. Kumara's alignment is with the Mother, the power. The message is, the sense of achievement should be subordinate to the sense of beness.

Beness is in the stone, the tree, the animal, the human, the devas of all planes. Beness is common, awareness is different. There are more and less aware people, but all are beness. Equanimity is in the state of beness. Awareness is in the dream state in the plan, in sleep state in stone, but all is. Beness is common to all, that is called Shiva. So if you learn to be, through beness we can master awareness. The seer called Vasishta is an embodiment of beness. The triangle is subordinate to it.

The sense of beness can only be bestowed from Adi, not nature, she would always put you in achievement, more and more. Because beings came through untrue, illusion is build in with nature. Now in the Age of Aquarius, man is supposed to be lifted up. He has to be lifted up from water, fire to air. The new energy decided to gift its presence, in the presence the path is very easy. Wherever you are, when you say Namaskarams Master, Master Namaskarams, the Adi takes charge of things, because there is an emergence to lift up the beings. There is a shift of center to attune to the new dimension I spoke of today, the distinction of Adi and Atman, God absolute and god in creation.

Adi himself has created a channel and so the program is quickened. Master CVV gives the example, if the son is lost in a big city, it is difficult for the son to find the father, but it is easy for the father to reach the son. The father in the heaven, out of compassion he is reaching us instead of our trying to reach him.

Another example: From circumference to center to travel is difficult. You might go to the other circumference and you might not reach the centre. You may not reach the centre from circumference, but from the centre you go in any way you reach the circumference.

Son searching the father, father searching the son, there is a big difference. Sit where you are, invite the father through sound, allow him to work through, he will work wonders and make you a master. The word is wondrous. I recommend you working with prayer. One Jupiterian cycle is enough, the sound key is Master Namaskarams, or Namaskarams Master. You invite him, and the Master gets into your heart and base and conducts the work.

When the etheric centres are effective, the glands also work effectively; this would lead you to the pituitary. From pineal above there is the passage, you have to wait there. From the other side the Brahman makes a bridge to lead you up to him.

The difference between Adi and Atma, and then the shift of center. The presiding deity is Brahman, not the nature.

In the afternoon we speak of healing, it is an easy accomplishment on the path, except you don't use it for yourself. The master has created a channel of prana, so you can supply plenty of prana to someone. I have mails from group members from time to time, which prove the working.

29th May, May Call Day, Afternoon

Hearty fraternal greetings and good wishes to the brothers and sisters.

In the yoga path of Master CVV, the master gives special emphasis upon prana, the life force. The prana is plenty in the creation. Abundant prana is available. Master CVV makes an experiment to find the way the prana is received. He understood that prana exists in the causal and (...) space. That space pulsates is new knowledge. The consequence is, the prana remains in different states. Pulsation starts right away from the origin. In the proem of Secret Doctrine you see that there is a breathing out and breathing in. When there is breathing out, creation happens, when there is breathing in, creation is absorbed. Through one breath everything comes out. This pulsation is happening periodically, it has a periodicity, but exists as long as the universe exists. From where is the universe? One should be able to link up to the source and bring prana down to the required level, whenever it is tending to disappear.

He found with his experiments, that it is not that prana receives. The vehicles of prana, like the human, animal, are not able to retain the prana. The vehicle is unable to hold the pulsating principle. Every soul is a pulsating awareness, it has intelligence and the pulsating principle. The seed of life is in the heart, the seed of awareness is in the head. These two streams connect in the human body. When you are aware of the pulsating principle and work with it, you would stabilize the prana in the body.

These two threads, the golden thread of life and the silver thread of consciousness, conduct in the body, take to certain places. The soul is pulsating awareness. It conducts the purpose through a body and withdraws, when the purpose is over. You use an automobile for a purpose and come out of it when the work is done. When the vehicle is not linked to prana, there is an untimely departure even before it is willed. The master conducted an experiment, how the prana is received, in the subtle up to the causal. He borrowed the prana up to the cosmic. He could bring back the dead to life. He did the experiment upon himself. For all practical purposes he was considered to be dead, and he returned. And he did the experiment on one of his children, who died. Also with the baby. Three times he brought back when the lady asked. The fourth time the soul said to the master. The purpose of my incarnation is over, please don't bring me back, for he knew the master could bring him back. You know my departure is as per the Plan and the purpose of life is complete. The master said, he would not bring him back, but sent his lady over, so that she can have a look at him. He set her on a flight. The lady is one of the chief disciples of the master. It is believed that HPB cooperate with the master with the etheric body with these experiments. This is possible if you read the last chapter of Secret Doctrine, how the etheric body of Krishna was left on the planet and used for Maitreya, Shankaracharya. The initiates can help stabilizing the etheric body to ethers.

She reached the causal level. She heard a voice that the child again came down to earth. That was a trick done in the higher circle. Master CVV saw the soul of the lady coming back. He said: You start again. Utter forth mentally: Trick the trick, and go further. So the mantra came to be. She proceeded further and came in contact with the soul, which clearly spoke: I am not your child, you are not my mother. I came because of some work with the mother. You can't hold me because of emotional relations. In every incarnation we have parents. Which parents are my parents? It's all relative relation. You know this knowledge, why do you have this emotional attitude to me? Thereafter the lady was initiated by the Master into the path.

I told you that the Master joined the Theosophical Society, was in the inner circle. He was in a branch of co-masonry. He visited Adyar, when the lady lectured under the banyan tree. He came casually and looked at her. He smiled at her and returned. He established a contact with her for future work. It was in 1881. She came into life through the second wife of Master CVV. That is a side issue. The main issue is to bring the life back. He brought back to life his mother, disciples, himself many times. He did all the experimentation what potential the energy that visited the planet can have on life. The disciple can be in the physical, until the purposes are fulfilled.

There was a great philosopher in this time called PN. Master EK received from him a picture of Master CVV. His name is (Poturasi Narasimhan?). Radhakrishnan, a later president of India, known world-wide as a philosopher of high order, he was a very knowledgeable person. He and PN were friends in the field of philosophy. PN followed the yoga path of Master CVV. He found out from his horoscope, that his life would end prematurely. He sought advice of the Master, he said: You won't depart until you have completed something tangible. PN was happy and conducted the yoga. He surpassed the time and initiated people into the yoga. He was one of the main mediums of the Master. The master told him when the time would be, and when time came to pass, the lady of PN expressed a desire: Why don't you ask the master to further extend the time. He was hesitant, and made a request in the prayer. He received an answer: It shall be done, because you wanted. In the second extension of lifespan he had many difficulties, he should not have asked.

"All those who have followed the path of yoga, their lifespan is in My hands. So the ones who follow Me need not worry about their lifespan, but follow the regular prayer, so that they follow the purpose."

The master instilled the prana or not as part of the training of his followers. He would not allow the followers to die. Every lesson is a lesson to be learnt. Sicknesses are not sicknesses for those who follow the Master. "I take care of you in all aspects of life." Whosoever comes to him, he would start to treat the follower with prana and later introduce him into yoga. Prana treat, yoga teach. Le Me first stabilize him in prana, so that you have the required fitness in yoga.

First he healed and then taught. In the path of the Master, healing has a high effect. Those who followed the path of the Master have done a lot of healing. VPS, MN, MEK, they all did healing in the manner. The members in the groups know how lives of people were saved. It is not that we heal, the Master heals. All we can do is make a proposal to him and be neutral. Many times healing happens, sometimes not. The mediums don't have to worry about. Even planetary healing can be done with this energy by substitutions of prana.

The Master says, he prevails over the life-force and supplies it at will.

Another dimension. He always gives certain new words. He uses 10 new words to explain the stages in the Aquarian passage. There is a passage from invisibility to visibility. On the visible side there is the light, on the invisible side is darkness. The Absolute god is called the Light beyond darkness. The passage from darkness to light is what the Master calls mainly Brahman. The Adi, absolute god, or Paramatman, he gave a name, Hidden, no one can know it. When That appears, I Am disappears. The knower is absorbed into him. About this absolute god 30 pages are written in Secret Doctrine in the beginning. It describes something which cannot be described. Pragnasa, beyond all description. Avakshana (?) indefinable. One cannot speak of it. He is described as "not this". He is a manifestation from that if he can be described. A finite thing can be described, an infinite thing cannot be described. The Vedic seers do a lot of adventures in describing That through negation. It is not this, this has a time duration.

Awareness is not eternal, existence is. From existence to the state of formation of the soul, the Master describes 10 steps with his own terminology. He was too original to be followed: He gave mantras in English, he gave a terminology of the seven planes with his own words. If you get into it, you are lost.

In the state of Pralaya the feeling is one of cold, shivering. The advanced students of yoga have a chill of coolness in the body. Actually it is the potential state, because it has all potentials. Krishna asked Arjuna, tell me one thing that is not existent. What is not existing doesn't have an existence. Nothing can be removed from existence, only from one plane of existence. 11 o'clock in the night there is no-one in the hall, but it is not that you are not there at all. It is nil to a plane of existence, but not to existence. They all exist to the abstract. From Hidden it could be decided to express out. All beings who get into slumber, there are some early birds who want to get out first. By the time people come at 10 or 5 to six, there are many here with closed eyes. In a sequence the beings come out according to their early or late awakening. By the habit of beings to come out the first spur is generated. First we have to hint, later we get up. We take it for granted to get up. In your unconscious you hinted, in your conscious you don't. Unconscious is super-conscious. Subconscious is a bad word in spirituality, it is super-consciousness. In the hidden state the primordial nature, time, inquisitiveness is hidden, all you know is away. From that hidden there is hint. When the hint happens through time, it creates a centre. That's how a centre happens in the boundless space. There is a collective centre manifesting from the boundless state.

In the boundless state the field of action gets defined, Kurukshetra. Kurukshetra is the field of action that manifests as head centre. In the bed we awaken, sitting is after awakening. Enthusiasm to do something is the quality of awareness. The power that puts you vertical from being horizontal. The fire comes out, the first action. With the help of the action the circumscribed space becomes an action. Master CVV says: From Hidden to Hint. The emergence of fire causes an egg, the space egg, Brahmanda, an egg coming out of Brahman. When the egg is found in space, it is divided in space inside and space outside the egg. What remains inside and outside is also space. From outside the space pressures the egg, from inside the space resists the pressure coming from outside. That is how pulsation comes about. Thus the centripetal and centrifugal pulsations happen. That's how the fiery breath starts, outblowing and inblowing.

Every atom has a space. From hidden to hint. The hint forms into an egg. There is a separation from space of the whole. The separation happens from the space, from boundless space to inner space. The cosmic space stars pulsating. Inside the egg there is 7th plane ether, outside the egg 8th plane ether, the plane of Go.

We are hidden in the sleep hours and are externalizing in the morning hours. By 10 o'clock we are fully manifest, at breakfast, we are fully manifest. From hidden to hint, from hint to swan, from swan to hidden externalization. The sage of hidden is cool. The state of hint is heat. Unless contraries happen, there cannot be manifestation happening. Hidden is cool, boundless space is cool, but the hint that forms the egg is full of heat. Can you imagine that the heat comes out of cool? The hint is heat.

This heat forms the basis for further manifestation, that's why it is occult. The Master said: eccult, meaning he is in the state of Brahman, total cool. Then in occult state he is first. He gives eccult and occult, one is absolute, the other is full of cosmic fire.

Tomorrow we come to the function of things after the three qualities. All this is beyond the three qualities, Brahma, Vishnu, Shiva. The spiritual triad is a much, much later state. All that exists in us between Sahasrara and Ajna. Vena, the Gandharva, these hierarchies unfold the higher bridge. Hidden – Hint – Swan – then hidden's further externalizing. The cool of the hidden, the heat of the hint. We continue tomorrow. You listened in rapt attention. These things have never been said in this way before.

In the evening there was the May Call Day celebration. The children of the groups came in with lighted candles and put them in front of a big picture of Master CVV. Then members of Gopura Group distributed huge candles beautifully decorated in gold and other colours with spiritual symbols like the lotus, the rose, the rays, the bird, the sign of synthesis. They handed over the candles to representatives of groups from different nations.

Then Master Kumar presented a book he had arranged and published with stories written by Tamara Ralis, as an expression of gratitude for the important work of healing, service and in the field of art. The stories had come to her in a time where several of her close relatives fell sick and she had to care for them for several years.

Then the following books were presented:

- Occult Meditation, in German, the commentary related to the meditations given in Spiritual Psychology.
- Master CVV May Call Messages, vol. 2, published by Dhanishta Switzerland, in English.

At the occasion of presenting the book of the Master CVV May Call-Messages the Master said that now for the 20th year he is celebrating May Call in the West, in Europe and in Argentina, according to the prophecy that May Call will go to the West and then come back to the East. This is the 98th May Call ever since Master CVV started. For the 99th May Call he got the impulse that the celebration will be done in Argentina. The 100th May Call? The message relates to the teachings of Master CVV.

During these May Call times there is abundant blessing of the Master.

- Man Sacrifice, in Spanish, one of the most profound works coming through Master EK. Those who work with this book not only gain much knowledge, but experience of heart unfolding.
- May Call Memorandum – a message of Master KPK to the disciples.
- A book mark saying: "Deathlessness is the theme of Aquarius. It is the Goal for Humanity. It is the work of Disciples. Hierarchy stands as the Teacher" – Master KPK
- From the newly started WTT-Sugandha (sugandha meaning perfumery) some incense, perfumes, oils, candles. The activity of Sugandha is making available products from India helping practices of meditation and rituals with items such as incense, scented candles, etheric oils and others. It is a new service supporting the existing ones.
- Herbs from the Garden of the Paracelsus Centre, Einsiedeln.

The Master mentioned a bit jokingly that during this group life there will be 5 fire rituals and that during one group life in the very beginning of the meetings in Europe, in Denmark, there had been three fire rituals, on the insistence of the group leader, and afterwards the group was no more, "burnt away"...

Wednesday, 30th May, morning

Hearty fraternal greetings...

The May Call of yesterday invokes Master CVV. Today is the day of dissemination and therefore a day of silence to enable a very quiet assimilation of the energy. There is not much inclination to talk this morning. Nevertheless we continue to be in the awareness of the Master and have a few more dimensions of his yoga.

We have spoken about Hidden, Hint, ecult, occult, swan, and we try to make other understanding.

In the state of Adi, which is pure existence, everything is hidden in it, all is hidden, just like the whole scheme of a tree is hidden in the seed. Awareness is hidden, time, illusion, nature is hidden. It is a hidden state. Slowly through time they express one after the other. Through time the nature, fire and illusion come out. And then they form a centre. When the centre is formed, it is separated from the whole. The centre forms to a globe, it is full of heat, from the globe it is all cool outside and heat inside. The pressure comes from outside, the resistance from inside. Therefore the expansion and contraction, which result in the pulsating principle. The air has to move with the help of the heat. This is said in Secret Doctrine as void, Agni and void. Frequently Mme. Blavatsky speaks of Agni, Vayu, and Surya. We invoke in the same order in the fire ritual. Agni – Vayu, fire and air, they cause expansion for the manifestation. The pulsating principles divided many particles of air. There is only one air, but it is inhaled and exhaled. The air gets pregnant. This pregnancy of air would cause units of air formed. The totality of fire, air and primordial substance, units of air, fire, substance happen with the original essence, which we call the absolute. Around that there is substance formed, fire and air formed, and it becomes a pulsating unit. The master said, as units of spirit, in each one of us fire, air is there, the substance. At the centre air-fire and the primordial substance gather as a triangle, that gets a unit by itself, it consolidates to be a point, an atom. This atom gives rise to many atoms. This is how atom is considered as the 10th state by the master. The spirit conducted into a point is the 9th state, spirit is the 8th state, gaseous air is the 7th state, pulsation is the 6th state, which has its basis in the cool outside and the heat inside, the 5th and the 4th state. The wish to manifest, to extension is taken as the 3rd state. Hint is the 2nd state, hidden is the 1st state. That's how the 10 states are described by him in a terminology coined by himself.

For the atma, the self to be formed from the absolute, he gives 10 steps. Thereafter the trinity is formed. He frequently refers to the atom as the first atom. He says: The first atom is meeting a final atom for wisdom, hence there is wisdom at all planes. These expressions have to be meditated upon. When we meditate upon them, we find a state of pure existence, where awareness is absorbed, Samadhi, a state of bliss. The difference between sleep and Samadhi – the awareness is there and it is not there. Therefore it is said, it is a sleeplike state, but not sleep state.

When awareness springs up, in the second state, as a spur, it is a state of heat. We awaken, are being awakened, there is the wish to externalize. Once the wish to externalize takes place, other things follow. When we apply it to us, we get a clue to understanding. From the state of awareness we get to the triple state. It exists in the Aquarian passage. It is now built through a channel. That channel which is built in the New Age is called MTA, the channel. From the absolute to the qualitative nature there is the bridge built from the other side to reach us, because we are not able to reach it. It is like a bridge that conducts you to the fort of a king. The bridge is arranged from the fort to the outside. The entrant should have permission to enter the fort. There is a deep channel of water with strong crocodiles. Even if you make a long jump, the door is not opened on the other side. The door is always opened from the other side to get into the fort. Likewise, from the absolute to nature, there is a bridge built.

The painting of Leonardo da Vinci with someone stretching the hand and someone holding the hand. Man tries to get it, but cannot. From the other side it holds. From the other side he makes a bridge, it is called MTA. In every prayer we do the energy comes down via that bridge and reaches down to muladhara and leads you by the hand ultimately to the absolute. That is called the channel between the absolute God and the creation prepared by the 3

qualities. We are bound by the 3 qualities and 5 senses and the body of flesh and blood. Stuck in the back, head and heart.

At every prayer the blockage is due to Saturn, it started due to ignorance how to act. There is has to be done clearance of obstacles. Many adjustments have to be done to the body to gather the soul in Samadhi, which is worked in every cell of the body. Just like the butter is gathered from the milk. It is gathered in every part of the milk, but once gathered it is separate from the milk and floats in it. It is a better state than being imprisoned in the body. When the peanut is completely dry, the nut inside is separated from the shell outside. When the peanut is not fully grown, the nut gets damaged when you try to open the shell. The nut is in the shell, but separate from the shell. Likewise when butter is gathered from milk, butter can exist regardless the milk. That is already called an initiation, to release the soul from the conditioning of the body, then of the psyche, which has been built over thousands of years. It is a work considered impossible for the individual to do. It is the most high to do it, he builds a channel to us, for him to meet us on the way. To make an easy ascent for the souls, the energy has to suggest the required modification to Manu Vaivasvatha. The energy made a triangle with Manu and Master Morya to cause changes in the form. Many defects are in the forms made by Vaivasvatha Manu. Hints were given for arrangements for better bodies. All forms including the solar system, are in the process of evolution. Our planet is a unit in the solar system. When the whole system is in evolution, what comes from such an evolving system is not perfect, how can you gain perfection? You have excellent communication system, but the building should enable the connection with the communicative system. You cannot accomplish what is intended to be accomplished. Master CVV says, the system is defective. The work of Manu is defective. He doesn't have a complaining nature, but simply points out some facts.

That what is perfect is trying to descend, that is called avatar. That's the way the descent of this energy is called the descent of synthesis, who is around we say. Please see through the books of Master DK, what is said about Sirius, Aquarius and Uranus. Make a collection of all the material, then you will get an understanding of the work of the Master. Master CVV said the system is defective and for the repair the absolute made a channel called MTA, and this channel is opened when we say Namaskarams Master. We can visualize the energy descending from the Aquarian passage on our forehead into our body, and the other hierarchy related to it. Then it can be visualized its working in us. It starts working in a very detailed manner, and you have to observe what is the working happening in you. That's why the new direct line has to be observed in the prayer. Once it enters into your system, it starts restructuring in your body, a slow repair work. He said, he is a master mechanic, starting the repair work. Every morning and evening, start to put your vehicle into the Master's workshop. Since we do everything so in a routine, we forget the basic instructions.

Once the vehicle is parked there the mechanics start working with the vehicle. You do nothing. - What should I do during repair? Take a chair and observe what is happening. Submit the personality to Me and be a witness to My work. You don't have to do anything. If the movements go on inside, it means the work has started, you cannot open the eyes. Once the workings for the moment are over, the eyes get opened. Please remember the Aquarian Master is working on the individual level as well as on the collective level of mankind as a whole. He receives the cooperation of Manu Vaivasvatha for the restructuring of the models. He is working with everyone who is invoking him daily in the morning and evening. With this the evolution is faster. Since he is remodeling the vehicle, there is a gradual reshaping (?) of the vehicle.

The activity was inaugurated in 1910. In the books of Master DK he says that the occidental bodies have been substantially restructured by the two world wars. And the bodies that are given after June 45 are better than those before that date. Likewise the bodies that came from 1976 on are still better and then 1988, after the second visit of Comet Halley. 1985, 86 Comet Halley visited for a second time. Thereafter was the Harmonious Convergence. When there is divergence, there is conflict. The Harmonious Convergence is introduced at very subtle levels. It is supposed to be accomplished in 24 years, around 2012, it is considered a very important year. Changes are expected according to the Mayan Calendar, on planets and on mankind. The speed has increased very significantly in the last two decades in every

field of activity. The inventions and progress we make would be very, very fast. What was achieved in the last 5 years is to be compared to the last 50 years. The progress now is 10 times faster. Every decade will cover a century, that's how the progress is. In the 20th century the related changes, progress, the change is considered imperative for the desired goal.

Ever since there is very rapid progress. It is about time that those of theological books also read scientific books, science is making progress faster. To work with theological expression, ether slowly descends.

We have come to the point of including the quality of this theme in a topic which needs some elaboration, because it is the main theme in the yoga path of Master CVV. We know from theology that we have the physical, etheric/vital, causal body. All our behaviour is hidden in the causal, because of that behaviour hidden in the causal each person behaves differently. We feel others behaving funny, others think so of you. We are funny creatures. There are many things common and many things uncommon. Many people ask: Why is she / he like that? The answer is, because she/he cannot be otherwise. In the world of causes we live and are conditioned by it, we are stuck in the causal body. From there the progress for this incarnation is given. Sharabda Karma. There is a lot of stories about past karma, you are forced to work with anew. If you clear it, more is given from the next incarnation. We meet a portion of it in this life. We clear it and make mistakes and create karma for the future. That's an unending process. Therefore so many scriptures give us so many do not's. It is not that we don't know, but there is something in us that is more powerful than our knowledge. That is our behaviour.

It is a never ending process, in clearing the past karma we create future karma, we create more disagreeable than agreeable relations with persons. On our lives there are many events where we lost friends and few events where we retained friends and no events where enemies became friends.

Lord Rama was asked: What is the secret of your undisturbed poise and tranquility? He said: I treat all as my friends, regardless how they treat me. This is what I have been practicing since childhood. This was practiced by Yudhishtira, the eldest brother of the 5 sons of light. He expressed no dislikes towards anyone. That is the quality of friendliness. Past, present, future karma are remaining in it, unable to come out of it, like a fly caught in muck. How to come out of it? You are in a very difficult situation. Blissfully you don't know about it. You have been making efforts on this planet for 18 million years, before that we don't know. Time has come that the divine has come to lift you up. It is not that I say this, it is the will, it is already willed in the higher circles, it has to happen.

Firstly he worked on the bodies for a free flow of energies. A newer model is to be prepared. A reparation is done during the hours of sleep. It is very important during sleep. You should go with a prayer, that in the presence of the master in the sleep hours he shall de-link our etheric from the physical. It is an important knowledge, which goes deeper into the system and gradually shifting you into the etheric. The etheric grows very strong, so that the causal impact on the etheric is not very much. He said: I work with your etheric during sleep. Even during the day time when you take to some siesta, please propose to the master:

Master, please rectify me to receive the influx of thy plenty of prana.

Ever since the arrival of H.P. Blavatsky, schools are opened in the etheric plane and they impart knowledge in sleep hours. To give out this secret of the work of Hierarchy in the sleep hours, the book of Music of the Soul is given. While in objective life you continue in your worldly life.

For disciples two channels of living start to be possible. One channel relates to subjective life, one to objective life. Subjectively you go to school and you have an identity in the subjective world. The strength you gain there enables you to avert the past karma and fulfill the present karma. That's how he says: I will arrest your future savings. These seeds don't sprout anymore. The present karma you are in, the knowledge you get through impressed teaching helps you to meet the past.

This kind of experiment was conducted by the master on a disciple called Sundara, to collect knowledge from various planes of existence. He did similar experiments with the child called Chandu. He made an agreement with him while the baby was in the womb, that he wanted to use the child for the benefit of humanity through the psyche of the baby still in the womb.

When the baby was 3 months old, it was more with the father than the mother. He used to have regular conversations with it. Most of the time the master was in the room doors closed. The mother was curious and peeped through the windows and saw them conversing in a mystic language. For these conversations the master was making buttermilk and sharing it with the child. The child drank large quantities of buttermilk instead of mil. There were a lot of conversations and the mother felt excluded. The Master said: If you are willing, I will only expose you to these experiments. So she was put to training to collect information about a person who came for consultation. Just as we look into the astrological chart, the master used to make a scan of the person relating to his past lives. He used many ways to find solutions for quick corrections in the psyche.

The changes happened in the body and psyche, so that the first bridge between pituitary and pineal is built. He did like that to many of his disciples, whoever found to be very different to what they were before. The master made a scan into the present structures of the human body. According to him there are 64 centres in the human body where the prana is not working properly, causing friction. We are clearing friction: When you do the prayer regularly, I will clear the blockages and make you a good healer. Everybody in the path of Master CVV becomes a healer, healing with thought. In everybody with a sickness, we should carefully note his sickness and in prayer make a proposal to the Master for healing to happen. This you can do in your own circle.

Master, the Brahman Absolute, during 11 years of initiation, he only gave one mantram, Master Namaskarams, only in the final years he received the instruction to say Master CVV Namaskarams. He understood whosoever receives and is able to transmit the energies can be called a master. During his lifetime he was becoming Master CVV and instructed to transmit the energies also. A disciple was instructed to transmit the energies also. He told the disciple: You too have become a master, use your name as a mantram. Master MN Namaskarams, to your followers.

MN was feeling a bit delicate. He did not agree immediately. Master CVV said: You can be called a Little Master. He was referred to as Little Master. He mastered the entire yoga in 5 years. He was a fiery man, he, Master CVV was an airean element, MN was fiery. That's how, when we say Master, it relates to the Absolute, He is the founder of the path, all others are channels. All others to whom he gave initiation, he maintained a list which is in Kumbhakonam. 752 he personally instructed as mediums of the Master. N° 1 – CVV, N° 2, CV, his lady. The other name. By this he reminds to all those on the path that the original teacher is from the One. The person through whom you receive is a channel. As a matter of thankfulness, you may also invoke him, but your orientation shall be to Brahman.

Another dimension the Master gave:

If you do this yoga practice daily, you do not have to do any other practice relating to tradition, you don't have to, but if you want to, it is up to you. He says, it is complete by itself, it needs not be supplemented by other traditional or religious practices. But if you wish, these energies will help you better. It cannot be more complete, because it is complete by itself.

You may do additional practices, I do not prohibit nor do I recommend. Master CVV was a Vedic scholar by 18 years. Normally it takes 84 years, but he did it in 18 years, and he was a great worshipper of Lord Krishna. He had a beautiful idol of Krishna. He was doing daily the 16 step ritual to Krishna and was very traditional in doing it. Once when he received the energies he understood he needs not do it, and this was frequently coming into his mind. But it was a habit from long years. To do the ritual away was difficult. He had spoken in contemplation to himself and found: He gave the idol away to a Krishna devotee and told him to daily do the worship. The Krishna devotee was very happy. People asked: Why have you stopped worshipping Krishna? The Master said: I'm doing it in the same way, and I found, it is complete.

Master MN and his wife also were great devotees of Krishna. In their village they had a beautiful temple of Krishna. The idol for the temple was secured from the river. Master MN's grandfather once had a dream of Krishna. Krishna said: I am in the river in Hyderabad, fetch me in the river, build a temple for me, I will fulfill you in this life. He was surprised. Hyderabad was ruled by a Muslim king. Fetching the idol of the river, of 3-4 feet high, secretly from the river, was not easy. He went to Hyderabad, entered the river for a bath,. Thinking of Krishna,

something touched his feet. He found a granite stone he could not carry himself. He meditated, no answer came. He slept in an old tree. He had a dream: Krishna said: Having seen me, why did you not pick me up? Then the grandfather said: It is too heavy for me to carry. Krishna said: Did you try? – No. – How can you say you tried? Before my eyes you try. He went there and very early he could bring it up. He wrapped it up and brought it to the village of Mynampore. From then onwards the MN family did the worship.

So MN had the same conflict. He finds, it is the same thing in a different form. When he and Master CVV were with Krishna tradition, they remained great devotees, but once the energy came, they no longer were devoted to Krishna, but to Master. There is no more need, this is what happened also to Master EK. He was a great Krishna devotee. The books he wrote how much to have the energy of Lord Krishna. In the book of Master CVV he writes he did not see any difference between the energy of Master CVV and Krishna. But once the energy visited, he saw the energy was the same. Master CVV and Master MN came out of the tradition, but did not discard it. Master EK allowed the tradition to continue, but was very moderate towards the tradition that the traditionalists did not agree. He followed the tradition in essence, but not in form. Master CVV said, If you can, get out of the tradition and be with IT. It requires an effort to get off from the roots of tradition. You should be doing enough to wipe out the mind's plate and write afresh. If you can, you can write afresh. If you cannot, the master said, in your own tradition he fulfills you in your urge for your tradition. So much for this morning.

Tomorrow I will inform you what will happen in the prayer and in the class when people sleep. Please don't sleep tomorrow, then you don't know why you are sleeping. The Master speaks of 3 types of sleeping. Don't think it is because of your breakfast. In this prayer and in relation to knowledge, it is a natural happening. Why and what is happening tomorrow we will have it. Thank you.

In the afternoon there was a meeting of the Board of Advisors, where administrative issues were discussed, especially details of the Annual Accounts.

Thursday, 31st May 07, morning

Hearty fraternal greetings and good wishes to all the brothers and sisters.

The kind of sleep experience that the group members experience. During the prayer and during the classes there is the experiencing of a state of sleep, which is due to many reasons, the chief reason being the cleansing of the energy of the master, when it interacts with the body density of the student. Some thoughts get evaporated, some thoughts get over-stimulated, and in some the thoughts which get an expression as an expulsion of the system. There is some kind of smoke in the mental system. There are varieties. We try today to understand in detail what is happening during the prayer.

When we respond to the energy of the Master, when it is not invoked into the heart consciously, the energy remains in the periphery of the mind. Therefore conscious invocation is important. We need to visualize opening of the heart lotus and visualizing the energy we invoke through the sound CVV enter into the lotus and from the heart it permeates into the whole system. When that is not done consciously, the energy invoked is in the periphery the thought plan, but not in the centre of the thought plane, which is in the heart. Each time a thought comes, we get into the mental plane. In a healthy mind thought emerges from the heart. You see in the writings of Master DK: "Learn to think from the heart." These are subtle instructions said in a passing way. Thinking from the heart is thinking from the centre. Thinking from the mind is thinking from the circumference. Normally there are many thoughts, superficial thoughts, they keep on coming and going, shifting from one to the other. Even if we are quiet, not speaking, the mind is active. There is aimless quickness. We jump from one thought to the other. At the circumference there are 360 degrees. A man who is conscious of his thinking, each time he is expressing, expresses from centre to circumference. It is the state of Vishid(?) Atma, explained in the 7th chapter of Bhagavad Geeta: One who has trained his mind, thoughts are expressions for speech and action. When we are engaged in needless speeches, we are in peripheral regions of the mind.

Through regulation of speech and action, doing what has to be done, speaking of what has to be spoken of would lead us to conscious thinking and speech. Otherwise we remain unconscious, i.e. meaningless.

The conscience is more active when you make conscious speeches and acts. When it is conscious, conscience is more active, the acts and expressions are considered to be from the heart. If not, they are from the periphery of the mind. When the Master's energy is only received at the periphery because of the chemical reception, the student immediately gets into dizziness. During dizziness the master evaporates the peripheral thoughts. The master is Aquarian, he has being as his basis. The thoughts are air. The familiar air gets evaporated, if the student is not familiar with thoughtlessness, he is in some kind of a sleep.

The mind which moves in the periphery is put to sleep, and the master goes deep into the being. The busy mind is put to sleep. It is like you give food (?) to silence the dog. We give him something to eat. If we want the dog to sleep, you give it some sleep pills in it. The master mind puts the busy mind to sleep and the work is done, but what work is done the student does not know until later years. The master energy will not go waste. It always tries to find entry, even if we invoke and block the way. Since you have invoked, even if you block, it removes the blocks in the way. The master knows the deep intention in spite of your mind simply blocking. As the energy enters the peripheral layers of the mind, the work happens, then to the next plane.

The second situation is, where the invocation is consciously made into the heart. Having received the energy of the master for a while, he is dedicated devotionally for a while, then the habit of thoughts peep up. If we observe the thoughts coming out, we are again at the source of thought. That is the experience in prayer. When you know you are in thought, that very observation brings you back. Observing thought is considered important for the prayer. In the 6th chapter of Bhagavad Geeta, 6th/7th sloka, he gives the technique: If thoughts come, observe them, then come back. The energy follows thought. If you observe, you are no longer supplying energy any more. It has reached the center to start with, then gone to periphery, you haven't observed the thought, one leading to another, and moving in the circumference, then the dizziness will come.

There is a 3rd state where certain deeper working of the energy happens. When the work is reaching deeper, some instructions are given to the super-conscious mind to be circulated in the conscious mind. These instructions will later come to the student some time through the day, and they are to make notes of them and work with the instructions and continue with the practice of the prayer. In this also there is dizziness. So there are 3 types of dizziness

1st when the mind blocks the energy

2nd When the mind having allowed initially the energy of the Master into the heart during prayer and moves mostly in the peripheral layers of the mind there is dizziness.

3rd When the energy works deeper to work rectifications in the psyche, the mind cannot perceive it, the mind gets dizziness. Later they are recollected as flashy ideas or through dreams. They can be noted and practices.

These are the ways. One needs not be disappointed when he gets dizziness. The fact dizziness happens is the energy is working. It is already something working. I know many in the group when a very high energy visits, in a lecture, they get into sleep. It is not uncommon. The night before Jesus was arrested, the disciples said: We will protect you, no one will come and arrest you. The master smiled: You don't know when sleep visits you. Whenever he was in deep prayer, the disciples around him were sleeping. It is very common. They are not used to the energy. Except the one who went and fetched the soldiers, they went into slumber, and after the soldiers caught him they woke up. The energy is more sublime than the one they carry, it is not easy to stay asleep, but the master said, don't worry about it, I keep working, even in sleep hours I work. In sleep hours also I work, provided you are regular in your invocation.

What is important you consciously invoke and stay in the heart. Therefore observing the pulsation helps to stay in the heart. Conscious breathing helps to stay conscious. When you are at the point of pulsation, you are stepping in, and there you have to invoke the Master. If you can invoke the master, you can see, sense the movements in the vertical column, anywhere between the 6 centres. As long as there is movement, the eyes stay closed. When

the movement is observed, like we move out with a thought, the thoughts are evaporations of thoughts by the energy.

Air relates to heart centre, fire relates to the mind. Until the shifting to the heart is complete, sleep keeps happening. What is important is conscious invocation. The whole process is generally understood like that. If you stay in the heart and move out when there is a purpose to speak or act, otherwise to stay in the heart is the best state. If you engage in talks and speeches without purpose, we get tired soon.

As much as you get tired, so much you feel the need to sleep. Sleep is more for those who are in wasteful production of thoughts and speeches, for the sleep is much more. If they speak only what is required, move what is required, the energy is not wasted away. We think twice before we spend the currency we have. Similar attitude is needed in relation to thoughts, speech and action. Don't act and speak more than required. What do you do when you don't speak/think during the wakeful hours? Be with the pulsating principle and come out when needed, through thought, speech and action. Then the acts and speeches are conscious and there is no excessive production of thoughts. This excess has to be evaporated. Only essential thoughts have to be retained. In prayer essential thoughts relate to the Buddhic plane, the mundane thoughts have to be evaporated. In some persons when the energy is invoked, all unpleasant thoughts, feelings, persons he thinks of as unpleasant, would invade, only to clear the path. The premonitions and fears we have, problems the mind entertains are given a vent-out. When this happens the mind feels the release and also sleeps away. In any case some work is happening. The best state is to stay put in the heart. Let there be conscious movement into objectivity through thought, speech or action, when it is a conscious expression it would be an expression of the soul, not personality.

The soul expresses through speech and action. That is Vishita atma: externalization of the soul. It is a soul externalized through speech and action, that state the master slowly puts you to. In the meanwhile there is a lot of mental, emotional, physical stuff to be cleared. Therefore in the prayer we have to consciously make an effort to get back to the centre. Otherwise the adjustments are unconscious. Stay put in the heart centre is the first state.

The second state is, you are in the heart and move out.

The third state is, you receive the energy into the heart, you move out from the heart and never come back to the heart. Multitude of thoughts keep happening.

4th state: the energy doesn't even come to the heart from the periphery of the mind. This is like the master said about dizziness and not to get disappointed. To be very focused when you invoke the energies. Don't make it a mechanical routine thing. Therefore he suggested to keep his pictures, light incense, look into his eyes, then go inside and feel the Master has got seated in the heart-center. Stay in the heart and observe. The form is a means to stay in the heart. Keep concentrating on the form. If we get thoughts, we observe. This observing of thoughts is an important activity in the prayer. From the centre you permeate into the system with the energy. Deeper are the adjustments when you reach the heart. If you don't reach the heart during long years, you get frustrated and repulsive to the prayer, because there isn't the required focus. You can do the prayer at the heart or at the forehead. Since most are objective-life focused, but not subjective it is normal to be on the periphery. It is essential to get back to the centre.

In whatever state one is, the effort is to go to the heart or the brow centre. If your stimulation is to multitudes of thoughts, let them happen. Even if the thoughts move with great speed, let them happen, it is an expulsion. When this speedy production of thoughts happens, understand that the mind's chamber is cleared of unnecessary things, like we throw things out of the home which are no longer required. Even at the unconsciousness, there are many thoughts which are not yet conscious. For a self-analytic person he finds in himself a great surprise what thoughts that come out of you, you never thought that these thoughts were with you. The future thoughts of life we opened up. When you get to the subtler layers and the consciousness gets cleaned. Only then when it is cleared you will be able to see Me and get messages from Me.

The entire book "Spiritual Astrology" is a dictation of the Master to Master EK during prayer. All occult meditations are a dictation of Master to Master EK. That's a very strong, a direct dictation. That's why Master EK says, these are from Those whom I follow to those who

follow Me. Such dictations have become possible because the conscious and subconscious layers of the mind are cleaned.

Not only listening, at that state of prayer there will also be a lot of visioning. Visioning, listening, and they have to be recorded. This is for advanced students. That's how the work goes by the prayer. Within the mental plane there is the emotional and the Buddhic plane of the 4th plane. The connection has to be through the mental-buddhic. There are subplanes in the mental plane, the 3rd plane. There are 7 sub-planes. The 3rd subplane of mental plane is mental-mental. Mostly we get into 3.3. 3rd is mental, 3rd subplane is mental-mental. We fall into 3.2, that is emotional-mental plane, and 3.1, that is mental-physical, what they say about us, our properties, bank-balances, job. Mental-emotional: our children, friends, enemies, likes and dislikes are 3.2.

- Mental-mental: a kind of clean thinking, 3.3.
- Mental-buddhic: 3.4: a great wisdom. We speak of Buddhic plane, but it is only mental-buddhic. From there you can get into the Buddhic plane.

How much do we entertain thoughts about Buddhic plane? In meditation we think of problems in life, problems of WTT, all this is mental-physical and mental-emotional. This is the reality. The mind doesn't accept, if one is not self-analytic. One is like a blind butt. If one is blind – better back next time!

When we get into mental-buddhic, the doors are open for listening, real vision. Whether they are real or not you will know yourself, you don't have to call your colleague. You don't ask you colleague if you have taken your breakfast, it is as clear. If you ask someone about the audience, what they think of you, this is not from 3.4, but 3.2. Experiences are tangible, feeling is not. Having written 140 pages about Glamour, the Master concludes: All feeling is glamour. Each one should know: The feeling we entertain about ourselves is 100% pure glamour. Feel others' nature! Feeling about yourself puts you into a loophole of awareness. Until the conscious and unconscious layers of mind are fully cleared of mental stuff, dizziness can happen. Otherwise you won't let the operation to be done. So the doctor has time for the operation. The doctor when he wants to operate, you obstruct the process. So the Master gives some anesthetics. If the patient is not away, the doctor says, give some more anesthetics, so dizziness happens naturally.

Sometimes we may be out of dizziness at the prayer. Do not take it that you have cleared it forever, that you are out of it. The Master says, every time I go deeper into your system, this would happen. Therefore in prayer you get a lot of sleep, until the cleansing process is complete, and you enter through the heart to settle into the Buddhic plane. This continues from time to time. When you have learnt to stay in the centre and operate from there, you are a good vehicle for Me to transmit the message and the student is used as a medium of the Master.

If the work is done on the daily basis, depending on the vitality of the body, the activities you have done throughout the day, the adjustment is done. Even if you sit for longer times, nothing will happen. Once you open the eyes, the process is ended for the day. If you close again your eyes, nothing happens, because I know what has to be done on that day. Only the adjustments possible for that day are done, nothing more. And again in the evening, the adjustments are done. That's how the work goes on and later gets you to the planes of (buddhi?) center. that is the fulcrum of the whole system. That is the immediate goal for us and the goal for humanity.



Thursday, 31st May, 2007, afternoon

Hearty fraternal greetings and good wishes to the brothers and sisters.

The Master gives a dimension to the work he does, which is not normally found in other teachings of yoga. I touched it in the first class and o here into more details.

When a soul is incarnated, the pitris provide the body. Pitris are the lunar gods, they give the body according to the qualities of the soul. The souls' quality is an admixture of experience and inexperience, knowledge and ignorance. Experience remains as knowledge, ignorance remains as the path which is not yet experienced, for this the soul seeks incarnation: We incarnate because we desire for it. The whole creation is from the collective demand of the souls for experience and the fulfilled ones also come into creation to help the unfulfilled ones. That's how the teachers are the fulfilled beings, they are together with the unfulfilled ones. The teachers are Maitreya, the Kumaras, ... the sons of will and yoga or fire... So we have a process of a fulfilled and unfulfilled part of beings. Incarnations keep happening with us. The pursuit is different with the different persons. Until one reaches the point of fulfilling the personality and the material, the divine is invoked, it is not prohibited to do. If he will fulfill my desires, I go to him. If anyone is (not) able to fulfill my desire, I go to him. If we look up to him, we cannot say we are devotees of God, but we suffer from the glamour of being devotees of god. The devotees do not demand anything from him.

The first look to the divine is for demanding fulfilling personal desires. Even if we look up, the belief is, there is someone who fulfill our personality. It goes on for some hundred incarnations. Slowly the belief in the divine takes to a slight change, to the enquiry of the divine, like a child, as we grow, it tries to enquire. From belief to enquiring. All this enquiring about God leads him to the areas of vast wisdom. It is like the wilderness. We don't find the way, but if the enquiring goes on, we find the way. It is only in the wilderness we find the teachers. The field of knowledge is so vast. Unless he finds a guide in the field of knowledge, he shows the way, he know the whole forest. When you move in the forest of knowledge, you need a degree of confidence. The enquiring for God would further transform to a liking of God and a love of God. Before that it is a necessity. We say to a king: "We love you", because we depend from him. But the king knows who is the real lover and who is a lover out of need. It is entertained as a love of God, but is not. If we have a problem, we try to be more devotional, until the problem is over. From the Divine it is seen it is not love, but need.

There is a gradation in the levels of experience. Accordingly the body formations happen, so that you start from where you have stopped. If you are in the 5th standard and your parents go to a new place and there you are admitted into 5th class only. The head asks for the certificate and gives admittance to the class. When we terminate with one incarnation and get to reincarnation, we start where we stopped. In the same family there were 4 children in 4 different classes, with 2 years difference. They come as sequential children – sama sansayana, equidistance between one and the other. Like parents having four children in four classes, the same parents can have children with different exposures from the past. The devas know what is due to every soul and give accordingly the related functioning of the body – effective bodies and less effective bodies. The student who doesn't score well gets more homework. Accordingly there is the development of the glands. The soul is drawn to similar parents, the parents also belong to different grades. When they stand in high spirits and conceive, they conceive high spirited souls, otherwise low spirited souls.

Master EK's father Anantacharya, when he was in great inspiration to Lord Krishna, Master EK was born to him, and he named him Krishnamacharya. At the time Anantacharya was deeply concerned with Ayurveda, he conceived a child, and eventually that child became an Ayurvedic doctor. When he was in deep pursuit, he conceived a son who was a pursuer for the whole life.

Generally we also see the first child we conceive is timid, the second and third child is more vivid. Master EK was an exception. When the parents conceive the first child, they are timid, for it is a new experience. So the soul is drawn by its qualities to parents with the corresponding qualities when the door is open. The soul first lands on the top of the head. When someone lands over there, the lady and the man think of a child, because something is already on the head. So they conceive.

The first 7 months the lunar aspect of the soul grows the body of the child. The solar also joins the lunar in the 7th month. 7th to 9th month, the soul is in the womb. It is called womb-hell, because it is a very constricted place. With the related mother all the experiences come. It is a kind of prison for 90 days. The energies that form the body, the lunar energies also get deposited in the muladhara for further growth. When the person is grown, he is taking the seed capital into the muladhara. The person keeps on growing after birth. The body keeps growing after birth until about 35 years, exactly 34 years, 7 months and xxx days, given in the Old Testament as Ezechie's Wheel. Until then it is a growing body. Thereafter it does not grow, the potential is completely used. Until then the human body is called Deha in Sanskrit, it has the potential to grow. Thereafter it is in stagnation for 12-14 years, up to 49th year. Thereafter it is called Sarira, meaning that which decays, wears out. Whether we like it or not, it starts its way of return.

Much depends on how we work with our body the first 35 years. People tell us how to live, but we don't listen, because it is the qualities that drive them. Anything related to knowledge, the impact is seen for the 42nd year onward. Until the 49th year, there is still potential in muladhara, which is not required. The muladhara should be the store room in the house, we don't open the doors. The material there we don't use. The material is stored in muladhara according to Master CVV. The kundalini power is blocked by the material and the kundalini does not rise because of the load of material. There is an extra and unused stock of material. Out of anxiety more stocks are gathered. Likewise we take more food on the travel and find food on the travel and got on the way other food and we don't eat the old one, we throw it away. Likewise this extra material we don't use. This is an observation from the Master. This extra-material at home has to be thrown out. Many people don't clear up the unnecessary material in their homes. They have different CDs for hours of time. The load is more. In India in my childhood there was a slogan on the railways: Left luggage – more comfort. With more luggage you have to have someone who helps you, you can't carry it. "I would help you but you must pay me." You have no comfort with your luggage. Sometimes we keep the luggage on the lap. Master CVV says: the whole humanity is suffering from extra-luggage. Exceptions are few.

You don't have extra heart-beat when you go for check-in with overload: "Could you carry some books of the Master?" – "Sorry my luggage is full." All is possible, if you don't have

extra luggage. Master CVV says: My first work is to empty your kundalini, otherwise it cannot rise.

The kundalini has the ability to form the body to receive raw material from the surrounding and excreting material. Kundalini has three powers.

1. First it creates the field of the body
2. It has perception / feeling
3. It has relation to the body. He calls it holing.

He says: Field, feeling, holing.

When someone comes, he sees the field and the feeling. The feeling is the chemistry of the body. Some like this, some that, all that chemistry is there in the body language. It can be used for work, then the body language is good. The field and he feeling. The regulations he calls "holing". He says, when a student comes for initiation: "He needs holing." How much anyone needs howling? He puts you to repair through kundalini. This holing is initiated by Me; otherwise there is no way for you to work out. To rise Kundalini is very dangerous, because people loose balance when prematurely risen, and for many it does not rise for the heaviness in muladhara. His work is to clear the muladhara to get the Kundalini raised. I told you how VPS was helped with one prayer. The master came to VPS with one prayer he cleared the kundalini. VPS was healed and gained gradually the state of a healer, an excellent medium of the Master in due time. It is a kundalini yoga, where the student allows the master to do the kundalini work. The master enters into the kundalini and churns the fire and clears the way. As much as the churning happens, so much is the descent of plenty of prana into the student. More is churned, more the prana enters into the student. Your assimilating ability increases. People cannot really digest the food. They take in, because the assimilating centre is feeble in you. The assimilating layer is called Annamaya Kosha, unless the stimulation received by the food cannot be assimilated by the body. For physical plane the English books writ it as Annamaya Kosha, but it is the assimilating intelligence, which keeps the physical body in strength. As much as prana is active, the pranic force moves everywhere in the body and the Master energy also travels everywhere in the body and in consequence there is expellation of gross material from the body. The moment the person is filled the person is not dragging his body. Master CVV seemed to float through the streets, so light and delicate. The picture we have is a very poor presentation of the Master. He is seemingly powerful, but full of delicacy.

Once someone spoke to Master EK about compassion, whom he considered the most compassionate one, is it Lord Maitreya? Master EK said, Yes, some are obvious, some are not. You don't believe when I say, Master CVV is the most compassionate. People were almost about breaking into laughter. When you have experiences, it is different. He does so much work for us. Through expelling he gross matter he starts building the subtle body. It is the body into which we get into immediately after death. Vyasana Sarira, we stay 7 month to 1 year after death, thereafter you walk into the causal, because there is a cause for you and you come back. You carry your own "because". Every personality has its own explanations: Why you eat this? – Because... Why don't you do what has to be done? – Because... All that because emerging are from your causal body. In between is the subtle body, a transit station for us today. The master makes us stay in the transit station, so that before you reach the destination, you are prepared and enlightened. Between your point of departure and arrival again there is a betterment done to you. It is subtle and easier to do than in the gross. Knowledge is grasped faster and retained well. That's why when the child is in the womb, 7th – 9th month, it is the best time to teach the child, initiations can also be done. It is known today as prenatal knowledge. People teach mathematics or classes. Experiment are done and results are known. The reception is better.

In the scriptures there are examples (Prahlada), where the child is initiated into the sublime wisdom. Hold you in the subtle and impart you the wisdom is today the theme of Hierarchy. Disciples try to get in during the sleep hours, not because they proposed or know how to get in, but their sincerity pleases a master of wisdom to shift you into the school for imparting knowledge during sleep hours and also after departure from the physical. One can be hold in the subtle for long years and be imparted a lot of knowledge. So when he comes back he can meet his deficiencies with much ease.

So the work is clearing the waste in the base centre and fill it with much prana, make a strong etheric body. All this work has to be done only when the man is in incarnation. This is a decree, which the master is especially using, until the student is lifted up into the kingdom of beauty, of God, the Buddhist field. Until that time, he is continuing the work with the kundalini. It is all in Treatise on Cosmic Fire. You find elaborate details in the books of Master DK, what Master CVV gives in very short form. This is called the 3rd initiation. Master DK says, until the kundalini fire joins the solar fire in the mind, the work has to happen, the initiation happens. The words mean the same. What to happen is in the book Treatise on Cosmic Fire, but the Master said, I will do it for you. This is another dimension of the teaching, he works through the most gross level forwards.



Friday, 1st June, 2007, morning

Hearty fraternal greetings and good wishes to all the brothers and sisters.

There was a truth-seeker who pursued and carried out many practices. The search lead him to a mountain. He was moving in the mountains and forests. Suddenly he finds a cave, which has a portal, a portico. There is a wall, there is a way to the right and to the left. Like the way to a capital, there is a middle wall and a door on each side. We waited to know which way to enter. He was just waiting, because he had the knowledge of right and left, right is right and left is wrong. If left is wrong why is it created? – But the truth seeker has understood that left leads to materialism and right to spiritualism. He did not know what the cave represented.

People are too much thinking for the right and walk into the left. They give too much emphasis to the right side, to good will, unconsciously this leads them to the left. The religious talk so much about sin and are promoting sin. By your negation you create a negative pole for the negative to get in. Recognition of evil is the means evil enter in. the more you recognize evil around, the more you are letting the evil into you. That's why psychology is very important. If you determine something as an act of evil, you attract evil.

The left and right are the two pillars of Gemini. You may follow what you think is right. There is no absoluteness until you have reached the truth. There are truth levels. Perceptions are different, naturally they carry different understanding also. Since we are not pristine or crystal clear, our perception of truth is not truth. Unless all have the same perception, you cannot call it truth.

Truth is different for the different levels of perception. So the man was waiting, some people entered through the left. He heard some crying voices from the left side. He did not decide to take to the right. Someone entered to the right, some times later he heard a louder cry. People who are material cry due to attachment to material, those who deny cry louder. Neither left nor right is right. What to do? Are you not crying more since coming to the teaching and practices? If you take only to inhalation and not exhalation or only to exhalation and not inhalation, are you at comfort? Which to prefer?

There was another disciple – a story within the story. He worshipped the Mother. She had two golden pots. The disciple looked at the mother and the pots. He did not say anything. Mother: What do you want? All the wealth of the world is in one pot, in the other is all the spirit of the world. What do you want? Be careful if someone offers you a choice, choice makes you blind. The Mother said. Which do you want? The disciple said: If you wish to give me, give me both. I don't want just one. The Mother was pleased and she gave him both. He became a great yogi. That is yoga. Don't just be with one.

The left hand stands for moon, consciousness, joy. The right for life. Which do you want? – Both! What you know as truth and what you know as untruth put together is the truth, says the Veda. We think our truth is the only truth. Light includes darkness, God is light beyond darkness, including darkness. Knowledge is, when ignorance and sin are also included in action.

So the man at the door, where to go? He remembered the golden means, the middle path. Higher numbers include the lower, the lower agree in the higher. As long as there is division, there is conflict. There should be no conflict in you, then there should be no conflict outside. In lower planes there are oppositions, in higher planes there are complements, in lower planes they are opposed and they complement in higher states. Gemini is an excellent sign for yoga and a very difficult sign if in lower planes. From a great swing to one side follows a great swing to the other side. The truth seeker is facing a wall and realizes: Those who are entering to the right and the left, he does not know what happens, but there is a long cry from both sides. In the middle there is a wall. He started to contemplate of it. Right and left must be meeting. From the neck downwards there is the right and left. They meet in the central point. He decided to walk through between the right and left side and to enter into collision with the wall. It happened that there was no wall at the point he was about to enter.

So we have to enter with the help of inhalation and exhalation. Respiration should lead to the synthesis. Pranayama is suspension of respiration, meaning inhalation and exhalation shall have to be culminating into suspension, Samana, equilibrium between inhalation and exhalation. It allows you to enter in. the truth seeker, as much as he has equilibrated his respiration has found the way.

When getting out of bed, we should try to find which nostril is more effectively. Both are not. If the right nostril is more active, the sun is active, meaning more fire, meaning more anger or more (meditation) from the stomach. When the right nostril is more active, sun activity is more than the moon activity. When the left is more active, the related lunar activity and joy is there, lunar is more active.

The chart for the day is in the nose. We need to look at the nostril chart. Sit on the bed for a while, activate the lunar activity, till both are equally active, you are entering the day in a balanced way.

The balancing is recommended as a preliminary step in yoga practice. You start the day with cool energy. Then you are considered a person with warmth, not a warm person, acceptable to all. He is active and has a little humor. Blessed is the day which is started with a little cheer, otherwise the day is broken into pieces. The seeker needs to neutralize the soli-lunar energies to make a balanced entry.

What happens having entered in? You have balanced the left and right. When you are in the inner chamber, there is no entry to the left and the right, there is an entry in to top. How to go through that? Some technique: Sit quietly in the inner chamber, keep trying for the deeper balance of the centrifugal and centripetal energies, then another air called Udhana lifts you up. That is the subtle levitation. Physical levitation is considered as an exhibition, subtle levitation is recommended. There are many exhibitionists even in the activities related to yoga, but the real happening is in you, when the pulsating energy is balanced. From left and right to vertical.

As you move up, you have the same situation on every plane. The yoga principle is valid and essential at every step. If you want to go to heaven, if you are not in balancing, you come down. Be balancing on a daily basis, in every action. Stand in balance in every action. As you keep moving up like that, there is an increasing joy. As you move up to sahasrara, you go to ecstasy, which we call Sankpitam. Radha and Krishna are in an eternal dance, Shiva and Parvathi are in an eternal dance, of joy, of ecstasy. There are many spiritual groups with

their teachers, they do all kinds of crazy dances. You don't get to ecstasy by dancing, only leg-pains and a reeling head later. Dancing doesn't give ecstasy. In the ecstasy they sing, but if you want to be one through music ecstasies, it doesn't work. The books say, practice cheer with anyone. The more you try to tell a person who is serious to be cheerful, he gets irritated and slaps you on the head. All that comes through the internal balance.

When you are in balance, you can enjoy the things. When you are in highest balance, in sahasrara, that is called ecstasies or bliss. Ramakrishna Paramahansa had this bliss. Through his balance he got this bliss. He started dancing, it is an ecstatic state. You have a Hare Krishna movement. In all the groups they dance. They dance because the original teacher was an excellence in dancing. He was like a mountain of knowledge. He toured around India three times and was considered as a most knowledgeable person. Ultimately he went into dance, into total ecstasy, holding his hands up. Now they dance with their hands holding up, like he hold his hands up.

The dancing of Radhakrishna was different. Ascending into the rainbow colours of sahasrara. All colours exist in sahasrara, all colours, all sounds, thousand petals. In all the human beings it is upside down, but if you keep moving up, it turns around and you are the jewel in the lotus. For the one who has reached it, balance becomes his nature. Such a one is called a yogi. Wherever they are, they are at the top. They don't have a roof over them.

That's what Jesus meant saying: the son of God has no roof for laying his head. People asked: Under what roof do you sleep? - I have no roof, he mystically said. The Master speaks of occult (kurt/court maha). On the open field, no shelter, the sky is the roof.

The king of the forest knowing the super-natural qualities asked the master to stay in the palace, so that people can visit him and he having him there. He said, it is not possible for me. But the king insisted: Please stay for one night, so that the palace is blessed. The master said: Give me your hand and I sleep wherever you lead me. With all paraphernalia the king lead him into the palace, which has a very high roof. He put him into the palace and left the palace. Someone said: Look! The Master was dancing on the dome of the palace. The king said: How did you do it? - It is my nature, I cannot have a roof.

That is a story related to balancing. There was a Zen master always laughing. We believe that when someone gives us a laughing Buddha we get luck, that is our own perception. The more we seek luck, the more we are in the contrary. That is our own expertise. This Zen master is always laughing like laughing Buddha. He was considered very highly accomplished. In the high land of Tibet they are scarcely habited. One day a disciple requested to be in his house. The master was in the basement, he was in the first floor. In the midnight hours the devotee found him moving on the roof of the house. He knew the master is in the basement, but he found him over there. He asked: What are you doing there, master? Dancing. How did you go there? - I fell up there. We fall down, he fell up. Wherever you keep me, I fall up.

I tell these stories, because we are all inclined to move up. Moving up is possible only when we balance the lateral, then the centripetal and centrifugal, the internalization and externalization. In this pulsating activity there is a point where you have to enter. Master CVV worked with reconstituting of inhalation - exhalation and pulsation. He noted the working of the life in the human body. Once he conducted an experiment for 24 hours, a super-human act, which is not believable. He went on inhaling for 6 hours, only inhaling 6 hours, holding it 6 hours, exhaling it for 6 hours and not breathing for 6 hours. The lady at home, even when he stopped breathing in, got afraid. She called his close friends and shared her fear with them. The master is in a deep consciousness. After 24 hours they asked him: Are you really human? He smiled and said: Do you know how the creator Brahma breathes? He is still exhaling, after 1000 Mahayugas (great cycle of time). When the creator of time exhales, the whole worlds happen, when he inhales, he worlds disappear. Compared to this, this inhalation is nothing.

We feel big compared with the creator, what is a big act? He was asked, why did you do such a breathing? - To know how the life currents are working in the human body and how the non-consciousness is working. The problem is with the non-consciousness, not the consciousness. I want to rectify the life force in my (body?) So when you invoke the Master, you would do extensive breathing and this happens, so that the life currents are put to

(repair?). He gave more emphasis on the functioning of the pranic principle. Unless the prana is well established in us, prana cannot treat. I promise My followers so much health that he can continue yoga. To that extend I shall make corrections. He clears the blockages to the extend the student can continue the practice of yoga. Therefore he ensures longevity of the body, insofar the student is in the practice of yoga. Unless a certain grip is gained in the path of yoga, its continuity is not assured. If the churning is not through, the butter is not formed. As much as the churning process continues with the student, more and more light emerges.

The seeds of goodwill and the weeds come up. He would like to make us seedless. Good seeds would bring plants with 100 good seeds to sprout, also bad seeds. Both have multiplying nature. Either way you are in good or bad karma. He ensures that both ways are balanced, neutralization of karma, Rahita Rakta (?) Karma Yoga. You are free, not conditioned by the fruits. In that neutrality you stand so that the divine works through you. In that state there is no good nor bad, no high nor low. Only the neutral ones can be needed to the plan. If there are inclinations, choices, it won't work. If you follow the path of yoga, don't chose, accept what comes. We think to progress in this way is good, but it puts you to progressive direction. He would like us to be neutral. Neutrality is the accomplishment in this yoga, synthesis. Yoga of Synthesis, the neutralization of karma, Rahita Rakta Karma Yoga. Also kundalini yoga, because of stimulation of kundalini. The truth levels disappear, truth remains: Satya Yoga he called it. Darkness and light are absorbed into the absolute light.

Some Vedic seers objected: Why you say light? Just say absolute. Somehow for ages we were brainwashed that we would like to say light. It is neither light nor darkness, neither male nor female, neither light nor heavy, it is IT. Don't define. That is the state of Brahma according to Vedic terminology. I shall settle you in Brahma and you shall know Brahma.

I shall cover one more (dimension) and close for this morning.

There is a lot of rivalry between science and religion. A scientist cannot appreciate a religious and a religious cannot appreciate a scientist. For a scientist religion is crazy, for a religious a scientist is ignorant. Therefore a book about science and religion was inaugurated in the name of Isis Unveiled. One volume is dedicated on science, the other on religion. It was written in the last part of the 19th century, and H.P. Blavatsky gave a prophecy – science will gain open-mindedness and also the religions, and one day they will be complementary. Master CVV said, he came to work with science and religion. In the beginning, the religious did away with him, because he wasn't traditional. "My work is to penetrate through science and through the psyche of the humans." He penetrates the planet and the life on the planet, some kind of laser-beam work. There are laser surgeries on the brain, this is coming from Uranus.

Master CVV releases from his heart-centre the energies of Uranus, which are called expansions, explosions from within, happening to all activities of the human kind. In all fields new dimensions would be found. Yoga is a subjective investigation, science is an objective approach. A yogi works with the inner nature, science works with nature. The yogi sets his goals as self-experience. On the way he knows the ways of the inner nature. The self is beyond human nature. We spoke about human being and human doing. The universal self is the basis for the action. The yogi knows the activity. The scientist works with the powers of nature and tries to grab the powers and use them for the benefits of the humans. The reach of scientists is Law. If there is one invention, it can be used by the humanity at large. The yogi working with nature, the benefits are beyond individual.

The electronic media, all can use it. Nature's power, all can use it. It cannot be transmitted by a yogi of a high order, a yogi transmits it on a very high level. There is not global impact. Krishna gave a strong impact, but it was not global at his time, so Buddha, Christ and many others. Till today there is a lot to understand to gain that experience.

Scientific invention all can use it. Now everybody has a laptop as a window of globalised network. Krishna could give that globalised vision to Arjuna. The laptop shows you activities on the globe, but the vision given by Krishna is of a greater scope, but to an initiated few. The benefits of science reach faster. The benefits of yoga practice do not reach so fast.

Of a master of a high degree it is said, that he is most accomplished if he teaches 12 disciples working at the level of the master. The master said, introduce science into the yoga and yoga into the science, to reach a greater scope.

In Kumbhakonam when he gave rectifications, the students who came to the master asked: Why doesn't it grow? Why people are not coming? Every group feels it could be more members. The master answered: Don't think you are the only ones working in the morning and evening. I am initiating people in all corners of the globe. The energy is passing over your heads, all fields of science will have a greater speed after this stimulation. It is a globalization, don't think it is individual. I do that so that the scientists get to the sense of beness.

Scientists are mostly working with nature, it has its basis in doing, in power. From power to beness. When this is initiated in the science age, you find the clue to the nature. Through investigation you find nature's power.

Atom fission was thought to be a big dimension, but there is an endless universe in the atom, which is spoken of in the yoga. What is in the universe is in the yoga. Quantum physics opened a huge vista for knowledge. The master said: More and more yogis would get into science and scientists into yoga.

He demonstrated many times disappearing of forms into atoms and reappearing at different places, to bring the awareness into it. It is a prophecy of Master CVV: In this Aquarian age man would work on a telephone-like apparatus, phone up Spain, disappear here and reappear there. All those who know appearing and reappearing know the Aquarian passage. Krishna and Apollonius of Tyana were doing it. Pythagoras could multiply and be seen at different places at the same time. There are few who can do it. But the possibility is for all, provided no selfish power possesses it. That is the dimension Master Morya gives. These scientists are all Aquarian, but under the clutch of the power-mongers on the planet allowing the knowledge to be shared on the planet. Therefore there is subtle tension created with those in power, compelling them to change. The wealth of human knowledge can be better shared with all, it is controlled by a small group of man of power. The attack is more on the man of power. Until all is shared, the power cannot be conquered. Power comes from the sense of achievement, love comes from the power of being – love-wisdom.

The Master says, he is working on the science and the governments with the ray activities to give new dimensions to all to all ray activities. The ultimate goal of humanity is to be stable and compassionate. Some want more and more money and power, which has no relation to comfort. There are billionaires who are not in comfort, not stable. More power, more riches, more discomfort. The multimillionaires have accumulated so much. They reach comfort only through sharing. They set up foundations to share.

According to hierarchy this century will be known in history as the century of charity, an auspicious step into the direction of sharing, because the power is pushed to share. The master said, slowly the consciousness would shift from achieving to being, that they realize that achieving would not give stability and comfort through more and more achievement, expansion.

Alexander the Great went on conquering and came to India. He heard even before that India had very many wise men. Having conquered part of India he went into a forest with many seers with scarce clothing, no roofs. There is no way you can get hold of them. One was laughing about Alexander. The ego was at a loss with him. The man was laughing. He was asked why and replied: I haven't seen a person more ignorant than you. Alexander was a great king and also a great disciple of a great master, Aristotle. Aristotle warned him when he comes to India not touching a seer. The seer said he was the most ignorant!: You are conquering – what are you conquering? The king was told to walk three steps. Before he got the rear step forward, he had to lift it up. The seer said: Don't do that. The land behind is lost because you are on one leg only. You are always on one or two feet. What are you conquering? That is all left to you. The land between the two feet is the only land that you conquer all the time, but in that posture you cannot stand on at all times. The moment you move forward, it falls back from the other side. Your life is only trying to spread your carpet. What about your Self?

With that initiation Alexander was sent back. He saw that there is no point in conquering. The sense of achievement is like that. The sense of beness can conquer the hearts. That's how Jesus, the yogis conquer the hearts. The sense of sharing would come. There would be a respectful approach of scientists, and not the religious, they are all emotional.

The fist bell was struck by Mme Blavatsky to show the stupidity of the scientists and the religious, the synthesis is the solution. Therefore the Avatar of Synthesis came. Don't take only Master CVV as initiate: "I have different ways of initiating, the dimension is global, not just from teacher to student.

Friday, 1st June 2007, afternoon

Hearty fraternal greetings and good wishes to all the brothers and sisters.

The master from time to time gave certain suggestions to those who follow the path of yoga., so that the yoga progress happens more effectively. I have collected all the suggestions he gave during May Call and December Call. They are suggestions which are helpful when followed, to fulfill the yoga practice.

1st If you have decided to follow the path of yoga, better know about this yoga while practicing. Do not blindly follow.

This is a very important instruction. The master is always intent on knowing what one does, not following only a creed. This is not a path of belief, of faith: "I would like you to know as you practice." Somewhere it is said about this age (as age of faith), before that there was no such thing as faith: To know and then to do, to do while knowing or to know while doing and not one's own experiences. Each one follows the path of truth with knowledge. Not a blind following the blind. He had put a placard, a board: This is a path of direct knowledge, meaning, as you do you would know. Don't do it because your neighbor is doing or your parents, friends are doing. Blind following is not recommended, especially in the Aquarian Age.

On the Indian roads, in the busses, when you travel with speed it is 80 km. When you travel in such busses, there will be a lot of backbone adjustments. Traveling takes long hours, much more so in such busses. A group was traveling at night in such a bus for long hours. The bus stopped because of a problem. The driver said, it takes one hour to repair, stay in the bus and relax. You cannot relax there, so the passengers came out. One looked into the sky, then the next one did the same, then the others. The last one came out and asked: What are you looking into the sky? – I don't know. No one knew why he was looking. The last one asked all, the first one said: I am not looking at anything; I had a back pain and was stretching, thanks to the bus and the roads.

Like that the humans visualize consciousness. We have that habit. All sheep go without knowing. Like that many people keep on doing it, not knowing what it is. Better know and do it. Generally the number of persons who do this are mostly ignorant, a few are knowledgeable. Many people come to see how it is. Do it with knowledge, don't do it with belief. Don't do it with assumptions.

It is not that you would know before you do when starting practicing. Don't wait until you understand everything with yoga. It is like showing you a map. If you walk 3 steps, another step becomes visible on the path of yoga. In the present scientific age you form yourself adequately. Without basic information don't initiate someone into the teaching. The emotional people need to believe before they enter into progress. But humanity enters into a plane, where there is a related mental unfoldment. There is a shift of emphasis even in the science of yoga from belief practice to knowledge.

Mysticism and occultism, their difference is in the very beginning. The mystic has one formula for every state of evolution, the occultist knows the state and what is the next step. Master DK said: Both reach the destiny. The mystic is like the one getting onto the train and sleep and at the destination he gets up. The occultist tries to see at what stations the train stops and at what time there is breakfast, lunch etc. So when the occultist travels, he can tell the travelers, when he gets his breakfast, when he gets his lunch, where to get the bedroom, when to arrive, and he is experiencing the way also. That the mystic cannot do.

In the Aquarian age the emphasis is on knowledge based progress. You practice a mantram. If someone asks, what it is, he should know. Today many who follow the path of the divine

don't know what they are doing. The Theosophical Society made a good book, The Cause the Children Ask. We should be able to explain. Master CVV was mostly on knowledge along with practice. It is a path of knowledge. If you know what sound is good for something, what is the colour, faith is not denied, but know the unfoldment at any stage.

You should know the constitution of man. The seven tissues, five senses, five sensation, the three qualities. What are the nodal points relating to the life force and awareness. What are the centres of awareness and of life force. How is life force received and distributed? Master DK says: Reception of prana is through the base and the heart centre. How does prana enter, from where do we get it? We get prana from the earth, the planets. The prana of the sun is of golden hue, the prana of the planet is of violet hue. The quality of our earth is violet and (...) our life force. The hue of the planet is very pale violet, nearly grey.

There are many things related to the human system. One should know some basic knowledge of the human constitution: What are the solar centres in the body? Where can the Kumaras take position? We need to know more about the human being. The prophesy of creation is fulfilled, when man comes to the planet. Occult anatomy has a great significance. If you deal with a part, what happens with the whole, should be known. Likewise are the solar devas, cosmic devas, they are all within. He is working into the microcosm.

Humanity has had a hoary past, very long past. 18 million years ago man appeared on the planet. Since then there is the occupation of a group to acquaint man with this knowledge. Already in the past some homework is done. What are the important leaps forward? What is the history of the places(?)? When you have the knowledge you do better. In any field there are some pioneers, who lead the knowledge to a point.

If you gain the knowledge about Geneva, it is better before you go there. If you go there and search, you are losing time. To our parents we are ancestors, also our children to us. Youngsters are elders, elders are youngsters. You only have been gathering knowledge and moved forward, not because we haven't learnt to live in continuity of consciousness. Right from the times we started writing, things are recorded and retrieved. The knowledge helps you to get to know what is always there. You read Cosmogogenesis, Anthropogenesis, how humanity arrived, what happened in the White Island, Hyperborean, Lemurian, Atlantean, the Arian time.

The 5th suggestion is, if possible learn astrology, it helps to unfold the keys of wisdom. Among the 5 senses the eye is considered important. Among the 6 keys of the veda, astrology is important, not for predictive purposes, but to understand the energy composition of your own being and all around, so that you may tune up your condition. You know the weather outside and plan your movement. If you see the weather forecast, you would know. In the first decade of the 20th century, when radium was invented, the Master said, man will be radio-active, don't worry about radio-activity and man. As per evolving time, the humans receive the energies and move on. Astrology knows the energies of the present time and what in the composition of the energies to be presented. If a student is poor in one subject, more has to be done in that field, additional tutoring. The program shows how deficiencies show up. If you know on what plane to meet it...

The 5th direction is "get into astrology". One way or the other you would find the way to work with it.

6th suggestion: For your practice, how strong is your will? From time to time check how stable you are, what is the comfort level at practice. Check the level of discrimination from time to time. Somewhere on the way we may lose the discrimination, comfort or stability. Then we may get weakened due to other reasons. Check up from time to time to re-check yourself.

7th suggestions: You should have very strong aspiration for truth, transcendence, to realize the self, the 5th initiation. For this you have to have will so strongly, fire so deeply, to compel you to this destination.

8th suggestion: Generally know the steps of the eightfold path of yoga. Generally you know it, the regulations of yama, Niyama aren't given a go-by in this yoga, there is no shortcut. Yama-Niyama regulations are basic for all occult practices.

Excellent devotion of time in one's life for this yoga to happen effectively is from the 21st to the 56th year, from 3 x 7 to 8 x 7: 35 years, 5 sets of 7. That is where man is in his optimum. Before 21 it is formation, after 56 it is deformation.

Master DK gives an exception to occidental bodies: I give 7 more years to them, up to 63 years. The bodies wear out faster in the tropical regions. The best time for this yoga to happen is from 21st to 56th year. It can also happen later, but not with the same speed, because the body is preparing for other steps. So make haste. If you have a tradition at home, in the name of this yoga don't transgress. If you wish to be traditional, it is o.k., but don't digress from the tradition into which you are born. Tradition carries certain values and limitations. Don't think of the limitations and don't criticize the limitations. You aren't become bigger by doing that. If you have come out of it, don't ridicule, just like you don't ridicule the school when you have come out of it. All that exists in the world has its purpose. You may have grown beyond that, but don't ridicule. All ridiculing is ignorant. If you went over the river in a boat, it is foolish to carry it is foolish to carry the boat on the land, leave it at the river, don't ridicule the boat if you don't need it anymore.

11.th suggestion, recapitulation of the earlier suggestions:

1. No blind following
2. Basic knowledge of yoga
- 3 Know your own constitution
- 4 Do not ignore the knowledge which has been so far accumulated
5. Make your own into astrology
6. Check and re-check from time to time your level of discrimination and will
7. Have a very big aspiration to transcend death and realize the self.
8. Do not short-cut the first regulations of yoga.
9. The best devotion for yoga-practice is from 21 to 56, so make haste slowly.
10. Do not ridicule the tradition from which you have come.
11. Please don't get into this yoga without minimum economic stability. If you are not economically stable, please first look into that. Don't get in before. Your stability and comfort is at question, your will wavers. Ensure the economic stability, a secure basic stability.
12. Ensure that you have a functional health. Without minimum health yoga practice will not happen.
13. Do not entertain any activity of business or employment, which has any anti-social elements, meaning, you should neither conduct nor cooperate with an anti-social activity. When fear enters into you, the yoga-practice gets blocked. There is a fear element in you, because you are the truth. When you consciously do something anti-social, it is not yoga-practice.
14. At least do this yoga for 10 years regularly. As I told you with MN, it was just 5 years. In 5 years he became a master, with VPS it was 5 years. Do it for 10 years, on the 5 senses, 5 pulsations, then it becomes easy to accomplish
15. If you have a doubt about this yoga, you better go away and clear it. Don't continue with a doubt. Krishna said in Bhagavad Geeta, to clear the doubts of Arjuna Krishna showed a lot of patience. When Arjuna was completely cleared of doubts, he continued with the war. A doubt means, you need to know something before progressing further. Don't feel shy to clear the doubt.
16. Don't indulge in judging others. It is such an occupation that you forget your own occupation. People who indulge in judging others forget what they have to do. As much as I judge others, it becomes an occupation. What you have to do would be gradually forgotten. Do not indulge into others' businesses. Mind your own business. Form the beginning the interest into neighbour affairs is great. This leads you into quagmires you never get out of, you are sunk in.
17. You should know one fundamental fact, that people have different attitudes, perceptions. Don't look for a complete perfect agreement. What you think perfect has its own imperfections. Accommodate with others' views. The master says, it is a sacrifice of your viewpoints, by that you gain. Don't be excessive about your viewpoints, others also have their viewpoints. Some marginal flexibility, not a fixed mind. Try to see where you can unite with the other.
18. See areas where you can unite. Do not see areas where we differ. Yoga is unison. It can happen when we see what is the virtue in him. In any creature there are virtues. The virtue of an ant is diligence, of a rat is skill. Every animal has a virtue, like other things also. Every

man has some virtues, to get a human body. You are on the right path as long as you see the virtues, you can continue. If you see other things, you cannot. See the university in diversity, the Master says.

Accept the different viewpoints. As much as we don't see the beauty of differences, we are ignorant.

19. Certain things have no solution. Don't break your head on it. Don't brood over an issue which has no solution, let it be. Let it be given rise to a psychology of letting be.

The rest tomorrow.



2nd June 2007, morning

Hearty fraternal greetings and good wishes to the brothers and sisters.

These suggestions are given by the Master, when practicing yoga, for the students of yoga practice.

The 19th regulation was not to brood over issues which have not solutions. In certain situations in life we should learn to accept, because there is no more to be done. Sometimes there would be a loss of kith and kin, of property, reputation, health. We try to recover. Health is lost, but sometimes it may be a situation where the recovering is not possible. There can be some kind of loss of health, which is difficult, loss of property or reputation of a person. Sometimes there is no way to recover. In all those cases the student has to accept it than to brood over it: Why did it happen, happen to me? For all that is a case of karma. In spite of our knowledge etc. certain things happen in life. The law of acceptance is for our help. Otherwise we lose our energy by continuously brooding over. For a yoga student it is not recommended. He needs to take it that it has come to pass. Let it be pleasant or unpleasant things, to brood over would not help. If we have learnt something, we take the lesson, but don't brood over. If you lose hair, nothing happens. If you think about losing hair, you lose more hair. Likewise when the hair grows grey, accept, don't spend too much money to replant hair. Some things you have overcome. But the master said, when you practice yoga, get off of the practice of brooding.

20th suggestion. Be inclined to help others. This is more an attitude. Do not shut away from helping, if you can help. And do not overdo in the emotion of helping others. Sometimes we do more than we can out of emotion.

When you commit to help and you don't help, then there is tension in you. Along with the inclination to help, you should ensure that the help is in your reach, and do not try to escape from helping, when you can. What you can and what you cannot, you have to see. When you want to help and cannot help, gain the ability and then do it. What you can, do it; if not, don't do it. Don't cause extra problems to you.

21. Be marginally flexible. In essentials be fixed. In non-essentials be flexible. If you are fixed in non-essentials, you feel the discomfort, because things are not as you fix in your mind. What is to be prepared for breakfast is also essential to include nourishing food, but which nourishing food you can be flexible. In a group-life like this we gather to have food. Suppose someone takes your chair. Your chair is not your chair: Last night for dinner you stayed there! If you take to another chair, nothing happens. You still have your breakfast, but thinking of your chair and transmitting angry looks at the person on the chair, the other doesn't care. People get fixed in non-essentials. Flexibility is needed in non-essentials. Listening to the teachings is essential, in which chair you sit is not essential. Generally main's flexibility is in wrong areas. The master said, be flexible in non-essentials.

22. Be generous for the others' deficiencies, limitations, mistakes. You all do mistakes. To err is human. Be generous, if someone has done a mistake. If you do mistakes, you also want sympathy. Being punishing, you would be blocked in your progress. Be sympathetic, generous towards others.

23. Being limited to truth is stupid. Be open to other dimensions of truth. Your experience gives a perception of truth, but another experience can modify that perception. Whenever I come to Switzerland it rains, but it will not always rain. It is my experience, but I cannot generalize. If it rains in summer, you cannot think it always rains in summer. Your experience to life is different from others' experiences. Be open for other possibilities. Open-mindedness is important. Stupid is one in whom the learning process is suspended. He remains without growth anymore.

There was a man who said that rabbits have three legs. Even if you say to him, it has four legs, he would not agree. And he would demonstrate it, holding a rabbit by one leg and showing the other three legs. What do you tell him? Likewise people are fixed with their own viewpoints, they cannot see the others' viewpoints. Be open to see some more viewpoints. Be open, but be not fixed.

24. Keep informing the mind on varieties of wisdom on a daily basis. It has to be on a daily basis. Don't think you are wise and don't have to look for other wisdom. Wisdom is like a boundless ocean. Daily drink a handful of wisdom. By daily doing it, the mind gets oriented to wisdom and slowly gets magnetized by wisdom. Then you have a wise mind. The critical mind gets magnetized. The higher magnetizes the lower. The mind unfolds into the Buddhist. Daily read something coming from the teachings of the masters. Through regular application of the mind on wisdom we grow less unwise. It is not that we grow wiser - less unwise. Darkness is eliminated, so that the light is retained. You may change from one book to another, if the one book is boring. Regular reading at the time of 10 minutes a day gives you 3650 minutes a year. If you read for long hours, the ability to absorb is proportionally reduced. 10 minutes is minimum, 30 minutes is maximum. In the entire year how many pages we read. If we read 2 pages per day, we would have read Treatise of Cosmic Fire in one year. Otherwise we think of regular reading, but we don't do it. One page is enough. It is not reading, it is studying. Keep 10 or 15 minutes. Consecrate yourself to reading daily in quiet times, that would gradually unfold the mind and access to the Buddhist plane would become easy.

25. If you practice yoga regularly without interruption, you would establish in you the process of yoga. Yoga bestows many powers on us. Yogic powers are super-powers. You are eligible to all the powers of the Master, provided you do yoga continuously without breaking. Patanjali also says: The yoga anchors into you, if you do it for long years regularly, without any break, if it is regular and continuous, it would slowly establish in you and would give you all the powers of yoga.

26. Do not inquire into others' personal lives. Don't ever do that. You have interest in this and that. If they inform you, keep it. If they inform, they might find comfort to inform, but it is not at all an inquisition into others' personal lives. It is an undesirable instinct. If they feel comfort of informing you about their personal lives, let them do so, but don't expect others to do so. It amounts to crossing the borders, and there would be consequences.

Within your group or family don't assume you should be informed about everything. Nature informs you about everything you need. The less you are informed, the better you are off. Extend this to family group and other groups.

Don't assume you should be told everything. Whatever is to your right it will come. Thinking you should be informed about everything would lead you to rajas. Respond to what comes to you as much as needed.

27. Be aware that departure can come anywhere, regardless the readiness of depart. Close the day with the readiness of depart. Be ready for a travel, no notice is given, you haven't been told before. This habit is very helpful for departure. Death may come to anyone at any time. Be ready to accept it and make the shift. It is a preparation on a daily basis. It is not inviting death, not anticipating. Accept it when it comes. There was a king by name Parikshit, who was informed that by seven days he would depart. He wanted to know what happens after death and consciously depart. He invited many scholars and inquired how to transcend. He was informed how to consciously go through the process. There was a great initiate by the name of Sukra. He was known to be the greatest of the seers of the time. Son of Vedavyasa. By consciousness he surpassed his father. He appeared in the court. The king asked him how to consciously go through the process of death. I am losing time, because I have only seven days left. The initiate said, 7 days is too long a time.

He speaks of another king, Katvarga. Once the devas thought to go to him for helping the devas in a battle, and they came out victorious. They offered the king a boon. He said: You depended upon me in the war. How can dependants help? I helped you in the war. You think you can help me? – Don't think like that. In certain aspects you are superior to us, but in many others we are. We can help you in many things. – How many more days do I have on earth? Indra, the celestial king looked to Brihaspati, the celestial Jupiter. He looked inside and was perplexed, if he should say it or not. The celestial king knew it was not good news. The king said: No matter the situation, please tell. The celestial king informed him: You have 4 minutes time, the angel of death is there. The king said, no problem. He informed all and arranged things and was ready in 4 minutes.

Sukra informed Parikshit: You have 7 days, it is too long. He tells him the secret of death and also the whole Bhagavata Purana to the king. The student of Bhagavata should be prepared to death when it comes.

It was the practice and preoccupation to the East to know what death is. There as a lot of research into death, the seeming terminator. Is it really so? was the occupation of the people. They understood, death is not a terminator, he causes shift of plane. This you are always doing, shifting from one plane to the other. First time you come to a group life, it is new, you don't know what kind of teachings are given, what prayers are given, what progress. After 3-4 group lives you know what happens and you inform your friends, it is beautiful, therefore I go every year. The friend who is new asks: How can you do so? - because you have regularly exposed yourself to group life. So with shift of plane you have not fear, because you know what to meet there. When I started in India for May Call, all come to my mind. About everyone in the group life, you get into everyone who would be coming. Likewise if you know the beings you meet after death, who is there, you know how it would be. Like you know before you come how the room is there. Likewise if you are used to shift, what is the problem of being there? There is none. This is what the eastern scriptures have been doing, and hence there is not much fear about death. When you accept the situation, there is no fear, no loss of consciousness. Then you have transcended death. Enjoy as you are told, when you go to another plane of experience. Daily propose that you are leaving all this and go to another plane, the master's ashram. So while you are in a body you stand a chance of meeting the master's ashram and the group. Every night should be a preparation for death. All ancient systems first make you free from the ignorance of death. This Jesus demonstrated through the resurrection process. Death has never been a great concern for those who know. With the advent of religions in Kali, death is seen as a horror. Preparation to death should be with us as some part of training the mind.

28. Be prepared for the long trip. It gives you a quality of detachment also. Keep practicing it on the mental plane. Accept the fact of death, one day or the other it will happen. Every day we are walking towards death already. The day we depart from here we are meeting death. Last Saturday we came here – a full week. Every day it was become shorter. Tomorrow by this time we are about to pack and go to another plane of action. Some are reluctant to go because there are problems over there. If you know, that it would go much better there, you

would look forward where we would be much more pleased. It is a process of getting more comfort with the process of death.

29. Don't think that what is not possible for you is not possible for others. Normally this is our attitude. Anything is possible to others, because man has all the potential. Do not decide about others' possibilities.

30. When you do this yoga, don't mix it up with other practices. You may do other practices, but don't mix up. Master CVV said, this yoga we do it as a compact unit, don't mix it with other practices. It is like pouring tea into coffee. Milk and coffee is o.k., but tea and coffee not. Thinking that in the glass it is hot water, you put the tea bag into it and the pot has coffee. It is not recommended to drink. There were things agreeable and not agreeable. This yoga is complete by itself. Don't admix other things to it, it would lose its effectiveness. Make a gap with other practices.

31. The chief purpose of this yoga is to transcend death. To utilize this yoga for healing purposes and he have some yogic experiences is second grade. Looking for yogic experiences, healing power is second grade. Primary purpose is transcending death. Don't shift the importance from the chief purpose to healing purpose. Don't look for the intermittent instances. Don't look for chocolate. You may get experiences, healing power, but do not shift your focus on these things, then you would lose the path.

Along with Master MN there was another person. When healing energies were emitting from him, he slowly became a healer and became more powerful. But Master CVV said, that person who oriented to healing would not transcend death during this life. MN transcended death even during the lifetimes of Master CVV. MN asked. What about the other, he is also vibrant. – He got off, disoriented towards healing, he would not transcend death in this life, only in next life. Master CVV wants us to focus on transcendence of death, the 3rd initiation, it is much more important than healing.

32 Self-applied knowledge is far better than just knowledge. By self-application of knowledge secrets of knowledge get released. Therefore apply the knowledge upon yourself and also gain knowledge of the self. If you keep dwelling upon it, it leads you to self-realisation.

So there are three steps: Knowledge coming from objective sources. Application of knowledge upon oneself, thus gain more knowledge of the self to reach the self-realisation. Don't share knowledge as received from outside. Live the knowledge by yourself. If lived, it will lead you to self-realisation. Normally we listen and speak about it, it doesn't enter into the system. There are others who listen, from one ear, from the other it moves off. One is the entrance ear, from the other the exit-ear. A better grade is to listen and you speak. The best grade is, you listen and let Him speak. When you listen for long times, it comes as life teachings touching the conscience of the listeners.

Mere repetitions from books don't do it. The master says: Gaining knowledge is good, applying upon oneself is better, living knowledge is best.

33. A very simple statement: Your progress is in your hands. Your upliftment is in your hand. As much as you respond to the yoga practice, so much you progress. The master is always ready to help. The least required from the master is our readiness. If you get disoriented, there is no orientation. You, meaning what you think of you, your name, activity, nationality, race, community, tradition, status, they are all non-self. Remember this regularly: "I am a man", "I am" is true, man is extra. "I am an Indian", I am is true, Indian is temporary. "I come from Vedic tradition". I is truth, Vedic tradition is temporary. "I am a sapta gota", "I am" is true, sapta gota is a limited situation.

What is it which is true is with you all the times, not your name, form. A photo of you from 40 years ago compared with it today – the form is nothing. What we think we are is a subordinate truth, but what we think is temporary truth. If I show you my photo when I was 3 years old – can you say from whom it is from? There are many changing things.

There is a nice story in Zen Buddhism. A man was living all alone. He never had a companion to see. Once he had to travel from one place to the other. On the way when it was dark he had to take a place in a transit house. There was a group living. All sleep in a hall. They went to sleep, but he could not. He was feeling the discomfort. In some of the side-beds his neighbor saw the person: What is the problem? – I cannot sleep. – Every day or today? – Today. – What is it today? – I am not accustomed to sleep with so many. Tomorrow

when I get up, I don't know who I am when I get up, for there are many. It is like a wave going into the ocean. How do you know it is the same wave in the ocean? When we sleep together, we all become one. When I wake up in the morning, I don't know who I am. If there are 100 waves merging into the ocean, the waves come out again. How do you identify the waves? You cannot.

That is his problem. The next time he gets up, he has a problem, who I am. The neighbor said: Don't worry, I shall bind a red ribbon to your body. When tomorrow you get up, by the red ribbon you know. He remembered the colour of the ribbon and comfortably slept. When he was in deep sleep, the other untied the ribbon and tied it around another person. In the morning when he woke up, the ribbon is with the other. There is a great confusion: "I know he is me, but I don't know who I am – because our identity is by the ribbon of name, form, nationality. We think we are these ribbons, because we don't know who we are. There are many stories like this in India.

When we identify ourselves by our peripherals, we are lost. If we daily practice, it will be helpful to identify the wrong identities. The real identity is, I am That and That I am. Other identities are bound to mislead you. The master says: Daily release yourself from your label. Our form, name, gender, male, female, animal, deva. I am is potential for all. That is what is called sleeping naked. Every night you do it, to have no thought around you except I Am, this is sleeping naked.

The story of Krishna mixing the clothes of the ladies. Krishna said: If you wish to come to me, you should come only in complete nudity. Whosoever would like to be in god consciousness should be naked of man-consciousness. It is not the nudity as we understand. As long as there is an incidental consciousness, there is separation from the others. Birth of divine consciousness is only possible with the death of the lunar consciousness. Only one thing is true: I AM THAT. Keep thinking of THAT for a while every day, said the master.

35. Watch over your daily behaviour. If it is not up to the mark, your yoga practice goes through the first ray (?). He wants us to go through yama, niyam aspects. He want us to go through the truth every day. If your acts you do aren't o.k., the Master is not inclined to do the work, see that you are aligned. A lot of your acts would be stopped through yoga.

36. I don't promise you perfect health through yoga, but I can ensure you functional health. You would have so much health that you can function.

37. Have complete understanding of this yoga, thereby go into it with complete understanding. Have preparedness of any eventualities in life.

38. Be consecrated to prayer. These 3 would help you to clear the entire system. If you get into this yoga practice, let this be the first priority of life, not a second or third priority. This would enable you to make progress fast.

39. Yoga groups that happened are not clubs. Don't take it as a social club. Socialization can be incidental, meeting, eating, enjoying it the activity of a club. It is not prohibited, but the central theme is yoga: Don't take it as a club. Don't come to group prayers as casually as you go to a club.

40. Do not tend to overdo or overdo or overact. Excessive eating, sleeping, action should be avoided.

These are suggestions that can effect the chemistry on the path of yoga. That's all for this time. Thank you one and all. It is a long group life and the only group life where I spoke about Master CVV for all the days. A lot has been said about that yoga. You may read through and see what you can do with it.

May the Master bless you so that we can grow in all dimensions of life to come to the chief goal of this yoga, of transcending death. This transcendence has in its aspects much splendour. Thank you very much.

2nd June 2007, afternoon

In the afternoon there was the Annual Assembly of the World Teacher Trust – Global.

From the welcome-address of Sri Kumar: The WTT in Europe was conceived 1983 in Switzerland and is entering now into its 25th year of silver jubilee. This should be celebrated throughout the year through activities of service and through cooperation between groups and between the members of the groups.

The WTT as such has been serving right from its foundation in 1971, and 12 years after its foundation in India a big step was made in 1983, when it was founded in Geneva with a global perspective in mind. There had been a forward movement, and at all times the thoughts and constructive criticism of the members had been considered, for a healthy growth. The Trust works with the principle of inclusiveness, so that the Trust never had excluded or expelled anybody, and if people left, it was by their own free will. The hierarchy is the model and the hierarchical teachings are the basis for the World Teacher Trust. The Trust is named after the World Teacher, who is an embodiment of love and cooperation. He is the foremost yogi on the planet, who stands as the ideal of the Trust. In recollection of this basis of the WTT the proceedings of the afternoon will be conducted. The meeting begins in order, be conducted in peace and be closed in poise.

It was informed that from now on the English books of Dr. K. Parvathi Kumar / Dhanishta Publications, are available online with the entire text under: www.worldteachertrust.org/bk/ . The books of Dr. E. Krishnamacharya will be published online in the near future. There are also 12 publications in Telugu.

Furthermore the electronic registrations of the seminars of Dr. E. Krishnamacharya and Dr. K. Parvathi Kumar are being made available under www.masters-call.net or via <http://masters-call.worldteachertrust.org> , where in a members-area with registration already many seminars have been uploaded. They are partly in Telugu, partly in English with Spanish, French or German translations. The uploading is going on. The seminar in Kandersteg has been immediately published with a delay of a few hours only, so that members in India were following the seminar during the whole week.

Amazon from USA, the largest book distributor world-wide, has accepted to include 17 books, 12 of Dr. K. Parvathi Kumar, 5 of Dr. E. Krishnamacharya as a beginning. They also proposed to print the books on demand. The inclusion of books in other languages in the Amazon distribution will be followed.

It was mentioned that the Spanish books will be soon available also via www.librosenespanol.com .

The meeting on service activities will be held this year in Spain, at the monastery of Montserrat, from September 7-9, during the tour to Toledo, Madrid and the Caribbean (Miami, Puerto Rica, Caracas, details in the Vaisakh Newsletter or from the organisers).

The group living in India will be January 7-27, 2008, in Visakhapatnam.

The next May Call seminar will be in Foz do Iguazú, Brazil (near Argentina), from May 26 - June 1, 2008, followed by a seminar in Buenos Aires, Argentina, until June 8, 2008.

3rd June 2007, morning

The seminar concluded with a fire ritual.

