

104th May Call Celebrations, Bangalore
Discourse 1 by Master K. Parvathi Kumar
27th May, 2013



Hearty fraternal greetings to all the brothers and the sisters that have gathered here.

For all those who follow the path of Master CVV Yoga, this group life is a home coming. We come home to relax and nourish ourselves and get back again to conduct the work for the year. The same is for students. Ladies go with their children to their parents' house. So also for the spiritual students, they need to come back to the ashram of the Master at least once a year. Take a vacation and come and be in the presence of the Master, re-arrange the energies, re-orient and re-enter life with such renewed energies to do better than what we have done last year.

Unless we do better than the last year, we cannot say that we have progressed for the year. We need to show progress in our thoughts, in our speeches and in our daily routine. The impact of energies in us must find expression through our behaviour. It cannot be the same all the time. It has to be better year after year. So the Master makes it a point that every students remain in his presence at least once a year. The tradition says it should be 4 times a year; 3 days and 3 nights every quarter of a year. The quarterly progress is seen from both sides. Master is an observer and he observes the progress. The student has to demonstrate in terms of his thinking patterns, speeches, actions and routine. The whole purpose of association with a Master of wisdom is to re-orient and re-organise one's own energies so that we flower out better and distribute the fragrance around.

The Spiritual practice is a 2 fold practice – to receive and to distribute. There are so many practices to invoke subtle energy from the higher circles but the subtle energies shall have to be expressed through you and only then the purpose is served. These energies do not pass

through you because you are not in order. For many people, these practices cause congestion because there is much intake and there is no outlet. It is like you take much food and there is no defecation. It is constipation. Unless the energies are distributed to the surroundings in a humble way, one would not be in a position to receive the new influx of energies. That is why a Master of Wisdom, from time to time, chooses nodal points in the year for organising group lives. From the ancient point times we have the 2 equinoxes and 2 solstices as such nodal points. These are the 4 nodal points through which the energies of the sun are received and the planet gets magnetised and also the planetary beings. That is why these 4 nodal points become a part of student's life if he wants to tune to the system around oneself.

We are an individual system and a part of planetary system. The planetary system itself is a part of the solar system while the solar system is a part of the central sun system and the central sun system is a part of the cosmic sun system. So the whole creation is in order. We can experience the whole system only when our life is in order. Without order, there is no proper experience.

Likewise we have the 4 nodal points in a day. Likewise in a month we have new moon, full moon, 8th ascending phase of moon and 8th descending phase of moon. Adopt these higher systems which are around us, so that slowly we are attuned to the whole system. The whole game is attunement. When an iron piece is attuned to a magnet, it becomes a magnet because it has all the necessary ingredients in it to become a magnet. The only difference is in the arrangement of the atoms.

That is how from time to time rituals are conceived. We call as the 7th ray activity meaning an activity of ceremonial order and following the law as it exists in creation. We have the days, we have the lunations, and we have the 2 solstices and 2 equinoxes. So tune up and then thereby receive the higher energies by which one's own energies are uplifted. That is how from ancient most times, the rituals have been 20th and 21st March as Spring Equinox ritual, 20th and 21st June as Summer Solstice ritual, 21st and 22nd September as Vernal Equinox ritual and then there is the Winter Solstice happening around 22nd December. Three days around these 4 nodal points of time are considered to be days of initiation provided we understand what is happening on earth in relation to sun energy. It is wisdom by itself.

So we need to tune up to them and the original rituals have to be brought back. One of the recent efforts to bring back the age old rituals was done by Master CVV. He insisted his followers upon conducting prayers and meditation around the equinoxes and solstices. He invited his followers and conducted prayers during the nodal points in the day. We as followers should pick them up for practice.

Apart from that Master CVV gave 2 more days - May Call Day and December Call Day. These 6 meetings were arranged by him so that group meditations happen. On those days we should firstly keep ourselves free. Do not fix up appointments. We can have the general routine but do not have any other busy activities on those days. Otherwise we will not have time for prayer and meditation. We should utilise these days for deeper meditations. Daily meditations are anyway expected to be done. Apart from them, the meditations on these nodal points should be more intentful and intense and along with the group.

We replaced the Spring Equinox with Ugadi by following the lunar calendar. Ugadi has gained more significance than the equinox. The Vedic festival is Equinox and the traditional festival is Ugadi. We can celebrate festival on Ugadi but we should switch back to Equinox for meditations. The days of equinoxes and solstices, if followed according to the lunar calendar, change every year and there is no correlation with the Sun. Sun is the basis for our solar system. We should follow the equinoxes and solstices as per the solar calendar and not as per the lunar calendar. Sun represents our consciousness while moon represents our mind. Mind has its own digression. Moon does not move as stably as the Sun. It moves like a

crab. Mind is ever inconsistent and is fickle. Sun is more stable than the moon. Therefore for all occult practices, sun should be the basis. Rig Veda basis everything on sun and for certain personality purposes we evaluate the moon and try to guide the person through astrology. Man essentially lives in mind while he has a solar chamber and also a diamond chamber. If he stays in Buddhi, he is like sitting in a Golden Chair. If he is with his Atman, he is sitting in a diamond chair. There is a diamond chair and golden chair within you where you sit with great effulgence and stability. All practices are for the man, who is in mind (Moon) to move to Mercury (Buddhi) and then to Sun (soul – I AM consciousness). So all our practices should be based on the movement of the Sun.

During his 11 years of training the students, Master CVV introduced rituals on these 4 days and in tune with the teachings of the Master, the hierarchy also introduced the same through Madam Bailey. Madam Bailey in her books introduced these rituals to be very significant. Also we have the 2 days - May Call and December Call. These are the days on which Master may call you. He may also call you on other days as well based on your orientation. May Call is significant because it was the first day on which Master CVV distributed the energies he received from the higher system.

He received the energies on 31st March, 1910 and conducted experiments with them for 2 months and distributed those energies through sound via the throat centre on 29th May. Reception was in the month of Aries. The distribution of energies happened in Gemini. Why Gemini? Gemini is the month where Humanity is initiated by the Masters of Wisdom over aeons of time. The full moon of Gemini is therefore celebrated as the festival of Humanity and this has been re-introduced by Master DK through Madam Bailey. Festival does not mean preparing special foods, eating them and putting on new clothing. The inner significance of a spiritual festival is that you receive special spiritual food on that day and that food enables to form new clothing with you. Festival means to receive energies to prepare a new body within. It is a body of light. The body of flesh and blood is not sufficient for self realisation. It falls off in the journey and until you get a new body and recollect the past, you lose lot of time in relation to your practices to form a Golden body and a Diamond body. All our festivals have been conceived on those days where astrological it is very important. That apart, we have 4 festivals in relation to equinoxes and solstices and then the 'May Call' and 'December call'.

So Gemini being the month dedicated for the upliftment of humanity through the throat centre, it has been utilised by the seers for initiation from age-old times. Through the right utterance of sound, man can be uplifted by a teacher from his placement in the solar plexus to that of heart and later to the Agna centre. It is in tune with this; Master CVV utilised the same month for distribution of energies and conceived the May Call festival. Even Moses, Jesus and Pythagoras started their teachings in the month of Gemini. It is said to be the Pentecost day. It is because they knew the significance of Gemini. They knew the time Plan and their work was in tune with that Plan. If your activity is in tune with the greater plan, your activity gains longevity in relating to the Grand Plan. That is how certain days are most important and we need to tune up to them.

If we see Gemini in the reverse zodiac, Gemini forms the 10th house. The zodiac is seen the in anti clockwise direction for subjective purposes and vice versa. The inner travels can be gauged through the reversed wheel. The concept of the reverse wheel is not found in normal outer astrology. Only in the astrology coming from Masters of Wisdom, we have the reverse wheel. This has come through the books Esoteric Astrology coming from Master DK and Spiritual Astrology coming from Master EK. There are no other books mentioning this dimension of astrology in recent times. Whenever we see astrology, we have to see the reversed wheel as well. If you are intensely working on your inner side, your 8th house of death can become the 5th house of re-birth. The functions of the houses change in the reverse direction.

So Gemini is the 10th house in the reverse wheel. Taurus becomes 11th house and Aries becomes 12th house. 10th house is the house of fulfilment. If 10th house is well posited for a person, that person is said to have a fulfilled life. Similarly there is the 10th house in reverse direction. This 10th house ensures fulfilled subjective life.

So Master CVV chose 29th May as the day of initiation with an aim to ensure fulfilment for the humanity. That fulfilment is bestowed through Gemini. Therefore he decided to give it out in the month of Gemini. He was himself born on full moon hours of Leo. He could have given it on that day or he could have given it on Vaisakha full Moon Day. Why 29th May has to be noticed? It is on that he distributed this energy with the basic idea of fulfilling the human beings. He was very fond of the word 'fulfil'. He used to say that in the world fulfilment "There is a Fill after the Full." What happens if we fill after it is full? It overflows. Let it overflow and reach everyone. That is the purpose. Many times he was speaking on fulfilment. Fulfilment is the key note of his Yoga. So that is how May Call came.

Also in tune to the ordinary wheel, he took December 29 also as a day of initiation to ensure fulfilment also in the objective life. The yoga of Master CVV does not envisage withdraw from the world. In the path of Master CVV, fulfilment is ensured both in objective life and subjective life. That is where Raja Yoga is. You will have a splendid life in the outer world. He planned an all round development - both outer development and inner development. Master CVV is fond of all round development. He doesn't want Yoga students to be a failure in outer life. He himself was very successful in his outer life. He served as the Mayor of Kumbhakonam. He was an elite member in the society. Kings, poets, scholars, musicians etc. used to visit him regularly. Those who knew him very well in his social life did not know how deep he is in the other side of his life. Master was equally busy in the subtle world as well in the outer world. That is how he gave December Call.

Therefore there is an outer fulfilment planned. These 2 days are additionally given apart from Solstices and Equinoxes. We should not throw away these 6 days. We need to orient towards the energies during these 6 days. They are very important in the Yoga of Master CVV.

Now we are participating in the 104th May Call. The first May Call was in 1910. The keynote is number 5 and it happens on Wednesday. So the key planet is Mercury which is planet number 5. And the month is Gemini. Gemini is also ruled by number 5. See how things coincide, which we generally do not observe. The ability to observe has to grow.

So we are presented with the energy of number 5, the energy of Gemini and the energy of Mercury. Gemini stands for duality. Man is in duality. One has to transcend the duality, stand above it and experience the splendour of duality joyfully. You cannot choose one and reject the other. That is where the synthesis is. Pleasure and pain, health and ill-health, day and night, etc. are not mutually exclusive. If there is day here, there is night somewhere else on the planet. They are together. So the ability to accept duality is the key note of Yoga which is very well solved by number 5.

Normally people have been thinking of May Call only as 29th May. But every important day should have its own preparation. If we have exams, don't we prepare? If we are planning for a marriage, don't we prepare for it? The preparation begins very early for marriage because marriage is very important. For all important tasks we have preparation. Similarly we should prepare to receive the Master's energies at least from a day before. I even started May Call Celebrations as early as on 25th May. At least we should start on 27th May so that we have a day and half for preparation. It takes 3 days to reasonably bring change in the physical, emotional and mental planes of the human being and receive the sublime energies as they descend on May Call. Normally we have to clear our debris that we gather in our daily routine. Daily prayer helps in our preparation to a certain extent. But we need special preparation for us to receive the sublime energies. For a higher purpose, you must be

oriented better. An astronaut cannot eat a pizza and walk into the rocket that is ready for launching. The astronauts are prepared for a long period before the rocket launch. Even after he lands back, there is quarantine period for him. He has to stay and slowly get acclimatised to this world. Therefore there has to be a day after the day after the initiation to digest the energies received. So a day before and a day after is minimum requirement. In the ambience also there would be re-arrangement of arrangements. 5 elements are re-arranged in the hall as we receive the energies of May Call. There is cleansing in the hall.

Therefore this preparation is needed. Just coming and sitting like a hot potato for the morning and evening prayers will not help you. There has to be a preparation for the Morning Prayer and Evening prayer. So you need to sit a few minutes before prayer so that the orientation is better. If you do some stotrams before prayer, it is still better. This kind of orientation is very important. Without this, one is not fit to receive the energies that are descending, for re-arrangement in one self. The whole work is to eliminate the undesirables and to allow the desirable to take its shape within. What is desirable is already within us. Nothing needs to be brought from outside. Only the undesirables are to be eliminated. Just like the sculptor eliminates the extra stones and the statue appears.

When you are oriented, Master works within us and initially removes all that is undesirable. Once all that is undesirable is removed, the original remains. We are all made in the image and likeness of the Cosmic Person. Each one of us is as beautiful as the Cosmic Person. 27 intelligences come together to form the Cosmic Person and from him the creation comes. All this is explained in Purusha Sukta.

So we are images of the Cosmic Person. The only thing is, there are impurities gathered in us due to our ignorance and egoism. We have many likes and dislikes. Not liking or excessive liking is a sickness. Egoism and Ignorance bring desire and awareness. That is where man is stuck.

So there is a way to eliminate all this in a smooth manner so that the divine image is saved. Therefore the work of Yoga is to eliminate what is undesirable in us and to remain with what is desirable in us. The desirable in us takes to a very good shape and it is magnetic, electric and it keeps helping the surroundings and it is in tune with the divine plan. It continuously rejoices in divine presence.

Then we can join the divine Plan and work for the surrounding life. All the grand sages and Masters are such ones. We can also be one among them through our sincere orientation.

The teaching, the prayers and the service that we do has only one orientation, which is to re-orient ourselves so that we are fit to be part of one plan which is eternal. May it be so with all of us. I am very happy to see all of you coming from far off places within India and outside India from North America, South America and Europe. I welcome you all and may you all receive the energies of Master during this May Call. May we all try our very best to be oriented to receive the energies of the Master. Do not be excessively emotional or expectant about the energies. It blocks the inflow of energies coming from the Master. Just be normal and not abnormal.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 2 by Master K. Parvathi Kumar
28th May, 2013

Hearty Fraternal Greetings to all the brothers and sisters.

The path of Yoga is the path of Self-realization. Self-Realization involves understanding of the constitution of man. You need to know how we are constituted. Without knowing that, we cannot know ourselves. It's easy to use the human body as we like but it is difficult to know how it is built. Just like it is easy to know to use an LCD TV but it is very difficult to know to how to assemble it. Similarly with every machine, the technology behind is important. Without knowing how man is constituted, if we vaguely do some practices we cannot move forward on the path. Man is 7-fold in one way and a 10-fold being in another way. We are made up of layers of spirit-matter. There is spirit around which there is matter of different gradations. Yoga speaks of the science of man. Once you know the constitution of man, the using of it turns out to be an art. It starts with the science and later when that science is dexterously administered, it turns out to be an art. Just like music learning begins as a science, once learnt very well it turns out to be an art. Human body is a seven stringed instrument. Without knowing it and unless we know what exactly we mean by self-realization, doing all practices is just groping in darkness. Many are groping like that in darkness thinking that they are on the path of Yoga. They do it because others do so. They blindly follow others. That is what generally happens. We chant Vishnu Sahasranama because our neighbour is doing but we are not interested to know what Vishnu Sahasranama is.

It is said that each one of us is a son of God. Therefore are we living in that direction, are we trying to realize the ultimate truth is the question? We should know where to be and where not to be in our own being. We have a physical body which is automated by the vital body in us and with the help of prana the body is animated. More the prana, more the animation. Horse moves faster than other animals because it has more prana than other animals. Horse sleeps, in fact only rests, very little compared to other animals because of a lot of vital energy called prana. It even stands and rests. That is why it is called Ashwa. It is ever alert.

The prana enters into us and causes the needed assimilation of food. There are intelligences which ensure assimilation into us. Whatever you take in, it is transformed into energy by the help of prana, and that energy supports the body. If this assimilation is not proper, the resistance of such a one is very low and he is prone to diseases. There is a centre of assimilation present in our body. It is called Annamaya Kosa.

There is also the body of desire relating to the 5 senses. They are very neutral and divine. They are very much needed for our existence but they need to be utilized properly. The 5 senses are like the 5 messengers to us. We have desires to fulfill outer life as well as inner life. Desires are divine as long as you know what to desire, how to desire, when to desire. Otherwise desire may turn out to be diabolic. There are some scriptures which speak of killing the desire which is wrong. Without desire, there is no experience. It is just a matter of proper application of desire. This desire body in general in every human being is fully confused because we do not know what to desire and how to desire. That is the beauty of our civilization. We are not taught about ourselves and we do not know how to utilize our body.

So the first thing required is knowing yourself. That is what Prahlada tells his father. If you can't conquer your own desire, your own thinking patterns, what is the use if you conquered the whole world? So first conquer yourself and rearrange your own being. For that first know yourself. All practices should be done after proper knowing. Just do not follow blindly. Don't do practices without knowing. We have a discriminative will which should be utilized.

So we have the vital body supporting the physical body. We have 5 major pranas in the body - Prana, Apana, Udhana, Vyana and Samana. We need to know them and their functioning. Books are available to know them in detail. Doing pranayama without knowing any of these pranas may not be fruitful. So the vital body (pranic body) and the desire body help the physical body.

Desires can sprout from inside as well as from outside. We can see some beautiful flower and your sight draws you over there. You smell the fragrance of it and you may even pluck it if possible. This is the outer desire. We may also get ignited to listen, see, taste, touch and smell from within.

We need to know how to use the 5 senses in us. The desire body should be kept clean. If it is unclean, the vision is blurred. So that is how the desire body which can strengthen the vital body or even pull down the vital body. It depends on the patterns of your desires. Desire makes you run around for nothing. If there is no filter on your senses and desires, the desire body is unclean and it pulls down the vital body. We need to have discrimination. We eat without knowing the consequences. We do not know the quality of energy that we get by eating something. It is on the basis of energy that certain food regulations were given. If you have faith in elders, follow what they say. If you do not have faith in elders, you can read Scriptures and know yourself. If you have faith in neither, you can experiment yourself but you lose a lot of time that way.

There are regulations for when to eat, what to eat and how to eat. They are given in detail in the Scriptures. Without knowing them, we eat anything and everything and anytime. These are the basics that we need to know and without which we cannot go further. We cannot speak of Buddhist plane without knowing all this. We should have a good assimilating centre and a good discriminative centre.

Then come the thought patterns and the mind which pulls you everywhere. In spite of much knowledge, our mind draws us to things which are not necessary. We fall into infatuations. It leads us to non-rhythmic routines. Simple example is the television programmes that we have. People cannot sleep until late night due to television programmes. If you sleep late, you cannot be a student of Yoga because morning hours are more important for us than night hours.

Your daily routine should have to be excellently rhythmic. It means that it should not interfere with your daily Yogic practices. Our routine should be in tune with the nature because your nature is a part of the whole nature. We should sleep at the right time and wake up at the right time. You should not be awake after 10:30 pm and should not sleep after 5 am. That is what the Masters of Wisdom suggest us. People who work day and night without proper sleep lose longevity of their lives. They die prematurely. It is undesirable. The life remains unfulfilled. Leaving prematurely is inability to adapt to natural rhythms. If you are good with your natural rhythms, you can live well up to 80 years without any problems and meaningfully. Just living long is not an accomplishment. Living should be meaningful. This is possible only if you have a naturally rhythmic life.

So sleeping well is also an important aspect of Yoga. It does not mean sleeping for long hours. You should have an undisturbed sleep for 4 to 5 hours in the night. It can have a prelude and postlude. In sleep, the nature and your Master as well can make adjustments in you. But it is possible only if we have a good sleep. If you are an accepted aspirant, adjustments are done in you during the sleep hours. Adjustments are more during the sleep hours than during the meditation hours because our mind is not so stable during meditation hours compared to sleep hours. Transformations and transmutations happen resulting in transcendence.

So sleep is important. Do not neglect it. Especially for television programmes we should not disturb our sleep. People are so anxious to watch sports, movies, serials during the late night hours and go to sleep very late. People are ready to miss a morning prayer for a late night television programme. It should not happen so.

So the food you eat has an impact on the assimilating centre. The desires you have has an effect on the sacral centre. Sacral is affected if you have inappropriate desires. The 5 sensual desires and the 6th sexual desire need to be regulated. If they are not regulated sacral is affected. We need to know how to utilize the 5 senses.

Touch is the direct connection to objectivity. Through sight you touch, through hearing you touch but they are subtle. Touch is the grossest of the 5 sensations we have. Next comes taste. Strong desire to touch indicates a man's deep connection to objectivity. He cannot retreat from objectivity. When you see a beautiful flower, some people feel a compulsion to touch. Some people touch everything that they see. A yogi does not touch unless required. Touching things should be regulated. Sexual touch should also be regulated. If not, it pulls your energies to lower states.

There are people who keep on kissing children. You can still love children without touching them. If everyone touches the cheek of a child, the child does not feel comfortable. Similarly with kissing. If you kiss a child, you will be passing your energy to a child and no one knows what kind of energy is being passed. Touch and taste are the 2 senses through which Kali conquered the whole humanity in the present age.

There is a story. Kali appeared as a small child naked with his one hand on the mouth and other on the anus, before the creator. The Creator asked, "What does this symbolism mean?" Kali replied, "Father! I shall conquer the world with just touch and taste. They are enough for me to conquer the whole humanity." If we see the world today, we realize that it is very much true.

See how people run after fast food centres, pizza centres and centres where stale food is eaten. We have grown too much addicted to fast foods. This is the situation in the West and now we too have adopted the same. Everyone runs after fast foods. This has led to a lot of obesity. It is leading to the distortion of etheric contours as well and it may take lives together to recover from that state. Today every child is fond of potato chips and Coca-Colas.

Fresh food gives you nourishment but not stored food. According to Master DK, stored cheese is more non-vegetarian than vegetarian because of the content of animal vibration is very much posited in the cheese. In India, when we take milk, it is boiled first, the cream is taken out and then milk is taken. The lighter it is the better it is. So taste plays a major role. Do not have taste for unwanted food.

Similarly touch should also be regulated. Do not touch unless necessary. Even handshaking is not necessary all the time we meet. That is why in India saying Namaskarams has become a tradition. Don't think it is unfashionable and primitive. Handshaking involves exchange of energies and handshaking may result in receiving or passing some unnecessary energy. We can meet through eye contact and smile. It is the subtlest meeting. In the Buddhist system, they place their hand on their heart and bow down.

In an aspirant, lot of energy transformations may be happening and therefore your outer activity has to be consciously carried out so that the energy system is not disturbed. This is more important until the transformation is complete. Once you are transformed, you can go anywhere to spread the energies that are stabilized in oneself. You can influence the places once you are transformed. During transformations, if you are not careful, your energies may get disturbed. The disturbance in energies may lead to disturbance in your daily practices.

Do not eat outside too much. Take home-made food to the extent possible. Do not prefer stored foods.

When you are with people, do not try to touch them unnecessarily. Do not even touch things unnecessarily. There is science of vibration which tells the impact of touch. Some touches are agreeable while some are not. Hugging has an even greater impact which should be avoided as much as possible. So among the 5 senses, the sense of touch and the sense of taste are the grossest and should be regulated the most.

You can touch through sight which is the best touch. It is light to light. May we transact light! If we transact light, it is joyful. We can see each other and smile. Many people do not see the eyes when they see the other person. They see the clothes or jewellery. So seeing through the eye is the best way of wishing each other. It is the middle way among the 5 senses. It is an aspect of fire. Fire is the middle element among the 5 elements.

Shaking of hands can be done if the energies are compatible. Hugging can be done if the energies are completely compatible. Therefore the sacral centre is affected by your lack of knowledge of functioning with the 5 senses and sex and your energy system is also affected.

A Buddhist monk who goes for his morning alms and whatever he receives that is the food he takes for the day. In his bowl he keeps water and whatever is put in it is put in water and the vibrations of the person who puts the fruit in it are cleared by water and then he takes the fruit. He creates insulation through water. The connection with the outer is through water. Even when we walk into certain temples, there is a stream of water to clean our legs. It acts as insulation to the inner temple from the outer temple. Likewise when we get into our house, we are expected to wash our feet and change our clothes. It is all Science of Vibration. You can at least insulate yourself from the energies through your mind.

So regulations are to be picked up by each one of us. No one imposes them on us. Yoga cannot be imposed. That is why they are called self-regulations. Without them, there is no Yoga. The 6 faculties must be used in a tender manner. They are the basics. Without any regulations, you are easily disturbed and irritated. You cannot be a student of Yoga. If there is anger, worry and critical judgment every moment, you cannot be in Yoga.

So regulate your 5 senses. The 5 sensations must necessarily remain in regulation because they are made in relation to the 5 elements in you. The body is made up of 5 elements. The sound you made decides the quality of Akasha that is built in you. The quality of your touch decides the quality of air in you. The quality of your sight decides the quality of fire in you. All the 5 senses not only enable you to see outside but also inside. A Yogi listens from within, sees from within, and smells inside and so on. With these 5 senses, since they relate to 5 elements, the quality of body can be enhanced. So be alert in relation to the utilization of these faculties in you.

First regulate the 5 senses and speech. Then comes the mind. How orderly is the mind? Has it a pattern? Is it reliable? Can you rely on your thoughts? Generally our thoughts keep changing from time to time. We may think that from tomorrow on we will get up very early but tomorrow morning we may think that for today we can sleep. That is how our mind can change in just one day. The mind is supposed to entertain cleanliness. A clean mind is a fundamental place for a practice. A clean mind is not possible unless the 2 preceding steps are worked out. A clean mind is that which thinks goodwill. It thinks "How am I to be useful to others?" "What shall I gain today" is not a clean mind. A Clean mind does not think of gaining but it thinks of offering. As much as you're gathering, you are accumulating and you become loaded. Your energy system tends to be positive when you are transmitting, and when you are receiving it tends to be negative. So the question is, "Is the receiving mind more active or

the offering mind?" As long as you are ready to offer your resources to others, you are getting released from yourself. The unbinding process in us begins only when we start offering, sharing and giving. We bind ourselves more and more when we keep on receiving. Just like you inhale and then exhale. You cannot inhale again after inhalation. So whatever is received is to be offered. A gathering mind only becomes heavy. There are people who gather information from books and carry head-loads. As much as you gather information, share it with others and get rid of it. Anything that you receive, you have to give. You received support from parents, you need to support others. You received education; support others in education. You received some knowledge of occult science; transmit it to others. Until you give it away to others, the work is not fulfilled.

All the day, we receive many things from others. So we should offer in one way or the other to clear our debt. There is both present debt and past debt as well. We need to clear all; that is a way of discharging our duties towards others. We have many obligations to discharge. All these obligations are either incurred now or in the past life. Don't feel happy to receive anything for free. If you receive a gift, you are indebted. You cannot receive a gift unless you gave something more valuable to the other person. So the debt should be cleared without fail. There is a balance sheet of Yoga for a Yoga student. Every year we also have to make a balance sheet of how many is shared and how much is received. Generally if something is received from others, we see it as a profit but it is actually the energy of others which is deposited with you. It is all debt. People who make huge profits, unconsciously they are making more and more debt. As much as you give away, you are released and move to higher circles.

So Yagna and Dana should precede Tapas. Yagna is doing your work as an offering to others. Discharge your duties as an offering. Do not be oriented towards the return. Do not be oriented towards the salary that you are to receive. Be oriented towards the work that you have to do. In case of employment there is certainty of receiving your salary. Why should you be oriented to that? So try to offer. It is just a shift in the psyche. You are doing the same work but do it thinking it to be an offering. You should be anxious enough to offer. Do not feel sad to work and thinking that you are getting very less salary. It is all poverty in mind.

Once we were travelling to Frankfurt Airport early in the morning. The flight was at 6 am and we had to report 2 hours earlier. We woke up at 2 am and got ready and started to the airport. It was the first week of November and the road was blocked with ice. Some persons were clearing the road at that time in such cold. When asked he replied, "The nation goes to work by morning and I must clear the road before dawn." Such is the commitment that one should have towards their work.

Our mind becomes rigid as much as we tend to receive. Flexibility comes as much as we tend to offer. So the difference is in our mind. Nowadays from childhood on we are only taught to receive all the time. People tend even to think that they can receive wisdom and become saints. It is not possible. You may receive but you have to work with it. There are so many inversions in our mind that we are upset and we need to reset them. We generally do not see them as our inversions. We gather a lot of unnecessary things. Not only objective, we also gather lot of unnecessary information in our mind. It is so much that the necessary information is forgotten. Valuable things are forgotten and valueless things are remembered.

So do your work as an offering. Without that attitude, there is no Yoga. All work that we do is really an offering to the society when you have a mind inclined for offering. Weekly service is something different. That is limited. Offering should happen every day through your vocation.

Next comes Dana. Dana means to donate. Da in Latin also means "to give". Dana means, act of giving. This giving is more than what you daily do. When you do work, many things gather around you. Retain only that which is required and give away the rest. That is Dana.

We have the stories of Sibi, Karna and Bali. They have attained higher states of being just by giving away. It is the process of unwinding.

So therefore think of your assimilating centre which is dependent upon the intake of food. Think of your sense activity, regulate it and then come to the mind where the first step is to offer. The other steps we continue in the afternoon. So slowly we move from mind to Buddhi. Thank you.

104th May Call Celebrations, Bangalore
Discourse 3 by Master K. Parvathi Kumar
28th May, 2013

Hearty fraternal greetings to all the brothers and sisters.

For man, mind is the chief playground. Mind is the field where he plays, where he fights, where he looks for enjoyment, where he also looks for happiness and contentment. The very word man comes from the Sanskrit root “Man” and we are all called Manushyas, which means descendants of Manu. The present Manu is called Vaivasvata. The quality of Vaivasvata Manu is to think, to plan, to ideate and to work. The Manu preceding this Manu was called Chakshusha Manu. In that Manvantara, we were all having the 3rd eye. That means, we had better vision than what we have today. Today that vision is not because during the Chakshusha Manvantara when we were endowed with the foresight, we did not do well. When facilities are offering to the undeserving, normally those facilities are abused. Consequently there are problems. If one grows enough to buy a car by himself, he would use it with responsibility. If one buys a car to a son, who is not yet deserving, he would make accidents with it. Just like we do mistakes, in the higher circles, out of sheer love for humanity, they also do such mistakes. They found that Men are not yet ready to be given the 3rd eye and it is better that they acquire it. When it is given, there is no value but when it is acquired, there is a value. When parents give us property, we don't see value in it but if it is gained through self-effort, it has greater value.

So during the Chakshusha Manvantara, there was the related wisdom and higher magic and consequently people could gain access to celestial things, and they were being like spoilt children. The example is the Atlantis which is sunk because the humanity did not deserve the high wisdom. With that that Manvantara came to an end and Vaivasvata Manvantara has come to be where man has to think. He should make a plan about it and execute it in a place, in a time. He should receive the first impulse. What am I to do? What am I not to do? In this Manvantara, all this process is necessary to develop an intuitive mind and then gain the 3rd eye. There should be a know-how. That is what we call knowledge. When you receive an eye, the related knowledge has to be acquired and the related work has to be done in time and in place. So this ideation has become a major function with every human being. You should not just be a good thinker but also should be able to detail into a plan of action and also perform it. These 3 have become very important in this age called the Aryan age.

In this age, mind plays a major role. Mind is the point for descent and also the point for ascent. That is why man is said to be a replica of the Cosmic Person. He can move into higher levels as well as lower levels. He can fly like a bird as well as swim in the waters. He can match any species in this creation. He can swim faster than fish or fly faster than a bird. All possibilities are potentially installed in the mind. But unfortunately we do not use our mind. We are required to develop the potentials of our mind as much as possible. As much as the mind expands to experience, the mind can also receive the light of Buddhi is the basis for the mind to function. The light is Buddhi is in the mind and that area is lighted. This light when withdrawn, the mind goes to sleep. The man is still there pulsating. This light from Buddhi gives so much potential for the mind to explore. Therefore mind is seen as a great facility. Only man has it because the devas work in the light of Buddhi and they are impersonal. They cannot touch down upon earth. There are no facilities for the animals to lift themselves up. Man can rise up to any plane. Potentially he is an angel but he can also become a diabolic. The Buddhi that we speak of, the light of the soul, is the light of Mercury, and the man himself is called the Sun, the Sun and its light, and that light is called Manu. That light is reflected on the instrument of man, the mind. We are souls and we have a playground called mind. We are not the mind. We enter the mind at the moment we wake up. We are not in mind at the moment we sleep. So your mind should be seen as the true playground. That is the field of action. Indra is the divine mind from whom Arjuna was born. So Arjuna is a descendant of the

5th principle called the mind. He can reflect well. He has a balanced approach. He can think well and he is the middle one among all the brothers. He is fiery in nature. He delivers the beings with the help of Lord from the field of battle.

There are 2 armies gathered in the field. One set of those who always think of themselves and their welfare called Mamakas (Kauravas). Pandavas are the ones who think of light, and they work for dharma and for the welfare of others. In a human society there are the 2 groups. Kauravas are the ones who work for themselves.

The 2 principles are also present in man. Man can work for himself or for others. When you are oriented for others' welfare, you are on the side of light (Pandavas). When you are oriented in relation to what it means to you, then you are on the dark side (Kauravas). Mind has the illumined side and also the dark side. So there is the related duality. It may mean pain to you but it is pleasure to others, do you do it? If it means profit for others but not for you, do you do it? These are the questions that matter. Pandavas have taken pain, discomfort and they have taken losses for the sake of righteousness. Rama stood in pain for the sake of dharma.

For the sake of comfort, profit, if you are on the other side, you are said to be in darkness. The consequences of being in darkness are higher than you being in light. Our existence has been of some help or purpose to the surrounding life. Otherwise it is all darkness. This darkness from time to time tries to dominate the light. The light has to sustain itself. That is where the duality is. The duality in us is selfishness vs selflessness. Selflessness means, you need not completely forget your existence. There are such ones as well but it is a very exalted situation.

Whatever you do, you should see whether you are contributing to the society or not. You need not change your vocation. Every vocation can offer something to the society. There can be engineers, writers, poets, singers, etc. In any way the question is, "Are you contributing to the society?" There are writers who write but it may not mean anything to the society. It may be any vocation but the question is, does it mean some tangible good for the society? That is where you say, "The hand that works for the society is much more valuable than the mouth that speaks morals". Morality has to be in action. Anything can be a contribution to the society.

A doctor can contribute by healing the sick. A teacher can contribute by educating children. But is the doctor more concerned about the fee or hearing? Is the teacher more concerned about the salary or the teaching? This is what matters. The seers view is that you don't have to change your profession to serve the society. In whatever vocation you are, just see the way in which you can contribute to the society through the profession. But in all this activity, there is return to us. Do not be more oriented towards the benefit that you get from your profession. Do not even look for the result. The process is more important, the result is bound to come in one or the other way. In our jobs, how much money do we receive is of secondary importance to a student of Yoga. What is my contribution towards my profession, is more important.

The Yogic path is a middle path by which you remain neutral and uphold the law. You support only the law and neither divine nor diabolic. There are such stories in the Puranas. Mistakes are not supported but for those who repent over their mistakes, they are supported to come out clean and move forward.

If you see the birth stars, there are divine, diabolic and human stars. If you are born in a diabolic star, it does not mean you are diabolic in nature. If you are born in a diabolic star, you have great ability to manifest. If you are born in a star, where it has the characteristics of divine nature, you have the capacity to dematerialise. To manifest is a facility and to dematerialise is also a facility. Both are facilities. Master CVV is born in Dhanishta which is

considered to be a diabolic star. Diabolic means, he enables the higher energies to be manifested on the planet. The energies are to be anchored on the planet so that people can use them and get elevated. Master EK was born in a star of divine category. So he helps beings to move up in their awareness. He cannot so much help in establishing things. It is not his work basically. Establishment is Dhanishta. Uttara Phalguni of Master EK can lead you to light. Similarly Master MN was born in Rohini which is also a diabolic star. He enables manifesting. Similarly Krishna was also born in Rohini and he enabled manifestation of lot of knowledge on the planet so that the beings in Kali Yuga are not in utter darkness. The Gita that he gave and then the initiations that he gave to Veda Vyasa and Maitreya enabled manifestation of great light on the planet, without which there would have been no light in this age.

Mind is the playground where you have the 3 possibilities. You can tend to diabolic or divine or neutral. You can tend to be beastly as well. If you slip from mind to senses, you tend to be sensuous and lusty like an animal looking for mating and eating. Thinking is an additional aspect given to man.

Humans are to use the greatest facility given to man, that is the mind. That is why he is called man. In that platform, there are lot of forces at work. There are seemingly opposite forces at work. For every kind of work, there is the contrary. There are programmes of health and programmes of ill health. There are programmes for action and inaction. Similarly programmes for knowledge and ignorance. You see that in the entire world. There are as many nourishing trees as many as the poisonous trees. Poison we use for medicinal purpose. Nourishing fruits you take on a daily basis. This kind of knowledge is needed. There are self-contradicting activities in the world. There are forces of darkness and forces of light at work. The former are far greater in number than the latter. That is why it is depicted by the 18 squadrons of armies at work. 13 squadrons belong to dark forces and 5 squadrons belong to light forces. That is why we fall an easy prey to unhealthy habits. We are easily attracted to unhealthy and self-destructive activity.

So how are you to balance yourself? You need to bring more light into you to balance the darkness that is dominating you. That is what I mentioned about our food habits in the morning. How gradually darkness is entering into our food and drink habits? Even into our other habits. There is no time for health. Children have no time for play in schools. They are always occupied with studies. So unconsciously darkness is entering the field of action. During my time, there was enough time to play, during the time of my children, the time was not enough to play and at my grandchildren's time, there is no time to play. If at all they play, it is with some idiot boxes. It can be a television, laptop, Ipad or mobile. You don't leave it and it doesn't leave you. Whenever you are free, you stop thinking.

There is no communication with the life surrounding. Every man holds a laptop and he thinks it to be a fashion. This tendency has to change. Otherwise it means that you are getting into a sickness. You have to interact with the life energy around you. Relate to it. Relating is important. Even children spend so much time with mobiles. There is a way to attract people to these things not knowing what it is.

The movement of images is also very fast. If you see the old movies and new movies, you find the difference is the speed of movement of pictures. Unconsciously the generation has tended to be hyperactive. So for a hyperactive person, normal speed is slow. If you show Satyajit Ray's movies to this generation, they don't stay in the cinema hall for 15 minutes. They have a great message. Today's love stories in movies involve more of lust than sacrifice. Any movie of sacrifice is an utter flop today. It is not appreciated because people have conceded a lot of ground towards diabolism. It enables you to slowly disconnect between one human and the other. That is the beauty of Kali age.

Kali has the ability to make every person feel very separative. In such a collective human society like Bangalore, no one is worried about the neighbour. There was such communion and communication that each one knows the pain of the other, the pleasure of the other but now when you tend to be separate, you are weakened. Even in a house, each one is in his own room. They seldom exchange views or exchange ideas. Everyone is busy in their own way and with no communication. There is no way to exchange ideas with the next generation because they are busy with their laptops and Ipads. All are reduced into machines. There is a money making machine, there is a house keeping machine. Is that a family? Do the children learn the values from their elders? Communications, we say, they are at the highest today, only technologically but human-wise they are the lowest level. How much time do you spend talking to your spouse? If you don't have to talk and understand each other, how can you run a family? Ayurveda says, let there be a half an hour of talk between the man and the wife every day in the morning.

So mind can divide or synthesize. People are so divided that they are more relating with the animals than humans. It is much more so in the West and it is picking up in the East now. Sharing with humans is gaining energy but sharing with animals is losing energy. When you are more relating to an inferior energy, they draw your energy. You can share your energy but first you should know how to receive. Otherwise your energy tends to be inferior. Relate to the human first and if you still have time relate to animal and plant. This is the order given. Relate to the semi-divine or to the divine. You are reinforced then. This is how the science of relations and communications works. We call it a group but there is no communication in the group. Family group or groups like ours, how much is the communication at the personal level - that cements. To gain collective consciousness is more important than to gain separative consciousness. The teacher above all feels helpless if the student is self insulated. Nothing can be transmitted to him. That is why it is said "We should be prepared to listen from all the 10 directions". Also keep a filter, as you keep receiving information. Receive only useful information. This discrimination in the mind can retain the light in the mind, given by Buddhi. Otherwise the dark forces gradually dominate.

So mind is the place where you can turn to be a divine or diabolic or even a neutral force. These are the 3 possibilities. You can also tend to be a beastly force. It runs after every mundane thing in this world. There can be thousands of good things on earth but is it relevant to you? Does it help to in expanding your consciousness, awareness? In which it is helpful to me to help others? These are the 2 measures.

That is where Bhagavad-Gita has come to be. Bhagavad-Gita is a teaching of Narayana to Nara. Nara is the indestructible one. Narayana means the one who creates and lets the beings into creation to experience, to rejoice, to enlighten, to fulfil and to come back. He puts us into a cycle called Ayanam. The life forces and the forces of awareness are in continuous upward and downward movement. They are called Ayanas and the one who conducts them is called Narayana. He conducts them for the experience of beings.

All beings do not know that they do not die. Beings are by nature indestructible. But every being experiences death. We started as Naras and later became men. We are beings to start with and later became men as we are endowed with mind. Mind is facility and it can be abused. Mind is the junction from where man can be there, fall or rise. Until one becomes a man, nature conducts evolution and involution. Man has self-consciousness and Nature has given man an opportunity to self-evolve or even self-devolve. So these are the possibilities. If you follow the law, you move forward to the higher fields of light without losing your mind. Please remember that. Mind needs to die on the way. Mind has to be transcended. To reach a higher floor, you need not destroy the lower floor. You can remain in the higher floor and come to the lower floor whenever required. Every Master of wisdom has a mind just like us but they use their mind as a platform to demonstrate love, will, knowledge and intelligent activity, remaining above. It is the field. We too have to use the field like that. That is what is called expansion.

Expansion means, wherever you are, you are permeating further without displacement. Consciousness can expand to be in connection with Para Brahman and even with the Buddhi and mind. There is a vertical expansion. As you expand, your comprehension grows and you are better able to do things. You can also do multiple things. If our mind is engaged with one, it cannot engage with another activity. Masters of Wisdom can perform 10 things simultaneously and at the desired speed. It is ability. You can easily get there through appropriate training of your mind.

You cannot just hang around to one thing because mind's ability is very high. It is the fastest principle. The potential of mind is least realised and people think of big life. The optimum use of mind is the first thing that is required. We want to reach the moon, the stars and so on without doing the basic thing. Mind is magic. Instead of transcending mind, the Masters of Wisdom today (today means 5000 years ago), they wanted to bring down, with the ability of your mind, the Most High from the higher systems (solar and planetary) and distribute its abilities to the surroundings. The mind can do it. For a person who cannot use the given facility, he is not given the higher facility. That is why the slogan today is, "Kingdom of God upon earth." Being on earth, make this earth beautiful, make it heaven. It is supporting you. Make it beautiful by bringing the higher intelligences up to mind and through mind transmit it to the surroundings. That is why man is seen as the best mediator in creation. He can mediate with the higher system, relate with it and bring things from there and distribute them over here and make this beautiful. That is what the Masters of Wisdom are engaged with. That is their work to beautify this earth. We live here. We cannot just throw all plastic around and get away. It is a debt to be cleared.

So the process today is not to strenuously move to upper circles but to bring down that which is present in the upper circles to the lower circles. It is due to the ability of mind. Mind is magnet. You make the magnet so very vibrant and orient it to subtle planes; it can draw things from the subtle plane. The same mind when oriented towards the mundane plane attracts mundane things.

A man who is successful in the world, it is because of his mind. His mind is so very magnetic and electrical that he draws that which he requires from the surroundings so that he gets lot of worldly fame and name. If you shift the same mind the other way, you tend to be a white magician. That is white magic. If you are always engaged with the world and worldly things and if your mind is a magnetic one, you will draw much from the surroundings. If your mind is not magnetic, you will not be drawing much from the surroundings. That's when we say one is not successful. What is success?

Success is the degree of magnetism that man carries along with his mind by which he attracts persons, resources and intelligently utilises them to grow big. One who does not know how to fulfil in this world cannot think of fulfilment in the other world. Such is the mind. Normally in theologies mind is condemned but not in occultism, not in Raja Yoga, not in the true path of Yoga. Without mind, you cannot do anything. Can a mad man do anything? You take out mind, man is just a beast. Mind is a facility.

This path of Yoga is a path of Raja Yoga. That is why Master CVV introduced Yoga in the month of Gemini, where the mind is dominant. The wisdom is how to train the mind, how to use it for here and hereafter.

You all know the story of Ramakrishna. The Mother asked him, "Would you like a divine mind or mundane mind?" He replied with a question "Can't I have both?" "Of course, you can have both", she said. She only proposed an alternative. She never said that the two are not compatible. They are very compatible. When the 2 minds are equally functioning, then he is called a Raja Yogi. Raja Yogi means, one who lives in fulfilment in the world and the world beyond. He is both with the divine and in the world. He matters in either world. When the

super mundane mind and mundane mind are both active, one is said to be a Raja Yogi. He is an active worker in this world and also an active worker in the other world. That is how this Yoga is. All this is not beyond mind or not something mystical. It is just a matter of practice that enables you to fulfil the worldly life and to fulfil the soul life. The soul is experiencing in all planes. Therefore let not mind be condemned, let not mind be neglected.

All education is aimed at a constructive development of mind. This is the Oxford definition for the word education. How constructive or how destructive is our mind? Do we genuinely believe in the well-being of others? Do we carry jealousy with us? Do we have egoism? We have to see and eliminate through certain practices. Egoism is the first factor that hinders the mind. Egoism is common because ignorance is common. Egoism leads to pride. Only because one has too much pride, one is too much self-conscious of himself. In his mind, he always entertains an idea that others are observing him, so he has to behave according to their liking. It is not a natural way of living. We are living according to the opinion of others. That is, he always thinks of himself. It is excessive self-consciousness making one proud. When you have pride, there is the twin brother prejudice, and prejudice leads to judgement of others. If a man is judging other persons, that man is said to be suffering from pride. It is only the pride that makes you criticise and judge others. That is how people suffer of their own opinions, own pride and separateness. The other aspect affecting mind is desire. Mind desires from the world and from the subtle world. It has the desire as the basis. I explained the importance of desire in the morning. But when this desire is in the hands of diabolic energy, it works in one way; if it is in the hands of divine energy, it works in the other way. That is where the Masters of Wisdom wanted to prepare the mind into a ten petals beautiful flower that can receive the best of the things. The mind can be receptive as well as transmittive. It plays the double role. So these Naras have become men. When mind is well utilised, you can realise that you don't die. You will always exist. This knowledge is very important. When this realisation happens, it is said to be victory.

Arjuna is called Vijaya. Vijaya means Victory. The victory is man knowing himself as an eternal being. Man knowing himself as Nara and realising that Nara as a replica of Narayana. That is what the Bhagavad-Gita speaks of. It intends bestowing victory on every being that carries the mind. It is not a religious book. It is a book relating to man and how man can transform himself. This work can be done at the mental plane. That is what Master CVV says that his work is at the mental plane. He does not accept emotions. Ones who work with Master CVV - all emotions are quickly evaporated.

Tomorrow as we walk into May Call Day, we will speak of the Master, the man and the mind. Mind is the playground where man and master should work together. If mind is transformed, the rest of the body can be transformed through the magnetism of the mind. That is why Raja Yoga commences with working with the mind and not with the body. That is why body postures are not considered important. A stable and comfortable mind is required for conducting the alchemy of Yoga. It need not be eternally stable mind. At the time of practicing it, you should have a comfortable mind. When such practices are carried out, the stability and comfort in mind is attained for higher duration. So that is the work every Raja Yogi does in relation to his student. Through the mental plane, he rectifies the emotional and physical plane.

When mind is put to transformations, the body is put to transmutations. Master promised that he would do it for us if we offer ourselves to him. We have many books and teachings but we are still unable to do it. Humans on account of their conditioned situation are unable to do it. Therefore Master decided that he would himself do it for us. He only asked us to offer ourselves for a while to him daily twice. Offer yourself and your mind to the Master. Just propose, "Master I offer myself to you. Do what is best. Do any kind of repair or alteration to the psyche that exists in the mind."

This is an advanced step, because generally the teacher gives the hints for practice and the student is expected to practice. The teacher does not practice for you. But here there is a Master saying that he will conduct for us. All that he asks for is cooperation for a while daily. So the work relating to the path of Yoga of Master CVV is all related to adjustments in the mind and through that man can experience all the 7 planes.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 4 by Master K. Parvathi Kumar
29th May, 2013

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

May we live in the tender touch and the presence of the Master. May we grow from just being mental beings to that of wholesome beings experiencing the 3 worlds. May we live in the presence within and around and may we continuously be under the guiding light of the Master, the Lord of the Universe. May his light, love and will prevail us so that we fulfil the purpose of having taken an incarnation. In the process, we experience unconditional love, light and the splendour of light. Man always looks for a splendorous, joyful, loving living. It happens only when he subjects himself to a rhythm, to a discipline. It has to be self-imposed and not imposed by others. Man has self will which has to be aligned with the will divine. He has his own problems and difficulties and his life becomes a challenge to him only until he aligns his will with the divine will. Once he aligns his will with the divine will all difficulties disappear just like you wake up from a nightmare dream. We are in a dream-life until our will is aligned with the will of the Divine.

It is only for that further purpose we take to incarnations from time to time. We have been taking to incarnations into human form from so many aeons. Thousands of births and deaths have happened to us and we have been gathering experience by our exposure to different dimensions of life. We reach a point where we feel that we are not any more interested in the routine aspect of life. The routine aspect relates to maintaining the body, fulfilling the obligations. This routine is always there every time you are into a body. So therefore you learn some skills in the process. In the process, you also incur some obligations and they bind you and later we have to fulfil them. This is the routine path. It is what we call the Common Minimum Programme. Everyone grows, gets educated, earns money, builds a family, takes care of the family and in the game, he incurs obligations towards the parents, society, body and so on. Each time you are incarnated, you have obligations. If you do not fulfil them, they get accumulated and you are heavily burdened. This routine life of obligations continues to be a cycle. It is only a rodent round the mill. In the whole game, you are only fulfilling your obligations. It keeps you move around and you do the same things all the time.

If you just take a day and observe, you are doing the same things. Can we say we have grown just doing the same things every day? Is it so that we always remain like this? This question must emerge in each one of us. Only then all this is meaningful. The activity of relating to light and thereby moving in a spiral manner though seemingly circular is possible if we do something beyond the routine.

Each one of us is a unit of consciousness. It shines forth. It essentially has the ability to will, to do and experience joy, love and splendour of creation. It has the ability to experience light. If you mostly remain in mind, you cannot experience light. Mind has dim light. Mind helps us to move in this world. It has its own significance. Yesterday I explained the importance of mind but yet it is dim. It has to be supported by the light of the soul and the soul is no other than you. You are essentially an embodiment of light. That light, we have denied it ourselves because our orientation is more towards such activities where there is more material. Mind tends to accumulate more matter as you are more oriented towards material. So we tend to be men of matter.

Thought is matter. Light is also matter but there is a difference in the degree of matter. There are gradations in matter. There is subtle matter as well as gross matter. From light to matter there is gradation. There is a light beyond darkness. There are 8 gradations of light with the light being the 9th one. So in which through gradation you reside, determines the gradation of

light in you. There are nobler thoughts. There are thoughts relating to materialism, socialism, capitalism and so on. There are also thoughts based on religious groups. Thought is a conditioning factor. There is a way to live beyond the thought factor.

You are the basis for your thoughts. You should drive your thoughts and not vice versa. Thought is meant to manifest something which was unseen before. You are the creator of your thoughts. Having created a thought, we should not become a slave to it. We forget that we are the basis for all thought and material that we create and we become subservient to them. We can make a thought and a related manifestation as long as it is worthy. But when you succumb to what you have created, you no more remain a creator and become a slave. That is what happens when you remain mostly in mind. Mind is a mirror. It has no light of its own. In a dark room, you cannot see anything in a mirror. Can you look through a mirror in a dark room? There is the light of Buddhi that falls on mind and therefore it has some light.

Buddhi is the light of the soul. The soul and its light are inseparable. Each one of us is a soul and it has its light. The mind can be oriented to receive the light of the soul. You are the soul. It is not outside. That you are a soul must be always remembered. Each one of us is a soul and we have related light. That light has to be utilised because you have a purpose to come into a body. That you very well remember in the womb of a mother. For 90 days we pray to be released from the prison of the womb. It is like hell. You stay in a Namaskara mudra in the womb of your mother and a light appears and can be seen by the child. The light gives you the relief. Concurrently the mother gets labour pains and you are born. For many days after birth you are more with that light and it takes 90 days to come out from within and slowly the senses develop. Meanwhile you would be sleeping a lot. You would be recollecting the mistakes you did in the past reincarnations and also the purpose of the present life. Slowly you unfold. It takes 5 years to unfold the 5 senses in the body. From 5th to 7th year the mind unfolds. At that time, it should be initiated. It takes 7 years for the soul to take a fairly good control over the 7-layered body. Therefore 7th year is the most important year in man's life. 7 is the key number relating to man.

Man is a 7-storied structure. The body of 7 tissues and 7 layers can be experienced. All the 7 planes can be experienced. We can move in all the planes and experience the related bliss. But we are oriented more towards material and objectivity and we are lost. We forget the purpose of our life. The mind is oriented towards objectivity but it can be oriented towards subjectivity. That is what Aristotle says, "You orient the mirror towards Earth, it shows you Earth. You orient it towards the sky, it shows you sky." That is how the mind is. Where are you oriented? Is it all about the family, wealth, profession, fame recognition? The plane of mind is where you need to relate to the light which shines forth on the mind. Man does good, bad and ugly acts with the help of the light that comes from Buddhi that falls on the mind. Without that light, you cannot do anything. What kind of light you like to have? Everyone wants to have a light of unlimited joy and experience. No one wants to be regulated or constricted. Even a child would not like to be regulated. But if you self-regulate, you will be able to find the very purpose of your life. Why have you all come here? If you forget that and indulge into other acts, the very purpose is lost. To live, to serve, to enlighten ourselves, to live in alignment with higher beings, to align with the divine plan and to fulfil that plan is the purpose. As a soul, each one of us is a Son of God. Each one of us is a prince and the God is the King. We forget that we are a prince. Once he recollects that he is a prince, he recollects the plan relating to his work.

We have the story of a swan which gets mixed up with a group of ducks, forgets that it is a swan and moves with a group of ducks. Later when it sees a group of swans, it recollects itself and joins the group of swans. So we also need to recollect our Self.

Each one of us is a medium for transmitting the divine plan upon Earth. We need to align our will with the divine will and work out the divine plan upon Earth. For that we need to orient because we have lost the thought and plan. We have picked up many other programmes

which are not in tune with the soul programme. Until you fulfil your plan upon Earth, you keep coming back to Earth. We have been here since the inception of Earth. We have come as pilgrims and have become prisoners. We have come from the sun. Each one of us is a ray of the sun. We have lost our identity and we have taken a mistaken identity and as a consequence we have lost into what we have created. The world is so predominantly in the objective and it is very difficult for the mind to relate to the soul and its light. For us to relate to that light, great beings come from time to time and give us simpler techniques to relate to the soul and its light. Mind has the facility to work inside and outside as well. It can be subjective as well as objective. Just as children have objective education, they should also have subjective education starting in the 7th year. There is a lot to be learnt inside as well. The universe is visible in the inner. It is a great facility for man and that is what is to be introduced. The very word initiate means "to enter into". Only when you enter into the own chamber of your heart, you can become an initiate. You have to necessarily turn inward. If you have no time to enter into, you cannot contact the source of the inner being. All prayers done outside do not help you turn inward. There are outside prayers and inside prayers. While you do prayers, you should visualise the deity inside. The mind is oriented to the light more and more and it gets enlightened. Otherwise it is filled with matter.

Mind on a daily basis gathers matter. The mirror has to be cleaned daily. It gathers lot of dust. Likewise you have to daily clean the mind. Not with concepts of God. People do so much labour not getting enlightened. There is not much enlightenment. What you transmit into your action, your speech and your thought makes the difference. Whether you chant Vishnu Sahasranama or Rudra Namakam or something else, whether the related light manifested in you or not is the question. They can bring the related light in you. Every sound that we chant can manifest the related light in you. They are all potential sounds. It happens when you hear that sound consciously after chanting. A huge absorbing light and sound show happens in you if you can recite the sound appropriately and visualise the beams of light that each of these sounds generate. That is how it has to be done. You do Gayatri and it showers a light on you when you hear it while chanting. Don't do it for fancy. When mind is so much with matter, it denies you doing all this. It will now allow the influx of light. It has no time for all this. If you have no time, you are the most unfortunate one. It is that light that helps you through your daily work of any kind. You cannot be a student of occultism if you say that you have no time for prayers. Prayers are foremost. You may miss a breakfast but not a prayer.

Mind is the Master of the body. If you have given enough nourishment of light to the mind, then you have less hunger and thirst. If you have more hunger and thirst, it means there are more impurities in you. "The lack of experience of splendour of light, the unfulfilled state of my being" - we pray to the light that the above 2 should be taken care of. The worldly experience cannot stand in any comparison with the divine experience. That is why those who have the taste of divine experience they have no taste for worldly because they have experienced something much higher.

Therefore the most important aspect of occultism is cleansing one's own mind on a daily basis. It cannot be done once and for all. It has to be done on a daily basis because the impurities are accumulated on a daily basis. Just like we clean houses daily and if possible we even clean with water. Water cleanses better. We too can take a shower to clean our mind. So this cleansing is recommended at least 3 times a day and if necessary 5 times a day, depending on the intensity of outer activity. On a clean mind, you can see your own lighted image. The beauty of mind is, it reflects. It can reflect the inner beings and its source as well, the divine being. That is the importance of cleansing the mind and orienting it towards the light within you. It is called the head-light of the beauty above. The beam of that light comes down and falls on an aligned mind. That is what is required. Stay in that light. If you stay in that light, it gives you many visions, you hear musical sounds and you get engaged with it. It relaxes the whole being. You need not hear music outside, there is music inside. Music of every conceivable instrument can be heard inside. It enables you focus

further with the light. You feel that you daily must be quickly finished and you must join this light. You feel like engaging with it more and more. You quickly finish your jobs and orient towards that light. It is like a television inside.

Cleansing of minds is possible only by acts of goodwill. Acts of goodwill bring thoughts of goodwill. As you get up, you should feel "I am awakened only to serve the surrounding beings in whichever way I can". Even a squirrel tried to help Rama in building a bridge. Such is an act of goodwill. Our goodwill acts will not change the whole world but the intent matters. Can the squirrel build the whole bridge? We are very insignificant in this universe but our attitude matters. If that is your attitude, the mind gets cleansed.

Anything you do, do it as an offering. Even washing the body should be considered as an offering to the body. There should be such an attitude. Even before you eat, offer it to the divine first and then eat. During the fire ritual we offer material to the fire and it is transmitted to all the other intelligences. Similarly while we are eating we should remember that we are offering to fire. Then that fire converts the food into energy and it ensures that the energy is distributed all the 4 bodies, nourishes them, ensures growth of the tissues in the body. When you have an attitude of offering than seeking, your mind is cleansed. Wisdom will dawn on you if you clear yourself. The teacher visits you; the knowledge visits you if you are engaged in living a life of offering. So cleanse the mind by turning your outer life into a life of offering. Offering can be at the physical plane, mental plane, emotional plane or Buddhic plane. Depending on your skills, keep offering. It is the best way of cleansing the mind. Do not think that you are clean because that thinking itself is an unclean thought. It makes you proud and makes you act in a different way. You may be honest but do not think that you are honest. It makes you feel that the whole world is dishonest.

If you are not clean with the mind and try to orient towards the light, nothing will happen. All ugly thoughts come to your mind and they will not allow you to orient. Thoughts keep dancing in an ugly manner.

As you do so, a teacher comes into your life. There are a group of teaches in the creation to help the beings. In fact they came first and the beings came later. There are the 4 Kumaras, 11 Rudras, the sages, and there is the Hierarchy of Teachers. There are teachers that guide you at different planes even up to the Atmic plane. Starting from the Buddhic plane, there are teaches to guide you. When you are clean in the mind and orient towards the Buddhic plane, a teacher comes to you and guides you through the path. Teachers are there in visible as well as invisible forms. The invisible ones keep guiding us in meditation. When you gain a subtle vision, you can see them, feel their touch, feel their fragrance and so on. Just like the outward mind and senses gather from the objective world, the inner mind gathers from inner senses, from the subjective world. This inner senses and inner mind should be developed. You are then equipped inside and you can see devas and teachers moving around you. All this is possible for the inner mind. You should first know that you have such a potential. If you know not how it is with you and how it is with the objective world, you are just groping in darkness. Nothing can be done in vagueness. You know how it is. To know how it is is called knowledge. Without knowledge, there is no way. If you do not know how to reach Tapovana, you can never reach here. Likewise to reach the light is not so easy; you need helpers. You cannot reach Tapovana without helpers. Similarly help is needed when you want to reach unknown realms of your own being. Can you yourself go there? Those who know the way are there in the creation. When you show interest to reach, they take interest in helping you. They make it easy.

So cleanse the mind through daily activity. Speech is also very important. It can spoil the whole energy in you or electrify or construct the whole energy system in your body. It is destructive as well as constructive. It depends on how you use it. In all occult practices, speech is the first faculty that should be cultivated. Speak only when required and with as many few words as possible. Don't be like a chatter box. Be miserly in the usage of words.

Use the appropriate words. There is an art of speaking. Speak pleasant and speak not untruth. Speak not truth unpleasant. Just because you speak truth, let it not be pungent. You have no right to hurt others. Non-violence is one of the dharmas most high. If you hurt others through your speech, your energy system is thoroughly disturbed.

So let there be a life of offering and speaking the truth and speaking it pleasantly. With this you can align the mind towards the Buddhi. All meditations are aimed at it. It is the first step and the formation of the initial bridge. Later aligning the Buddhi to the Atman. It is the advanced bridge. The soul reaching the super soul is the higher bridge.

Now we are orienting our mind to reach Buddhi. That is where all meditations are recommended to be done, in the heart centre. We need to contemplate upon the heart centre. Those who already reached the heart centre are advised to contemplate upon the Ajna centre and so on. So there is this vertical path in us. We need to travel in that path if you think that you are following a Master. It is the path of light. As you move in the path, the occult sciences are revealed to you. The Lord says "Be with Me and the occult sciences reveal themselves to you." You cannot learn them by yourself. The great seers haven't learnt the occult science to start with. They have realised themselves and in the path the Scriptures revealed, the Science revealed and everything was revealed.

So we are in the first step of aligning the mind with Buddhi. We are mind-born sons, the sons of Manu. Let your mind be the playground where you ensure cleanliness and you relate it to the light. That is why strictly speaking meditations are not suggested to all. We should not meditate with an unclean mind. There are dangers if you do so with an unclean mind. Dealing with the light should be done with a pure mind. You can read the book "Letters on Occult Meditations" for more details. He devotes more than 200 pages giving the dangers of meditating with an unclean mind.

That is where a Master of Wisdom is relevant and much more so with Master CVV because he himself said it. Master CVV said, "Many Yogis have guided humanity and many scriptures have also given the way but the humans are not able to walk the way. At best in a century 10 to 12 are transforming. At this rate, when will this humanity ascend into the higher plane?"

The divine plan is such that this humanity must enter into the Buddhic plane (supra-mental plane). It is the work of every teacher to help every being to enter the chamber of Buddhi from the chamber of mind. So many teachers have come. What Master CVV says is, "Humans are found to be incapable of doing it as we see the results." The number of students passing out of the school is 10 per year. Can it be seen as a good school compared to the number of students in the school? What is this rate of progress?

That is the reason an energy has descended into humanity for the purpose of quicker evolution of humans, plants, animals and minerals on the planet. Master CVV is the transmitter of that energy. He never claimed to be a giver. That is the Aquarian age. It is the age of speed. He also said, "You need not make any effort in reaching the plane of light. I shall do it for you provided you offer yourself to me at least twice a day for 15 minutes." This is a dimension that has come for the first time on the planet. This is where it is different. It is the most high energy that has decided to help the humanity on this planet which is not making good progress. The Brahman himself has decided to help the humanity on this planet. Aquarian age has come and the energy has come.

There were expectations of this energy visiting the planet. It was expected to be a New Age. Each one has picked up the thought of New Age at the end of 19th century. Even Madam Blavatsky herself stated that in the first decade of the 20th century an energy would visit the planet to lift up the humanity. She could give this prophecy because she had access to divine worlds. The followers of Madam prepared a pure instrument to receive that energy. Jiddu Krishnamurthy was prepared to go through a process of purification to receive this energy.

But the divine had other plans. The energy that visited is too strong, as strong as a thunder, and in the higher circles they had to choose a very high soul to receive this energy. Among all the ashrams that are available on this Earth, it was decided that Agastya Ashram is the only suitable Ashram through which this energy should be received on Earth because under all crisis situations it was Agastya who came to the rescue. Master CVV is one of the advanced disciples in that Ashram and he was chosen to receive the energy. He took birth 42 years before the descent of the energy. In 1875, the Aquarian age started. The coronation of Queen Victoria coincides with the advent of the Aquarian Age. Victoria has more New Age thoughts than the earlier emperors. She is an initiate. Master CVV took birth in 1867. He is an embodiment of Aquarian energy. He chose to be born in Kumbhakonam which means Angle of Aquarius. The last time the Aquarian energy visited the planet also through Kumbhakonam. There is the Adi Kumbeswara temple in Kumbhakonam. Shiva has emerged over there as Kumbeswara and the energy had flown as a lake which is even today considered to be the most sacred lake in South India. It stands 2nd to Manasasarova. It is called Mahamaham. Even the Chief Minister of Tamil Nadu regularly goes there and takes a bath. She must have been informed of its significance. The lake contains the energies of Aquarius.

So 25000 years after the last Aquarian age, Master decided to take birth in Kumbhakonam. Each age runs for a period of 2160 years. In this Aquarian age, man must become etheric. Man must fly himself or through an aircraft. When aeroplanes were invented, Master CVV said, "You may use the aeroplanes for now but later you will fly on your own." That is the kind of energy that has been received. The energies descended from Sirius, the Southern Star, which is the teacher of our Solar System. Great Bear is the father while Pleiades is the mother to our solar system. Sirius is whom we call Dattatreya. It is the Dog Star. The energy of a dog star is there in a dog of high quality. That is why dogs are more attracted when a Yogi is in a Yogic process. The dog is assistive in the process. That is the beauty of dog but you should not tame a dog and keep it around you for this. That way it doesn't work. When you are in a process of Yoga, there is time when a dog is attracted to you and it stays with you for a while. 7 years is the minimum period that it stays with you when you are practicing Yoga in its true sense. It brings you the energies of the star of Sirius. The Great Grand Hierarchy relating to our solar system is in Sirius while its replica is present on our planet in the Himalayas and other mountain ranges.

The energy descended into our solar system through the Leo constellation. The central sun in the Leo constellation is called Regulus. It was received by the central constellation Regulus. Through Leo, this energy was brought into our solar system through a comet called Halley. The comet came close to our planet and its tail touched our Earth on 31st March, 1910 at the midnight hours at Kumbhakonam. There was a huge lightning and thunder in the Dabir Street in Kumbhakonam and the whole street woke up and they feared that the thunder has fallen on the house. They saw a wonder. They saw Master CVV sitting in the front room in a Veerasana posture and he was full of light. Can you imagine that? One should die if a thunder falls but it did not happen so. The neighbours were fully surprised. It is not a usual event but it happened 100 years ago. We hear of people getting enlightened. That can happen but this is not the case here. It is a case where a highly enlightened one has come and was waiting to receive this light. He was in full knowledge of its arrival. He was fully awake at the time of descent of the energy and was prepared to receive it. It was like Agastya drinking the whole of ocean waters.

Master CVV was an adept in many things. He was a scholar in English and Sanskrit and he was also a musician. He was greatly attractive to the locals. Many scholars, elite, kings, musicians, visited him. There was something very much attractive in him. He was even made the major of Kumbhakonam. You can see his picture in the mayor's hall in Kumbhakonam. He led a life of splendour. He distributed 16 courses food daily. He led such a life and later he received this energy, when it arrived. It is very difficult to imagine this.

It took 60 days for the Master to assimilate that energy. He performed many experiments and discovered many aspects of life. He found the source of life. He discovered how longevity of life can be prolonged. Your life will be lengthened to help you fulfil in the process of Yoga. He called it as Chief Life. He demonstrated it many times. He raised many from death. He himself demonstrated it 18 times to instil faith in his followers. This is because he could connect the cosmic prana, solar prana and planetary prana to Earth and transmit that prana to the surroundings and he was seen to be a Master healer. All those in the path of Master CVV Yoga can be natural healers in so far as they can be impersonal. In my own life, I have 4 such experiences where persons decided by doctors as hopeless became normal through prayers. Don't use it for cold and cough. In emergency situations it works. You can be a healer. Master said "Yoga teach. Prana treat." He could arouse the Kundalini energy in any being through the utterance of the seed sound CVV and conducting the prayer. He said, "I shall enable your Kundalini and help it rise. I shall treat you; I shall teach you Yoga and shall lift you up. You need not do anything. Just utter Master Namaskarams and offer yourself to me."

Master here means the energy that has visited. The energy is the Most High. The energy has descended from the Brahman itself to help the humanity to evolve; not only the humans but also minerals, plants and animals. You offer yourself to him and sit aside and observe. Be an observer. Don't do anything. Just observe after invoking the mantra "Master Namaskaram". Master CVV Namaskaram came much later in the last year of the Master in his physical. He was asked by the energy to transform the mantra into Master CVV Namaskaram. It is always so that the Divine wants to glorify all those who work for the divine plan. But Master gave the mantra as "Master Namaskarams; Master CVV Namaskarams". Later there came to be Master MN Namaskaram and Master EK Namaskaram. Like that there is a hierarchy.

This energy has no impossibility in it. Master CVV demonstrated the energy by experimenting with it for 60 days. I will give more details in the evening discourse. This energy causes transformation, transmutation and hence transcendence. All this is done by the Master. He says, "I will work for you. I will cleanse you. You cannot do it yourself." He also said, "Manu is not creating the human structure in an appropriate way to enable self-realisation." It is a complaint. How audacious for a person to say that Vaivasvata Manu is not moulding the human structure in an appropriate way! "The pituitary in the human constitution is defective and it has to be rectified. I shall rectify the pituitary through sound. It suffers from many limitations. I shall also work to enable work Sukra to relate better with Earth and enable faster evolution." He made such statements which seem to be very unbelievable but all his prophecies are coming to be true. All the electronics that is emerging is due to the work of this energy. He spoke of dematerialisation. No more we have a paper ticket or paper letter. Everything is there but not visible.

He said, "I transmit this energy to the whole world and thereby initiate the mineral kingdom, the plant kingdom and the animal kingdom. They too shall have the evolution faster. I have come to lift up the Earth to the Kings of Beauty." This is how he made certain statements. The work that he did and that he does can be spoken in the afternoon.

The first day on which he gave this initiation is on 29th May, 1910. From 31st March to 29th May, he conducted the processes in him. He initially gave it to a few of his friends who were interested. It started with a very small group and now it has become global according to his prophecy. He said, "It first goes to the West and then it will come back to East. Its scientific functioning will be known first in the West. It goes to Europe, then to South America and then to North America and then it will come back to India." It so happened. India cannot receive it immediately because it is so very heavy with its tradition. It cannot be accepted here so easily.

Having received this energy, how he worked with it and how he works with us will be discussed in the evening. He also gave 3 simple regulations which we need to follow. If you

follow those 3 regulations, he takes complete care of you, not only the life divine but also the life mundane. This work was initiated 103 years ago and this is the 104th May Call and we are all blessed to be a part of this energy. Orient to the Energy and to the Master. Master is the transmitter. This energy is making its presence felt in all fields. It is also there latently at the political field. There is a dark strong energy on the planet which is still hanging around, which is not enabling the humanity to move forward and that is all posited in the power centres of the planet, in the governmental places. Once it is dispelled, then the New Age is experienced. To dispel it is the work of the Master.

May the Master call each one of us, give each one of us his tender touch to enable us grow into light and thereby transmit that light into our surroundings.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 5 by Master K. Parvathi Kumar
29th May, 2013

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

I have explained in the morning the magnitude of energy that descended into Master CVV and Master CVV's preparedness to receive that energy. The energy has descended in the Aquarian Age which lasts for 2160 years. This energy has come to transform and transmute the planetary beings and it works on a macro level as well as micro level. It is an incident which is incomparable to any other enlightened that has happened on the planet. The energy came through Sirius, the Dattatreya Mandala and then came into our solar system through the constellation of Leo via the central sun of Leo called Regulus and thereafter the comet Halley. It brought this energy as a messenger to our planet. As the comet was about to touch the earth, Master was ready to receive and then energy entered with thunder and lightning. That thunder and lightning was absorbed by the Master. It is not possible for any ordinary human being to absorb the light and sound of a thunder. Master CVV's reception of energies is comparable to the reception of waters of Ganges by Lord Shiva.

This energy is meant for quicker development of the planet and the human beings because this energy is the energy of Uranus and it relates to the Aquarian age. Ever since 1910 there is a speeding up of activity on the planet and today we are living in speed. Gaining time and space is the characteristic of the Aquarian age. We experience much more because we picked up speed. What was experienced in 10 years earlier is now experienced in 1 year. In every decade we are covering a century's progress ever since the descent of this energy. If we go back to 1930, it was the beginning. There was no industrialisation, not much of technology, no innovations, no atomic energy. All these came up in a very short time.

Even the 2nd World War is considered an affect of this energy on this planet. Every time there is a war, there are lot of changes, there is a certain clearance. Japan and Germany were totally destroyed only to resurrect as super powers. One grows more powerful and faster during crises. That is how men grow only through crises. Each time there is a crisis, there is growth, there is turning towards the Light. No crisis, man does not move; he stays put like a potato. Aquarian energy causes crises frequently and thereby it ensures quicker growth. If you see the life of any initiate, there will be lot of crises due to which they had no option but to grow. That is why in management we have introduced crisis management. In crises, initially we are disturbed but slowly you meet levels with the crisis and thereafter we supersede the crisis. Through crises you have grown. Through sickness sometimes you gain better health. Sickness is a kind of retreat for the soul. Each time there is a sickness there is an opportunity to take to a higher living in this life. Crisis and sickness are promoted so that man meets them and overcomes them. On the planet today we have been living in crisis. There is crisis after crisis. Surviving the crises we have gained the related strengths. It is true individually, nationally and globally as well.

Master knew that with this energy prana can be controlled and imparted into the system. Another thing he understood was to enlighten the beings in a geometrical proportion. In the sense, what enlightenment you get in 10 to 12 lives happens in 1 life. Every being is a being of life and being of light. Light means the thread of awareness called the silver thread and there is the thread of life called the golden thread. They can be improved upon and thereby causing progress. Thereby one realises that he can walk into a body of light and he need not die. If necessary he can come back into the body of flesh and blood consciously and continue his work. This is what he calls continuity of purpose.

While Master was experimenting with the energy, many masters of wisdom visited his house in the night hours with their bodies of light. Master's second wife was Smt. Venkamma and

she is a lady in whom the etheric body of Madam Blavatsky was posited. This is another dimension by which it has become clear that the work of the Master is in tune with the work of the Masters of Wisdom who guided the Theosophical Society. To make a connection with Madam Blavatsky, Master went to the Theosophical Society and made a contact with her. When Master saw her, she remained still. Madam herself was a lady with many super-natural powers. She had a very powerful sight. Her life is a life of magic and mystery. Such a lady was stilled by the sight of Master CVV. Master knew that her etheric body was needed for the work in the future. Her etheric body had many powers to contact angels and intelligences. It is a body with tremendous light. Thereby after the pass-over of Madam, her etheric body was introduced into the body of Smt. Venkamma who was about to be born at that time. This arrangement was made by the Master himself. There is a science called "Parakaya Pravesa" which explains how one can enter into other's body and function for goodwill. It is a part of white magic. It is similar to possessing of persons by devils. That comes under black magic.

Thereafter Smt. Venkamma married Master CVV, during the period of this experimentation; she could see Masters of Wisdom descending with the bodies of light. She also felt that she knew some of them who were visiting the house. When she asked, "What is all this?" Master replied, "This energy would help in the evolution of humanity on the planet and all these Masters are those who have been working to help humanity to progress."

Through lady Venkamma, Master CVV also brought down a high soul as his child by name Chandu, whom he used for his experiments. That child is of a very high order. He can even go up to the 7th plane very easily. He specifically came to help the Master to conduct experiments in the relation to the 7th plane.

Lady Venkamma married Master CVV at a very young age. It was a marriage with a global purpose. It is not like the marriage that we generally understand. Similar was the marriage of Agastya as well. When Sage Agastya was required to marry to give liberation to his forefathers, he could not find a lady of equal vibration to him. Then he worshipped the Mother. Agastya is an ardent devotee of Mother Durga. Lalita Sahasranama has come through on account of him from Hayagriva. So Agastya meditated and a female baby was born and she entrusted her to a local king to bring her up. When the lady grew up, the king was worried to find a boy equal to stature to her to get her married. Then one day Agastya walks into the royal court and the king informs the problem. When the king asks Agastya, "Whom should I give her in marriage to?" Agastya replies, "Give her in marriage to me. She was born for me. That is why I gave you the role of father. I did not want to play the role of father because she is needed for me as my wife." Lopamudra is as much as Mother Parvathi. That is why though thousands may worship the Mother, it is stated specially that she worships the Mother in the Lalita Sahasranama, because she worshipping the Mother is a status for the Divine Mother. And such is the stature of Lopamudra. All the ladies of the 7 Seers put together are not equal to Lopamudra. Such was the knowledge, beauty and power she possessed.

Similarly Master CVV arranged his future wife for a global plan and through her he conceived a child. That child was just months old and that child and the Master used to engage in hours of conversation. It was the talk of the town. It was not a secret family affair. That language could not be understood by anyone. When the Master wanted some clarifications about the energy, he used to send the child and collected information from all the other planes about this energy. Later he did the same with his lady though she was not as high as the child.

Later Master CVV told Manu that there is a necessity for a change in the model of the human body. Manu along with Mahachohan and Master Morya formed into a triangle to conceive a new model for the human body. The new model is far superior to the previous model. After the 2nd World War, from June 1945, the human bodies that have come to be are far superior to the bodies of the humans before them. This was recorded. There was a consistent remodelling of the human body. There was re-modelling in 1988 and 1999 as well. Thus the

children we have today are far better equipped than us. We elders are just dull heads compared to them. Every parent is invariably dependent upon his kid for knowing the facilities in the mobile. Where is this enormous intelligence coming from? Master CVV prophesised this long back. He said, "I change the model. I change the pituitary." He gave new pituitary regulations for some meditational practices but prayer is enough for us.

When you regularly do prayer, your own structure is re-arranged to better align the lower centres with the higher centres. This is the work of a scientist. In relation to Manu he worked, in relation to Maitreya he worked. This was all stated in the books of Master DK though the name of Master CVV was not mentioned anywhere. He stated that this energy comes from the South and it enters into our system and transforms the planet and the beings and works through chiefly from the 1st, 2nd, 3rd and 7th rays.

With this energy, the Hierarchy also formed triangles to work with this energy after the pass-over of Master CVV until 1945. The Master himself has taken it up to introduce this energy in all the kingdoms on the planet. He spoke of metal alloys and a lighter alloy stronger than iron. Likewise he spoke upon the planets. The books 'Uranus' and 'The Aquarian Master' contain a lot of information on the work of the Master. You can read them for more details if you are inclined.

The animal is also put to evolution. The humans are also put to evolution. The mineral is also put to evolution. The atom is broken and the energy is released. There is also the feature of invisibility and visibility. Aquarius is a sign that relates to 'Is' and 'Is Not'. You need not carry a railway ticket in paper. Where it is present? In the ether. It appears on your mobile screen if required. All is in ether and can be made to manifest as and when required. Lot of information is present etherically and can be accessed through a mobile or laptop. It is invisible but can be made to be visible; from invisibility to visibility. Appearance and disappearance is proved to be possible. It is all due to the effect of this energy. Therefore we have internet. Internet is a great facility. We can know anything and everything. We don't have to go to libraries. Everything is at your hand's reach. There is nothing that you don't get through the internet. You can have personal websites to share information about you. So therefore all these facilities we have.

From 1910 to 1945, the aeroplane was invented, radium was discovered and there were many other inventions. In 1945, we discovered that the atom could be broken. We discovered the 3 major constituent particles in an atom – electrons, protons and neutrons corresponding to the 3 qualities in nature that we generally speak of – Rajas, Tamas and Sattva. Then there is the advent of quantum physics. Ever since 1950, strides of progress were made in every field. Consequently it has been leading us to the existence in etheric plane. It was ever since the discovery of the electron. You can see a cricket match happening at a distance place, sitting at your home. This is the dimension coming from Uranus through Aquarius. Therefore such is the magnitude of this energy and it can also transform the humans. When it can transform the planetary activity, it can easily transform the humans as well.

For that, Master formulated a scheme so that the humans raise themselves into better chambers. Human is threefold - Atma, Buddhi and Manas. Atma includes Jeevatma (individual soul) and Paramatma (universal soul). Manas represents mind, body and consciousness. Then there is the light called Buddhi. All this is seen as a projection upon Brahman. Brahma is again different. Brahman comes out as Atman (universal soul) and then comes the Jeevatma (individual soul). It is a separate topic for which you can refer to Bhagavata discourses for more details. From Brahma emerged 27 cosmic principles forming the Cosmic Egg and then the Cosmic Person is born from that Cosmic Egg. Cosmic Person is the God in creation. You should have an enquiring attitude to know all this. Each word has a separate meaning and significance. If you do not know it, everything seems to be the same.

Master CVV said that he represents the Brahman. Master went to the Temple of Seven Hills after his 2nd marriage with Smt. Venkamma. He stood before the Lord but did not offer Namaskaram. Is it not sheer arrogance? When he was asked "Why did you not salute the Lord?" He replied "I cannot salute myself. There is no difference between Me and Him." There is ONE Brahman prevailing everywhere and he just stays in that state. That is what he intends to bestow on us.

Master CVV promised immortality and realisation of Brahman to all. Each one of us is essentially a Brahman and Master CVV promised us that he would make us realise the same. That is the state of a Brahma Rishi, one who realised the Brahman. Such ones are higher in stature to the 3 Logoi. The Trinity oblige them.

Guru leads the disciple to the Brahman. So to go to that state of Cosmic Essence, the Guru leads you. Master CVV says, "The energy that visited has transformed me into Brahman and I can make you come up to my state." He promised that you transcend death and you experience that you are Brahman. Self-realisation is different from realisation of oneself as Brahman. It is a higher state than Self-realisation. It is the highest state of realisation.

So he first bestows immortality. Immortality does not mean you remain in the body. You depart from the body consciously. Death in the body is very painful. That you don't die, is it not a facility? That you witness your own death is also a great facility. So these two prophecies he made.

He also said, "Ever since you submit yourself to my Yoga, I take complete care of you. You won't be in want of anything. You will not have anything more than you require. You need not practice the strenuous practices of Yoga." Even Krishna made Arjuna fight the war while he helped him; but here Master does not ask us to do anything. He said, "You stay and I will do the rest." You should sit and observe. You should not entrust the body and get away. The repair is to your mind and you are anyway in the mind.

By prayer he means, orient upon the Master. Don't meditate upon his figure. Master is not interested that we meditate upon his figure. He only wants to see us looking at him and him looking at us. You can just sit and close your eyes. Turn inward and see him. It can all be just imagination. Look into his eyes and just say "Master Namaskaram". This should be done every day morning and evening at 6. "Master" refers to the "energy". This was the only mantra for 10 years after the reception of the Energy. In his 11th year of Yoga imparting, Master CVV gave his name and picture as instructed by the Energy. Do not use any other picture of the Master while during prayer. This is the only posture that is to be used with Master sitting in Veerasana and looking straight into our eyes.

Time is the essence of his Yoga. Through time, he made this the best of the Tantras. Kala Chakra tantra is the king of the Tantras. Any practice when linked to a point of time, it has tremendous effect. That is why with Master CVV Yoga, timely prayer is very important because its effectiveness is much more. Do prayer at the same time every day. Once you close your eyes, see the Master and utter forth the mantra, the transmission begins. It is like switching on a motor pump. A feeble current passes unto you. You should experience the transmission of this current. It can be just imagination. Mind can imagine the wildest of things, why not this? The current makes lot of adjustments in you. It does repair work. It gives you some visions which you are expected to know. He also gives you some instructions which you have to know and follow. As much as the current is passing in you, during that duration, you cannot open your eyes. Only when it stops, you can open your eyes. That is why the Master says, "Do not try to open the eyes forcefully." Lot of transformations happen in you without your noticing them. Just like you do not notice that you are changing every day when you see the mirror. The transformations are very subtle

and they do not pain you. On one side he works with your prana and on the other side he works with your psyche.

The Master said, "I shall teach you from inside whatever knowledge is needed for you. The knowledge comes to you. The books come to you from within. How to read the books also comes from within." It is a method called impressional teaching. In your sleep hours, he does lot of impressional work with you and you feel like reading a book. When you read that book, you feel that you read some passages ever before. Many of us, even without this Yoga, feel sometimes that this event which has happened now seems to have happened already. In the astral it happens much earlier. So likewise Master introduces to you the knowledge that is required for you to work, for your transformation and for your enlightenment. That is how it happens. It is a facility. How many books will you read and how much information will you retain? If it is impressed, it will remain with you and it is available to you whenever you make an effort to relate to it.

Daily in the morning and evening, do this practice of turning inward, looking at the Master and uttering forth "Master Namaskaram" and "Master CVV Namaskaram". Thereafter the other Masters who are responsible for the energy reaching us should also be invoked as an act of gratitude. So we also utter "Namaskarams Master EK; Namaskarams Master MN". This is how we invoke the Hierarchy of Masters. Thereafter you just observe the movements happening in the body. You don't need to do any breathing exercises. You need not try to control your mind. Just observe it. Sometimes you may feel pulsation in the heart, sometimes in the head and so on. Many times you feel the activity of respiration happening or you may suddenly see something. Just observe everything. You start to know things and learn things and your psyche is also adjusted. He does all adjustments required in each one of us. He attends to us on a one to one basis. As the adjustments are complete, slowly you start getting visions. It becomes a sound and light show within, gradually. It becomes the most cherished programme of your day.

Initially the velocity of thoughts coming to your mind is very high. You may not feel like doing. Initially it is crisis as told earlier. Even getting up at 6 in the morning is a great crisis. Even to sit at 6 in the evening is also crisis because we are in the peak of activity. Even if you overcome this entire crisis and sit for prayer, many thoughts come to your mind. You should understand that Master pulls out all the thoughts affecting you, and they appear to you before they leave you. It appears very horrible. We realise that there are so many horrible things inside you. They should be removed; otherwise how you can live with them? If there is a snake in your bedroom and you don't know that it is there, there is no fear but there is always a chance that it may bite you. But if you know that the snake is there, you cry out of fear but you should be happy that you knew of its presence. When we know that it is there, there can be a way to send it out. We realise that there is lot of debris inside and it should be cleaned. We cannot clean it ourselves but Master is there to clean it for us. He told that he would clear away all the debris. So when you get such thoughts, you just observe them. Master told, "I will completely empty you out of all your fears, negative thoughts, etc. Thereafter you are all clear."

When a sickness is not found, it is dangerous. When you know the sickness, you can attend to it. Master lets you know your sickness and also attends to it. He not only diagnoses but also heals. He has a method of case study. He had a scanning system. He scans your past 12 lives for what all you have done and what all you have accumulated. Accordingly he starts the treatment. He did like that. When a newcomer comes to him to take initiation, first a test is taken of him. He is asked to lie down and then a disciple goes into a trance and picks up all the information relating to that person in the past 12 lives and he comes back and gives a report to the Master. He doesn't say anything to the student and then he gives initiation. He will not affect the student. He works on all the aspects affecting him due to his past activity. That is how he used to do.

He used to ask his students to do prayer regularly at their respective places and he asked them to gather for May Call, December Call, equinoxes and solstices. There were 6 group lives every year.

He gave all this after 60 days of experimentation. He called it Satya Yoga meaning it leads you to truth. He also called it Brihta Rahita Taraka Raja Yoga meaning this Yoga will clear all your past karma. There will be no arrears.

He has an arrangement to do it. He said, "I will clear all your past karma. I enter into you and I will work with you together. I am with you in times of your difficulties, in times of Yoga practices, in times of your study." This is how he stated and slowly people started joining the Yoga of Master CVV.

There is no specific posture for prayer. There were even people laying down and uttering forth the mantra. As the work started within, they themselves involuntarily used to get up. We will continue tomorrow.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 6 by Master K. Parvathi Kumar
30th May, 2013

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

It's a matter of great joy and also of privilege and also responsibility in presenting the work and the Yoga of Master CVV. It is joyful because it causes lot of expansion of consciousness within and leads you to profound truth of nature and creation. It is a privilege because the way the Master presented the truth in the New Age is 'Apoorvam' in the sense it is 'never before'. And it is a responsibility because it has to be shared only with those who are inclined to orient in this path of Yoga and it is not spoken as frequently as we speak of the Scriptures and other dimensions of wisdom. Master Yoga is spoken only at the will of the Master. Normally it is spoken at the birthday of the Master and on May Call Day, only twice a year.

In this May Call, we have recollected the profundity, the magnitude and the grandeur of the descent of energy and how the Master conducted a super natural act. It is not humanly possible. It stands in comparison with the deeds of Agastya. Likewise the way he chose the lady for his work. It also has its similarities with Sage Agastya. The way he conducted experiments with the energy and the cooperation he received from the Masters of Wisdom from the Himalayas and certain mountains in the West. This Yoga was never introduced before. It is completely non-traditional. He did not insist too much on rules and regulations. He gave it in a very simple form but it is very effective and profound. Truth is simple and therefore the very path to the truth is very simplified by the Master. He came out of all the traditional ways of practices. He said, "You take bath or you don't take bath, the option is yours. You can sit in any posture for Prayer; the option is yours." He also said, "If you are with this energy, you don't need to be with anything else with regard to the traditional practices. This is inclusive of all. It includes all the traditional practices." So it is optional for you to do other things. He did not say not to do them. Even if you do not do it, it does not matter. This is for the humans at large. The only eligibility is that you take to the time slots in the morning and evening at 6 and utter the sound and the rest he takes care of.

He gave 2 more regulations. When you are in this path, let not your life be a life of seeking but let it be a life of offering. Work with it. He said, "I would like to see you as the king of your life. You don't even have to beg for wisdom. Nothing need be begged. Just practice this, everything comes to you. I take completely responsibility of you."

You have to do three things, said Master CVV.

1. In the morning and evening you sit and invoke the mantra "Namaskarams Master; Namaskarams Master CVV".
2. Let your life be a life of offering.
3. In all that happens in your life – "See me in all". If someone praises you, see me in him. If someone criticises, see me in him. If you gain, see me in gain. If you lose, see me as loss. If you are in comfort or discomfort, see me in both. He wanted us to see the One in duality.

These are the 3 regulations that he wanted us to follow. They are seemingly easy but difficult because our patterns are otherwise settled in us. It takes time and effort. The 1st regulation is the only new one. The other 2 regulations come from the past. They were given by Lord Krishna in Bhagavad Gita and even before they existed right from Vedic times.

Gathering aspect is the aspect of the South Pole. So as much as you gather, you are tending to be South Pole. If you gather through illegal means or manipulative means, you will be out

of this Yoga because such things are not for students of occultism. Therefore as you seek, you tend more towards South Pole. As you offer, you tend to move towards North Pole. "Be a giver. Be a Sun." Sun is the giver and therefore he shines forth because he transmits all that comes to him. That is the beauty. As much as you seek from all others, the light in you gets hidden, the matter hides the light in it. The Earth which receives from all planets and the sun carries the least of the light among all the planets. So walking from mundane to divinity is one great emphasis our Scriptures have always given.

The other instruction is to neutralise the duality existing in you. Be quiet when you are praised and equally silent when you are disturbed. It is all relating to your karma. Master EK said, "Man has been endowed with the abilities to solve and therefore he created problems for himself." Only the humanity is the problem in creation. Everything else runs in order. We are the ones who created dis-order and now are trying to bring order. We created many problems in life through our egoism, desires and aversions. That is our whole time occupation.

So therefore let us not (focus) too much upon the 2 other regulations which are very clear from age-old times. Let us stick to the regulation of Prayer. This is something which is very new. It is not meditation. Master did not call it as meditation; he called it Prayer. The Prayer is to the Master and the energy that you are rectified and developed to be able to stand in Light. That is the prayer. So you stand in the presence of the Master.

Close your eyes, visualise the Master in the heart or in the head, Visualise that he is already there when you close your eyes. Visualise that he is looking to you. Let the eyes meet, mentally close your eyes; in fact the rays of light coming from Master automatically close your mental eye. Utter forth the sound and turn inward and then the game starts. The true game in this Yoga is prayer. That is my personal experience. When you turn inward, you can feel a feeble humming sound. It is so true. It is like the sound of a tube light or fans in India. It is like switching on a motor. With any electrical appliance, you get this humming sound. Until it stops, you cannot open your eyes. And then as much as this sound is at work, there would be generation of heat in the body. This is the basic thing. Even the Scriptures say that the first result of meditation is generation of heat in the body. This heat works with the tissues of the body. It reduces the Tamas (inertia) in the cells of the body. The cells of the body are put to heating. Master himself experienced it when he received this energy. It generates a lot of heat in the body, and therefore the student is recommended to take buttermilk whenever he feels this heat in the body.

Master CVV used to carry a can of buttermilk when he was conducting experiments with this energy. During the 60 days of experimentation, he was taking buttermilk day and night because there was lot of heat. Humming sound is the first experience; generation of heat is the second experience. As you are working with the prayer, in the outer life crisis sprouts. It is another game. The way to solve the crisis is to see the crisis as Master. Through crisis, your past karma is put to clearance. If you touch the Master, the first gift you get is crisis. It is a gift because it is a process of unearthing something hidden in you to be cleared. If you have any particular clinging, he works on it.

There was a friend of mine who wanted to get into this Yoga. I told him that if you want to get into this Yoga, you should be ready for any kind of crisis that comes to you. But the crisis would also be solved. He said "Is it so? Then let me try." He took it as a challenge. He was an insurance manager in Visakhapatnam. He managed for 20 years without a transfer to another place. He developed lot of other businesses in Visakhapatnam apart from being a manager. I took him to Master EK and Master EK gave the Prayer to him. Within one week, he received the transfer order from Visakhapatnam to Bellary. He was totally disturbed. He tried his very best to reverse the order but the management was not cooperative. I told him that this is the first stroke of the Master to uplift you.

So it can happen so. There can be crisis in your vocation, in your health, in your relations, or at home. The moment Master EK received this energy, the gift to him was the ill-health of his second son. Master EK was also transferred from Guntur to Visakhapatnam. Crisis is common in this path. Please remember this. But this crisis is meant to clear your karma and make you lighter. You would not get stuck in crisis and get destroyed provided you are with the prayer.

Some people who had no chance of marriage as per their horoscope, got married. We have many examples. A person, an astrologer himself, who knew that he cannot get married, came to Master EK. He was very sure that he will not get married. Master said "Don't be so sure. You may get married." And eventually he got married and he is still there working in the path of Master.

Those who had no children even after 10 years, 15 years or even 18 years after marriage, begot children. A couple came to me and asked that they be blessed with a child. I invoked the Master and said "Let it be so". Then they told me that it is already 18 years that they are married and then my heart missed a beat. I could not realise that because they did not look so but I left it to the Master. In one year, they had a child boy and I even named him.

So such things happen. There is no such thing as impossibility in this Yoga. Crisis come and gifts come according to our scanning report as I told yesterday. He has the reports of each one of us. Through every crisis, you are lifted up. Through every sickness, there was a greater measure of light that was bestowed. He clears your past without compromise. Likewise he also gives cut-off with associations. You cannot be as you like, your friends and relatives. In your own interest, not to develop further consequences, he gives a cut-off and incubates you in a way. You cannot meet them and they cannot meet you. It is a facility. Once you are in this Yoga, your friends, those who are not compatible with this energy, never meet you and those associations are gone. It can be with friends, it can be relatives. Why? If you continue the association, you would pick up more karma. I have seen this in my own life and also in the life of Master EK.

Mind you, an advanced disciple in this path cannot be met anytime you like. He won't be available. Master EK was available to his associates but not so much to the members of the society. It's an arrangement that the society does not disturb you while you relate to the society and serve it. If too many contacts are with you, they only spoil your time.

All this is while you are with the Prayer. Only when you are consistent with the Prayer, he picks you up for his transformation work. So this is how outside karma clearance happens and inside transmutation happens.

Once a Vastu pandit has heard a lot about Master CVV and his energies and he wanted to be informed and get initiation. Vastu (science of building construction) is an occult science which is to be given free. He was a businessman himself and also a Vastu specialist. He approached me and asked me to initiate him. I said "I am willing to but you should accept the course of things that will come to you." Not all get it immediately but some may get it immediately. We think that we can manage the crisis but it comes so unexpectedly and so suddenly from the most unexpected corner. I said, "You may get crisis but it is a means of clearing karma and you may continue further." He took the initiation from me at 10:30 in the morning. He said "Thank you" and left. He took a left turn on his scooter, after going out of Radhamadhavam and met with an accident. He was bleeding badly from the nose. He came back to my house and I took him to a hospital. Later he came back and said, "What kind of Yoga is this?" If you say anything to him in that mood, he won't listen and so I remained silent. Naturally, he discontinued. Three months later, he met me in a meeting. He said, "Mr Kumar, after this accident I got my horoscope checked up to know the cause and I was told that I had to die. My horoscope indicated a possibility of death at that time and instead of

dying, an accident happened to me.” I just said, “thank you”. But then he never continued with yoga out of fear.

So this is one aspect when you do this prayer. But be sure that we all go through this and each time we flower better. Without crisis, there is no delivery of a child but what a change from being a woman to a mother. Only a mother can experience it.

“Every problem has a gift behind.” This is a statement coming from Master Morya.

Accept the problem and work with it and you would receive the gift. The gift is unfoldment of consciousness. Each step of unfoldment has the related crisis before. In fact all initiations are through crisis not through such pleasant sitting and talking times. Only when there is a crisis, you hold on to what you have been holding on in terms of light and then initiations happen and then you are in greater light. So that is one aspect.

Another aspect is, as you do prayers, you gain the habit of turning inward. If you sit for 10 minutes, the mundane contemporary events are recollected during Prayer. These are the things that the mind initially recollects, to most of the people as they close their eyes. That is why you need to sit longer because peripheral thoughts do not stay longer. When you do prayer for 30 minutes, 40 minutes or an hour, slowly the peripheral things disappear. Then certain things are suggested to you. Suggestions come to you. These you have to make note. You are guided from within. You are given hints for the problems you have outside. You get a hint, like an electric hint and it helps solve the problems outside. You get hints to read certain books. You have to do it. You also see, slowly later, certain forms, starting with geometrical symbols - a square, a triangle, a triangle over the square, a hexagon, a pentagon and so on. Whatever you receive, you have to make note. To keep a diary is helpful. Master himself told to keep a diary. Master EK used to receive copious dictations in Prayer which he recollected and recorded after Prayer. That is how Spiritual Astrology and Spiritual Psychology came through. It is a very advanced state.

As you move forward, on one side the heating aspect keeps happening. The stove is on and the body cells are being prepared and then a stage will come where you would pick up unconsciously certain breathing processes. Also you are given information on how to breathe. It is not as per the books but first hand information. As you work with it, the heat in the body grows more. The heat of prana and the heat in the body cells, the latent heat, together they cause a kind of inflaming. That is what we call Kundalini energy. The Kundalini is raised, not by you but by the Master. He arranges the union of pranic heat and latent heat in muladhara. In Yoga, through pranayama, this step is achieved. But in Master Yoga, he gets up to your Kundalini, causes the union of pranic heat and latent heat to give forth that light called the light of Kundalini.

Karma clearance happens continuously. Instructions, as you follow, come to you more and more. Kundalini is awakened. Then you gain a vision within. You also hear sounds much better. You hear speeches coming to you as lessons taught inside. You are taught during your sleep hours and prayer hours. You are taught things which are confirmed and affirmed by the Scriptures.

All that you need to do is sitting in the morning and evening for Prayer. That is how an accountant like me who has no Vedic background, in the sense the way Master EK had, has been able to transmit wisdom all over the globe because the information is so well supplied by the Master. It is only because of Prayers. Prayers are the answer for everything in your life.

Master wrote in a book, “For every purpose in life, prayer is the solution.” It is so true. As I said yesterday, you have visions inside, the moment the Kundalini fire is on. You see beings in you visiting and moving, wishing you. You see colours, you listen to sounds. You get much

occult wisdom without any strenuous study. If you study a Scripture or a book written by a Master of Wisdom, through the visible sentence you will see the invisible knowledge. You will see through. This is what we call reading between the lines. The apparent sentence gives you much more information. This mind shows you things within. It leads you deeper into a statement. In Scriptural writings, one sentence can give out a volume. It is like a homeo pill which is very potential. The writings of initiates are totally different from the writings of normal people. In books of normal people, there are no layers of understanding. But when an initiate writes, there are 7 layers of understanding in every sentence. So you gain profundity inside. You will be made to read so much, within and outside and the reading is faster.

We know from the story of Ramakrishna Paramahansa that everything was informed to him from inside, by the Mother. He never read anything but he was the best in Vedas and Tantras. Adepts of Tantras came to him and realised that Paramahansa was much more knowledgeable than them. Many came and tried to teach him but they found a teacher in him. How did it happen to him? It is because of the inner relation with the Mother.

Inner relation with the Master enables to gain the related wisdom. If you are to speak somewhere, the related knowledge comes to you the evening before or that morning. If you are asked to discourse upon a subject, you give a new dimension to it and not what is already written in the books. That is why the commentaries that come on Ramayanam or Vishnu Sahasranama or Bhagavatam there is something new that is never before. This never before business is there a lot with Master CVV. He gave mantras which were there never before. The occult meditations that he gave are new.

When asked whether we have to do Gayatri Mantra after prayer, Master said, "You may if you wish but Gayatri is included in the Prayer." Master descended into Master EK when the latter was doing Gayatri. Similar situations came to me 2 or 3 times. Those who intensely work with Gayatri, the Master visits them. I know a pandit, a devotee who was very fond of Gayatri. He was entrusted with the work of preserving in Telugu all the Puranas. When he was engaged in that work and doing Gayatri daily, suddenly one day, Master appeared to him. He instructed that person to go to Hyderabad to a press, where the energies of Master CVV were present. One of our group members was holding a press in Hyderabad. Master CVV directed that pandit in Adoni (a town in Andhra Pradesh) to go to that press for printing all the Puranas that he is preparing so that the work could be well done. It was surprising to him. He went to the press where he found the picture of the Master. The work went very well. Then in one of his appearance, the pandit made a question: "How is it that you appear when I do Gayatri?" Master answered, "Whoever does Gayatri with intent, I pick them up and help them to conduct further progress to them." His son came and reported to me in Visakhapatnam in the early part of 2002. This is what Master CVV has done to his father. Also his father fell down and broke his hip joint. Even after operation the joint was not well joined. Then it occurred to him that Master CVV Prayer could help him. He requested the local group of followers of Master CVV to come to his house and do prayers as he could not go anywhere. They did three prayers together and in the third prayer, the pandit heard a strong sound inside. And for a moment, there was horrible pain. Thereafter he found that he could move his leg. This is not something that happened in Krita Yuga or Dwapara Yuga. It is a recent event.

Therefore as the Kundalini fire in you emerges, much more would happen to in terms of knowledge, sound understanding, colour understanding; healing happens much easier. In most of the dispensaries run by WTT, it is not the knowledge of the homeopath but the work of the Master that causes lot of healing because all of our doctors were systematically taught homeopathy. Most of them do not even know anatomy. That includes me as well. But the medicine works. My son-in-law who is an allopath, homeopath and a surgeon wonders how sometimes the medicine I give works because the medicine does not have much relation to Materia Medica. He tells me, "Your homeopathy does not have much to do with the science of it, so I don't interfere with it", when sometimes I consult him as a co-doctor. It is not the

medicine but the Master energy's functioning through a following of Master, doing the healing. So healing need not be taken as an activity. I was clearly instructed by Master EK to proceed in the path of Yoga and healing would happen. If you get into healing, Yoga may not happen.

When Kotta Ramakotaiah, a follower of Master CVV, went he was deeply sick and was doing meditations for self-healing; they did not work. He was instructed in the Prayer to go to me and do three meditations with me. After three meditations, he was cured and he asked me, "So you also do healing." I said, "No! I don't". He then said, "The Master sent me to you to get healed and I am healed." I said, "The prayer heals. There is no special effort." Mr Ramakotaiah propagated this healing a lot. In the last part of his life, he came to me and said, "I indulged too much into healing and missed the Yoga but I see you far ahead with Yoga." I said, "Don't think so. What is ordained to each one of us happens."

What I say is, "Healing is a branch of this Yoga. Yoga is the main line." Master MN followed the Yoga line. Master VPS took to the line of healing, therefore it took longer time for him to get realised. This was evident.

So therefore continue with the Prayers. Pray long and pray regular. If you do not do that, you are only wasting time in this Prayer. You should have intent to do in the morning and in the evening. Master also gave a facility. "If in the evening at 6 due to your occupation, you cannot invoke the sound and sit in prayer, you can recollect me then and later in the day you may do the Prayer." You have to show this commitment to the Master. As you do this, he responds to you. In 5 years time, there would be a sea-change in you. Your own friends and associates say that you are different. You may not perceive it but the people around you perceive that you have changed in terms of your movements, speech, thinking abilities and working abilities. The beauty of the prayer is that it enables you to add a spiritual value to every function that you do. The spiritual value enters the family, enters your profession. Your family becomes coherent.

Another dimension of Master Yoga is, it leads you to marry. It is an aspect in his Yoga that you would necessarily find your complementary energy. The male finds a female and the female finds a male. Male-female together becomes androgynous. Only then you can become a true virgin. There is attraction for the opposite gender and until that exists you are not fulfilled. Those who follow this Yoga should be wedded and should lead a coherent family life.

In Italy, a couple who were so dear to each other for about 10 years, they got separative feelings and were thinking of divorce. It was in 1989 and I made them sit in prayer for 7 times during a group life and they were together then after. That is the beauty. It synthesises the family provided that the prayer is done. He is with you only when you regularly pray. He should be confident that this fellow can be picked up for transformation. He fulfils the mundane as well as divine life.

The profession becomes splendidous. The family becomes coherent. He lets you have a limited social life and wherever you go you will be contributing a spiritual value. It is not done consciously. As you move forward slowly you would find the Kundalini fire completing its work of building a body of light in you. You see your own image in a thumb-size in your heart centre. That tries to detach itself from the body of flesh and blood, like the peanut disassociates with the peanut shell. This is what is called as Akshara Purusha.

Without this body, you die and you have to start all over again. That is why we have the Scriptures telling us to overcome death by building the body of light within you. The Upanayanam that we do is chiefly done for it. No one knows it. People do Upanayana to their

children in their 7th year but the children don't do Gayatri because the purpose is not known. It leads you to form a body of light within you. That is what is called subtle body which is of golden light. When this is formed, the Akshara Purusha (immortal one) has come from the Kshara Purusha (mortal one). You can stay in that form for a long duration to pursue the path continuously. It is the chief purpose in Master Yoga.

Master says, "This body of light can be formed in 12 years if one is sincere." It happened to Master MN and Master EK. It can happen to all of us. This is the important step in Yoga. By this, you can overcome death. Death is to the body of flesh and blood but not to the body of light. You shift from this chamber to the chamber of light. That is what is called 'Dwijatva'. If you did not use your human life to be born in light, that life is said to be wasted. That is what Adi Shankaracharya says.

The thumb-sized being, in the advanced stages, can move out of the body. It has the ability to expand. It has the ability to grow big or become very small. It can travel by air. It can appear to others in their dreams. The followers are advised through dream. Once the body of light is formed, you can move out of this body and help the fellow beings. The night is far more important than the day. For a Yogi, night is more important than day.

Do not be satisfied that you are in the path of Yoga of Master CVV until you have formed the indestructible form of light. Thereafter starts the real work. Akshara Purusha then relates to Purushottama (the Lord). Kshara Purusha cannot relate to Purushottama. You cannot reach the second floor without reaching the first floor.

A Yogi is one who can experience death. He does not suffer death. That is what Master CVV intends giving each one of us. He wants to lift us up from Muladhara to Heart Centre. Staying in heart, you feel the needs of others and you help them. You generally help those who are weak and poor. The work thereafter is only work of goodwill. You would be welcomed into the Hierarchy. You have associations with them and the story goes on. The story up to here is relevant to us now.

Thereafter, your work expands in terms of service. You keep on serving on one side. On the other side, your comprehensions tend to be reaching the planetary and inter-planetary level. You are completely de-localised in your prayers. Each one of us is a localised consciousness. In the advanced states, the ego which is localised as a wave from the ocean, tries to join the ocean. Joining the ocean is possible for the wave because the essence of the wave and the ocean is one. The essence of the thumb-sized person is light. This essence joins the Light Universal. Thereafter there is a step to reach Brahman.

In this path, we have consciously or unconsciously entered. 90% in our groups do not know the path of Master CVV properly. They do prayers without knowing how to do them. Not knowing how to do does not help you to do it well. The knowledge is important. Master CVV does not insist on faith. It is not a faith based system. It is knowledge based. He has himself written, "This is a path of direct knowledge. I allow no emotion." You are the field for the experiment. If you wish, you get in and find the result.

You gain multi-dimensional knowledge. The Master teaches us astrology from within. The way you interpret, others cannot interpret. There are some astrologers who say to me, "The way you see, we cannot." The way I see is that which comes from the Master as intuition. Eventually you know the science but it functions more through intuition. Occult science functions through intuition. Homeopathy functions through intuition. It works much better through intuition. Astrology is an occult science. All occult sciences are revealed from within. It is not to aggrandise you but to enable you to serve the people in different ways. You can serve people through astrology, homeopathy, and numerology and so on. All occult sciences are to be utilised for general welfare and not for self maintenance. If they are used for self maintenance, they don't work well.

Such is the grandeur of the prayer that the Master has given. It seems to be very simple but it throws out dimension after dimension. After 30 years of working, Master EK said, "I continue to be a student. I am learning to be precise. I am learning to be silent." That is how he said. The knowledge is boundless. You enter into a boundless field of light and rejoice in it and contemplate further thereafter with the Brahman. You can move out of the system and enter into it at will. That is what the Masters of Wisdom did. Master CVV's work is to prepare each one of us to join the Hierarchy so that you continue to help the humanity. All the Masters of Wisdom, they denied salvation to them. Once they are liberated, they stay liberated anywhere they are. The story of Bali is an example. After the touch of the Lord, he did not care where he is. Wherever he is, he is with the Lord. Likewise the Masters of Wisdom stayed on Earth to help us.

The work of Master CVV is linked to the work of the Himalayan Hierarchy. All that I spoke of today happens only through prayers. Prayers have to happen regularly. You cannot do prayer, if you seek. You cannot do prayer if you do not make an attempt to see the one in all. Realisation need not happen. Attempt is sufficient. And keep offering in any way you can. All the resources you have from the body to soul, they should be offered for general good. That is the message of the Lord in Gnana Yoga chapter of Bhagavad Gita. He spoke of all kinds of sacrifices. The divine science shines forth only through those who are willing to share it with others.

You don't have to worry about your personal needs or promotions. They are taken care of. I am an example. I left my profession and went with Master EK to the West in 1981 but the profession grew. So splendorously the Master lifts you up that you are kept beyond want in your personal life. As you move up, the problems are solved and gifts come to you. You are fulfilled on all the fronts.

Mundaka Upanishad says, "The hair and the nails grow automatically. You don't have to make an effort." There are people who spend a lot of time in taking care of their nails and hair. These are all automatic. However much you treat them, they are bound to decay some day. Any number of creams you may apply to your face but the face slowly tends to become old. Why do you waste time on these?

There is something which you have to work on. Unless you work on it, it will not happen. That is Yoga. Use this human body to bring out a golden body out of it. It happens only when you do it. Unfortunately humans make effort where they don't need to and they do not make effort where they need to. That is what Mundaka Upanishad says. Do not seek from Master petty things. He wants to give the eternal gift. Don't look for mundane, temporary gifts.

The Master worked for 11 years, 11 months and 11 days with this Yoga and he consciously departed. He said and then departed. The followers did not believe because they saw him coming back 18 times, after leaving the body.

This Yoga has to be experienced. Any number of expressions would not give you the experience. Eating the fruit and speaking the fruit are 2 different things. The one who has eaten it can explain but then until you eat it, you cannot realise what it is. Therefore this group life is dedicated to the Yoga of the Master. I would like to give as many dimensions as are allowed to be given. We will continue in the evening.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 7 by Master K. Parvathi Kumar
30th May, 2013

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

In relation to Master Yoga, another important dimension is the New Age astrology in contrast to the traditional astrology. The energy that visited the Master has entrusted different functions to planets contrary to the functions they have been carrying out in the past. Planetary adjustments have happened with the advent of the energy of Uranus. Mostly through Sun and Moon, the rays of Uranus are transmitted to us. Uranus is an energy system that functions for 5 solar systems. This energy has given additional duties to the planets.

Saturn is regulated in a manner that humanity is compelled to take to a rhythm to grow. The regulations relating to Saturn were conceived by the Master and he gave out 30 such regulations. Saturn stands for limitation. Limitation to liberation is the way of Yoga. Everyone has to work with his own Saturn. In the beginning, relating to Master means relating to Saturn. Saturn causes certain limitations in our thoughts, in our attitudes, in our behavioural system as such. The desirable dimension of Saturn is, it is consistent, it is stable and it fixes you firmly. If Saturn is good in the horoscope, the man stands by commitment and he does not waver. The undesirable dimension of Saturn is that it is so fixed that it loses flexibility. When you are fixed to certain things, in a changing situation you do not change. Generally the mobility is also affected. The ability to adapt in all the planes is also affected. There should be enough flexibility along with stability. The regulations given by the Master, which is also worked out through prayer, give adequate flexibility along with stability. You are committed yet flexible. Commitment is required to consistently do things. When you consistently do things normally the psyche is accustomed to them and you are stuck in them. You should tend to be regular but not get stuck. People are stuck with their families, business and ideas and so on. Unless you stick to an idea, you won't consistently be doing it but consistently doing the same thing forms a habit and you are stuck with it. That is the other aspect of it. You create a habit to be consistent but that habit itself creates a ring around us. That is the sticky part of Saturn. You feel uneasy if you don't take coffee in the morning because you are stuck to it. If you do not do all that you do daily, you tend to feel uneasy. When you do not do, how much do you suffer? It also applies to prayer. While in a journey, you cannot take bath before doing prayer. If you feel much that you did not take bath before prayer, it is a limitation.

Master works out where there is stickiness to see that you are out of it. You may have your morning coffee, morning bath, change of clothing but sometimes if it is not possible, is your psyche affected? You are sitting in a chair for the last 3 days, if someone else sits there today, are you comfortable or not? You are disturbed if someone else sits in your chair. This is undesirable. To do regularly is a virtue. At the same time, by doing regularly, if you are conditioned by the habit of doing, it is undesirable. If someone takes your pen and uses it without your permission, it is his indiscipline but then you need not get disturbed.

Likewise when there is a higher function, the routine lower functions have to be set off. Suppose you have a habit of doing daily Morning Prayer here in the group and later do puja in your house. When there is group life like this, there will be discourse after prayer and you cannot perform Puja in your house; are you disturbed by it? Likewise if you are doing one good job and if a higher situation prevails, are you willing to be flexible to adjust this for that? Without this flexibility, you get stuck. People are also stuck in their own ideologies. You can serve the ideology but you should remain the Master of it.

When a higher energy prevails, the lower activity should get submitted. That is how you should have the flexibility. Otherwise whatever you have committed to conditions you; your job conditions you, your family conditions you, thoughts condition you. It does not let you grow. On this aspect, the Master works very emphatically and effectively. He always provides the contrary and sees how you respond to a contrary situation. He is also called “the Master of contraries”. That means, when you are expecting something, the contrary would happen. We don’t want rain on our group living days, the rain will come because you don’t want it. Not wanting is also a desire. Many times in Guru Pujas in India, we had rain. Many times for May Call in Europe, we had rain.

Master eliminates your tendency to get conditioned. When a man is particularly fond of particular place, he is immediately shifted. He doesn’t want us to develop roots into matter. If you are too fond of something, you are made to detach from it. This is what is called ‘Saturnian training’. Saturn helps us not to get into extremities of thinking. There is commitment yet there is flexibility. Likewise there is a state of non-expectant mind because every expectation has the other side of it as disappointment. When there is no expectation, there is no disappointment. When this non-expectant mind is achieved, a lot of psyche is released. We expect certain people to behave in a certain manner. Husband and wife have expectations on each other. They have expectations on their children. We want people to work according to our understanding. In all this expectations, there is disappointment. More the expectation, more the disappointment. If you do Yoga with lot of expectation, you are disappointed with yoga because your mind is more with expectation than the real practice.

Master CVV trains us in such a manner that we come out of this disease of expectation. Likewise he deals with our ability to wait. Waiting is such a boring thing. If the train is delayed by 30 minutes, we are very frustrated. If the train is delayed by 3 hours, how frustrated and irritated we are. We criticise our rail enquiry systems. They generally do not respond. India is the best place to learn about Saturn because nothing works according to our expectation; be it anything. There are no standard parameters. When it comes to system, there is uncertainty and when it comes to persons, there is even more uncertainty. We do not know how the other person behaves the next day because each one is inconsistent. A normal human being is driven by mind. Mind is an inconsistent flickering energy. Like the Moon phases, man has moods. One day he smiles and another day he does not. Like that in every simple act, Master ensures that you live without any expectation from the surroundings. Therefore you are never disappointed.

This is another dimension Master tries in relation to Saturn. He tells that these are all the required steps to Yoga. Great Seers have demonstrated this. They live without any expectation from the surrounding. If a man behaves unreasonably, a saint is not disturbed. What is the difference between a man and a saint? It is in the degree of expectation.

This is a dimension of Saturn which is strained in the initial stages. People are put out of their likes and dislikes. People live with strong likes and dislikes. Depending upon the strength of like or dislike, there is pain or pleasure. If the like is intense and that like does not take place, the pain is intense. Intense pain comes out of expectation.

Master himself stated, “I am a Master of Contraries”. Is it fair to be so? What kind of teacher he could be? He does it purposely to ensure that you grow out of your strong likes and dislikes. They cause strong pain or pleasure. Neither of them is permanent. This upward and downward movement is strenuous. He therefore evens out in a very good way. That is why many times it is the experience of the student that anything that is strongly sought never happens. It is to help you overcome the like or dislike. This is a Saturnian regulation to put you out of your own conditioning. He prepares you to accept the contrary. If you are able to accept it, you have transcended a huge hurdle in your life. He made a statement, “Expect the Unexpected”. It’s an aspect. If you prepare for the worst, you are never disappointed.

Therefore on the path, as you do these prayers, you should continue to do your ordained activities without any kind of expectation. To remain without expectation and to do what is to be done is already a stride forward into the healthy cycle. If you see one's own life, many things that we don't like do happen. Many things that we like don't happen. It may not be so in all the cases but many times it is so. Is it not? Life is such. Life teaches you to accept events as they come and do what is to be done in relation to it.

This is what Master teaches you before he treats you with Venus. The comfort of life, the beauty of life, the true experience of life is for those who live beyond likes and dislikes. The whole work of nature is to make you learn to relate to the bitter thing as much as you relate to the sweet thing. Too much association between 2 persons can work out to be bitter later. Only friends become enemies. This is because too much interaction out of liking generates its counterpart.

So it is a Golden Middle that you follow. You accept things in whichever way they come and work with them. This is the beauty of the Master.

When Master EK wanted to make a tour within India, suddenly a phone call comes that someone is deeply sick and needs medical attention. Should he go on travel or should he attend to the sick? He used to ask me just to know how I respond. I used to tell him, "Attend the sick first." Then he used to smile because that is the answer for him. If you say, "Let us go to the train, some other will take care of the sick", he will dump you there and go to the sick. We used to go to the sick. Then he used to ask, "Would the train still be there for us to catch?" The normal logic says no. But I used to tell him, "Let us try." As we were going to the station, he gets another message that someone else is sick and we went there. Having attended the 2 patients, we went an hour late to the station. The train came just as we entered the station. Then Master EK told me, "If you do what is more important, the less important things wait."

When you do prayer, you are never disturbed. But if you think something is more important than prayer, that something which you attend will not yield results. Mostly we take excuses in the evening for not doing prayer saying that something else is more important. If you do prayer, you will be in right time for that work. There is timing in nature when to do to bring the related success. Like this, through Saturn he arranges. When you are going to a place of your liking and if you are encountered by a duty, first do the duty and then go there.

We have the story of a cow going into the forest and being encountered by a tiger. The tiger says that it is hungry and wants to eat the cow. The cow says, "I have a child. I will feed it with milk and come back so that you can eat me." Feeding the calf is a nobler act. The tiger agrees. The cow goes back, feeds the calf and comes back. The tiger is pleased with the cow and lets it go. This is a childhood story. The moral in it is – When you are attending to an ordained duty, your liking can wait and will eventually get fulfilled. If the cow runs away, it is no use because the tiger would definitely catch it.

Likewise when you attend to service, your personal works are taken care of. If you attend to your personal affairs first, they always remain a riddle. This is a proven fact in the life of the students of this Yoga. If you are concerned about you, your problems remain with you and you don't get the help. But if you are concerned with the work of the Master and prayers, he is concerned with your problems. We saw this demonstration in Master EK's life.

When you frequently meet what you dislike, your psyche changes and you learn to accept it. We have many stories from the Scriptures. Rama was to be coroneted as prince but at the same moment he was sent on exile. Is it not horrible? Can there be a situation worst than this? When Lakshmana asked Rama, Rama says "This is what life is. This is what fate is. I have no expectation." That is why he was not disappointed when he was asked to go to the forest. This is what you have to learn. Always in life, you will be much better off if you dump the basket of expectations.

Wherever I go, I look for a descent bathroom. The general experience for long years was I get a room in a hotel where the bathroom is not good. Even our group members know and when they look for my accommodation on any tour, they first check up the bathroom and invariably in that bathroom there will be some problem. They choose the best bathroom and even then there would be some problem. Even before I enter, the Master is already in the bathroom☺. It happens in small things. I have learnt to accept it taking this as Master.

When you expect and the expectation does not work, that is the Master. When you don't expect, certain things come to you; that is Master. By this game, your psyche is evened out. When we plan for a programme like this, there will be some issue with electricity. Especially during your programme, there would be no electricity. We have seen all this and adjusted our psyche. You are prepared to meet the contraries. After a long time you go home and you find someone in the house sick. Or you are going on a tour and someone is sick. Accept that.

This is the training of Saturn that Master gives in a good way so that your psyche is not conditioned by anything. If you don't get your coffee, it's ok. If it comes, it's ok. So happening of an event or non-happening of an event has no deep impact on your psyche because in life, you are not the Master of the situations around you. You can be the Master of your own being. You cannot control the whole environment around you. This is the first training Master gives.

Master says, "Every planet obliges me. I have given new functions to them. There is a new astrology now." Therefore from the Himalayan Hierarchy and the Blue Mountains Hierarchy, there is the new astrology that was released. If you see the books "Spiritual Astrology" and "Esoteric Astrology" you see that the function entrusted to the planets is different from their traditional functioning.

A follower of Master CVV was a great philosopher. His name is Poturaju Narasimham. He is a great scholar and also a very advanced student of astrology. Once he wrote to the Master that according to his planetary configuration he is approaching death and this was confirmed by other astrologers as well. Master CVV replied, "The astrology you know is no more valid. According to the new principles of new astrology, you do not die now." The letters are still available in Kumbhakonam. Master even recommended him to restore all the books of astrology to the attic. That man lived for a very long time then after.

So astrology is given as a new dimension. Astrology enables you to learn certain dimensions when you apply it in a different manner. If you know the energies of planets and sun signs and their functions, it is a matter of your intuition to see the recipe of a planet in the sun sign. There are different sides to a planet. There is the baser side and the higher side. According to the quality of the person, either side works. Astrology does not work in the same manner for all. Just because the placement of planets is in a square or in a trine, the astrologers interpret that this is favourable or this is unfavourable. It is not true. The truth is with the person. If he is a very qualitative person, the planets work different. If he is a very base person, the planets work different. With a thief, the police works different. With a citizen, the police works different. With highly reputed persons, the police works different. Likewise, men with baser qualities are conditioned by the planets, men with humane qualities are cooperated by the planets and men with very noble qualities are served by the planets. How do you know when you see the chart unless you feel the person? This is where astrology is to be interpreted in terms of individuality, personality and soul.

Individuality is feeling excessively special and separative about oneself. It causes problems to the person. Likewise the personality; it may be soft or hard. When some people fall, they do not get hurt so much. When some fall, they get hurt badly. Why? It's the difference in personality.

Once when we were in Puttaparthi, we were visiting the hospital. A boy of 11 years old suddenly fell from the 4th floor. All the doctors, nurses and parents ran to the boy but nothing serious happened. Normally anyone should die in such a case. Most of them attributed the miracle to Sai Baba. There was one serious-most doctor over there. He spoke to us and he told us that it all happens according to the energies. That boy has a very soft energy; that's why he doesn't get hurt. He narrated many situations like this. When people fall from the same height, each one is differently hurt. The degree of hurt is different and there may be someone who does not get hurt. It is the degree of rigidity or softness in the psyche. If you are soft, you are not hurt more. So the psychical adjustment is a very important factor in this Yoga. After working with the Yoga for 10 to 12 years, you are not excited by gifts or depressed by problems. You come to know that these things come and go and none of them is permanent.

As Master works with Venus in you, he gives you tremendous joy from small events. You don't need to make huge arrangements through entertainment. It happens daily through normal events. You tend to be very humorous and joyful. You tend to carry a smile on your face. When Venus works with you, you rejoice more. You can just rejoice a lot eating small things. You can rejoice on a platform while you are waiting for a delayed train. Normally we are irritated and we criticise the entire railway system. Once you are into the initial touch of the Master, you make best use of the waiting period. Engage in a good way so that you don't feel the delay. You turn even your painful things into humour. When you are sick also, you take to humour and heal faster. That is the best way; the best way of healing is, when you go to a sick person, put him to humour. There is a way to bring people into humour. You can yourself be humorous while being sick. It causes a very light ambience all around. These are the profound acts of healing which Venus offers through humour and through joy. It gives you the nectar of joy.

All this is before you; achieve this golden body. Once that body is attained, all this is silly. They don't exist anymore.

But in the initially years, you are trained with Saturn and Venus. He trains you with Mars to regulate the force in you. Mars in the lower planes is a fighter; Mars in higher planes is a fighter for light within. Subrahmanya is devastative at the lower planes but at the higher planes he bestows bliss like a Cosmic Teacher. The force in your must be regulated. You should not move with too much speed or you should not move sluggishly. If you are too forceful, you are sure to hit something somewhere. Martians always get into a head long collision and break their head. The force is too much that it breaks your head; you get frequent headaches. Those who get headaches regularly, you can look into their horoscope, you find the Mars in a wrong place.

Master turns all your adverse placements in the horoscope into positive dimensions. That is the greatness of his work. He takes care of your limitations in relation to all planets. Jupiter in the wrong position, you tend to be a glutton. But then through the work of Master Yoga instead of applying Jupiter on food, he starts applying it on books and he starts eating books. He gains lot of comprehension. It is only a matter of reorienting the planets. This is how he gave lot of remedial measure through astrology. What is considered to be a disadvantage can turn out to be an advantage. Saturn-Mars - if they are in conjunction, it is said to be a very difficult situation. One is a very slow planet while the other is a very fast planet. Mars just flies while Saturn moves at snail speed. If you have a conjunction of Saturn-Mars, it is like marrying a horse with a bull. If you tie a horse and a bull to a cart, how difficult is it? When 2 extremely opposing things are together, the Master sees a higher dimension that one brings balance to the other. The force of Mars is controlled by Saturn and the lethargy of Saturn is motivated by Mars. This is how he interprets.

Likewise he gave a different dimension of astrology and that is what he dictated to Master EK which came out as Spiritual Astrology. Similar dimensions also came out through Esoteric

Astrology, which is dictated to Madam Bailey by Master DK. This is the new age astrology that came out after the advent of the Master energy. That is why Master CVV says, "Do not go by the traditional astrology. If you understand the new astrology, you do better". The new astrology considers Pluto, Neptune and Uranus additional, apart from the 7 planets and 2 nodes. It's a dimension.

Master made use of astrology with every student to make him roundsome. Most of the students of the Master tend to be manoeuvres of astrology taught from within. Every student in the West of the Master, they know their ascendant, their sun sign, their moon sign and their meridian. It is necessary to know what you are by your energy so that you know what your limitations and strengths are. You also know how to transform your limitations into strengths. And mostly in this route the Master takes the scan. The scan enables him to see through these planets into your past.

He went with the solar-based Astrological system (Sayana System). During the times of Rig Veda, this country was only following Sayana System. Later came, through the influence of Egyptians, the lunar system. Lunar system is effective in certain aspects. Solar leads you by the soul while the lunar leads you by the mind and personality. So everything is seen from the standpoint of the Sun and not so much by the standpoint of Moon. It is a dimension.

Master CVV also worked with other sciences. He has his own way of interpreting the words. One asked him, "What is Master?" He said "He tears your Mass and lifts you up." Likewise he gave many dimensions.

The most important aspect is as you work with this Yoga, he does all this. He generates heat in you, he enables the prana to function, he enables you to meet your past karma and clear it; he puts you through lot of transformations in the prayer and ultimately you land yourself in a field of light where you build a body. In the field of light, the cave of the heart, the golden cave, the body of light is slowly formed. By this you have accomplished 50% of the work. Then there is an upward movement of this body. That is the next step. All this happens in the prayers.

Master does a synthesis of prana and apana and puts you into Samana prana. It is the pulsation and the basis for respiration and that pulsation as the basis, he lifts you up. That is where you take to the 2nd bridge. You experience many dimensions of wisdom, light and sound until you reach the throat centre. After throat, you experience light and silence. It is much deeper. Then you are posited in the brow centre. There you experience the diamond light. He leads you there and on the way, he teaches you the practices.

As you reach your heart centre, you realise that you are not what you thought you were hitherto. We identified ourselves with our name, gender, family, caste, region, national identity and so on. All these are gone when you enter the heart. Each one of us is essentially a pulsating light. That is why it is referred to as a bird. That is our essential being. It gathers around it so many identities which are all mistaken identities. When I experience that I am a being, concurrently I experience that each one around me is also a being. Each one of us is eternal. The sheaths that we put around are temporary. They exist only in this incarnation. You may not be born as a male in the next life. You may not be born as an Indian. These are all facilities given in this life to work out the purpose. The dress that you put on is not what you are. The dress is temporary and you are permanent. This knowledge is realised truly. Praising you is different from the praising the sheaths that you hold. We are seemingly intelligent but absolutely innocent that we are pleased when our sheaths are praised. They are not praising you. They don't know you because they don't know themselves. Only the one who knows the being in oneself, knows the being in the other.

The realised one is the one who has separated himself from this and stays within it. That one moves up and gains knowledge. That knowledge is from higher circles. It is that knowledge

that Master EK gave when he said, "These are from higher circles and there are from those whom I follow to those who follow me." It is a different field of knowledge. It comes afresh. The teaching is afresh and the writing is afresh. Each time the same topic you speak, it comes afresh. Otherwise it is the same song that you are singing every time. You should not sing in the same manner all the time. People won't listen. But if you sing the same song at different places in different ways, it is interesting.

This novelty is your cup of tea when you have grown into that dimension of your being. It is that being that moves upwards because the source of that being is in the head. That is the work relating to Brahmatva. People think of Moksha (liberation) and Brahmatva (Realising the Brahman); it is only people when you reach your heart. If you cannot reach the state of the Indestructible One you cannot reach the Cosmic Person. From the Indestructible One to Cosmic Person, we discuss tomorrow. That concludes the scope of work of the Master in relation to us.

For the work of the Master in relation to the planet, please refer to the books "The Aquarian Master" and "Uranus".

We continue tomorrow.

Thank you.

104th May Call Celebrations, Bangalore
Discourse 8 by Master K. Parvathi Kumar
31st May, 2013

Hearty fraternal greetings to all the brothers and sisters. We have come to the final session of teaching for this group life.

In this session we emphasise upon the need to turn inward. We turn outward to fulfil the obligations of life. For a student of occultism, fulfilling the obligations of life is very necessary. For those who are new into Yoga, it is enough for them to create a habit to turn inward in the morning and evening and look to the teacher. Turn inward, seek the teacher and fulfil your obligations outside. If they are not fulfilled, you cannot readily enter inside; they keep pulling us out. Therefore for young ones who are entering into light, there should be a habit of turning inward. As early as this habit is established, so much they are blessed. Regularly turn inward and meet the teacher in you and the light in you and be with it. You can even inform your obligations, your problems when you are inside. Offer all your stupendous tasks which you are unable to surmount. Daily you can express yourself of your tasks and seek help towards their fulfilment. Therefore you can turn more towards the light. All pilgrimages, sacred places put together, that energy is available to you in your heart centre. You can visit temples and sacred places but then you meet the divinity in its true sense in the heart. The teacher helps you meet the Divine in the heart centre. Therefore make a habit of turning inward regularly. Visualise the teacher who would help you. The light, your teacher and you manifest into a triangle. Any manifestations happen only with the help of a triangle. Even in the outer world, if 3 persons are in consonance and they are cordial, great works would manifest. Normally the triangle would not be formed so easily. Two may be in agreement but it is difficult to find the third one. If one good triangle is formed, we can manifest a lot. It is only 3 logoi, the trinity that enabled this entire universe to manifest. Between them, there is no discord. The first logos is Lord Shiva, the second is Vishnu and the third is Brahma. They are in such unity that they could manifest a universe. If three persons are together, the divinity is already there. Therefore with the help of your teacher form a triangle along with the light in you. No one except your teacher can enter your heart. He enters by your invocation. That is his commitment. Such a teacher, as you invoke is already there in a cave of golden light. The heart is said to be a cave of golden light. Sit nearby his feet. All this can be visualisation. Invoke him and seek his help for your outer fulfilment. Don't seek outside. You can beg and seek from your Master inside. He listens, consoles and gives ways and means to solve your problems. This is the mother aspect of your teacher. There is also the father aspect where he enables you to relate to the light in you.

The divine omnipresent is full of love. He is present in our head centre. It is a very important centre. It should be kept very clean so that the omnipresent God can enter. It can be kept clean through physical cleaning as well as with clean thoughts. The latter is much more essential.

The teacher along with the Lord forms a triangle in you. He arbitrates between you and the Lord. Like in Ramayana, Hanuman arbitrates between the lady, who is conditioned, and the Lord, who is unconditional. He ensures that the Lord comes and releases us. We are conditional. We cannot liberate ourselves. Only an unconditional being can help us become unconditional and reach the Divine. As much the divinity enters into you, the teacher becomes transparent. The teacher works for you to enable you to unite the light within you. He does not stand between you and the Lord. An aspirant is like a bride while the Divine is the groom and the teacher is like the priest. He unites the bride with the groom and later he plays no role. He does not stay between the bride and the groom all the time. It is only until the bride and groom are married. There is no role for the priest later. The work of a true teacher is to conduct as many divine marriages as is possible. That is his work. He has no glamour of running around you and interfering into your activities.

So up to some age you may fulfil your obligations in your outer life. But this habit of turning inwards should be cultivated at a young age because at a tender age it is easy to turn inward. In the later stages of life, it is very difficult. The mind is habituated to go out. It doesn't stay with the light or teacher all the time. That is why it is said, if you are into Yoga at a young age, you are very lucky. The plant can be made to grow or directed to grow vertical in the initially stages. If it grows crookedly into a tree, it cannot be made vertical then. So this should happen at a tender age. That is the purpose of Upanayana. It is not a fancy. It is to walk near to the light in you. That is what a teacher does. The teacher helps you walk near to the light in you, the light of Gayatri.

So if you make this practice at a young age, it is a great facility. If you start at 7 years, by 35 you are inside. If you start at 35, it is very difficult. After 49, according to the Scriptures, it is not possible because already everything is crystallised in you. The earlier you meet the teacher, the better. It can also be done at a later stage but the process is difficult and the strong changes should be accepted.

When the building is on paper, the changes can be made easily. Before we make this building, we draw it on a paper. Any changes are easy at that stage. Once it is built, it is possible but with a greater effort and breaking may be necessary. To erase is easier, to break is difficult; difficult for the student but not for the teacher. Therefore it is easier if someone practices to turn inward at a tender age. Tender age is 7 years according to our Scriptures. The later it is, the tougher it becomes. It is possible; may the prayers have to be very ardent and sincere.

Arjuna laughed when Krishna taught this to him in the former's 90th year. In that age, 90th year means 45th year in present age. In Dwapara, the longevity is twice that of Kali. He says, "What are you talking my friend? It is impossible." Krishna says, "Do not say it is impossible; it is difficult", and gives the key to make the impossible possible. He gives two keys. One is Abhyasa (practice) and another is Vairagya (detachment).

One key is detachment. It does not mean you leave everything and go away. Let things be around you but you do not get into them. Let them be free around you. Let them not bother you. You stay above them. There may a very mundane thing around you but it does not matter if you stand out of it. This is what is called Vairagya. One should have a detached attitude towards everything around you including your body. It causes trouble. It is your house. Not all houses are comfortable and if the house is of trouble mostly people sleep in it.

In many stories, if you observe the life of an initiate, they have many problems all around but they never got troubled by them. Troubles are always where there is life. Please note it. As far as they don't trouble you, it is ok. "Let it be" is a mantra. For a while, just turn inside. If you go inside, you are reinforced by the light and by the teacher. Otherwise, you will only be at fight and it is a losing fight because you have no solutions to flight. You are limited. That is the story of Gajendra Moksha. The elephant, however strong it might be, it is weak in the waters. The world is the waters. The elephant got stuck in the waters for 1000 years. When you enter into the world and do not know how to relate to it, you are caught and the problem is way beyond your strength. It is not enough to overcome your problem. The strength is within. That is why the elephant turned to prayers. You have to turn to prayer. At the point of crisis, the outer ability cannot help you but the ability within you which you do not invoke. It reinforces you when you invoke. It is our ignorance to think that the mind can solve the problems because the mind is itself in problems. There is a slogan, "No bird flies high with its own wings." It is sheer ignorance that mind thinks that it can solve its own problems. The mind is already in the problem. It should keep itself above the problems to solve the problems. For that prayers are required.

Abhyasa: Daily practice to turn inward and visualise a beautiful cave or mountain in golden. Visualise a light coming which makes the cave golden and visualise the Master, invoke the Master. If you have a problem, inform the Master. If you inform, the mind is cleansed and the light enters you through the Master. The Master has the ability to transmit light. The light helps you come out of your obligations. To some people obligations are always there, even in their 70th year. This practice enables you to develop a detached attitude. Every morning at 8 or 9, you are getting into the world but in the night you are not in this world. Having come into this world, you should know that you should go back on a day to day basis and someday on a longer period. This should be recollected on a day to day basis. Your job, your relations are there only when you are oriented outside. If you are inward, none of these is there. You are alone inside. Between sleep and wakeful hours, let there be a junction point where you enter that cave. That is why we have the Morning Prayer. Even in the night, be in cave and let sleep come when it comes. That would be a conscious way of moving into the world and moving out of the world.

This should be practiced from childhood on. You step out into the world through prayer. Just touch the heart daily. There are many Nadis (lines of awareness) going into mundanity but to go up, there is only one Nadi. The tree column is one while the roots are many. You can see the coconut tree which has many strong roots and only one column. That is why it does not fall even during a cyclone. There are 1000s of columns of light going into mundanity but there is only one column called Sushumna Nadi which can lead you up. It is said to be the principle of Hanuman. He can lead you to the Divine. Until you gain enough strength to stay inside, practice to visualise and meet the teacher in your heart. Tell him of your obligations and problems. He will not allow you to escape from them but helps you to fulfil them. There are some who try to escape their obligations. You cannot go anywhere by escaping. They must be fulfilled. By fulfilling the obligations by working with them, you gain the needed ability and the needed strength. When the outer life is not well organised, when the relation with objectivity is not in the right direction, you are prevented to enter into prayers. Don't think that you have decided not to pray today. It is otherwise. Master does not let you pray if you are not well organised in the outer life. On a daily basis, whatever needs to be done must be done in the right way. It should not be over-action or under-action. It should be the right relation. Right relation with children, spouse and society in general is very important. Undisciplined, irresponsible, irregular persons are not allowed to enter within. That is why the Prayers are mostly irregular. That is why when we pray in the morning, it is recommended that we make a request to the Master: "Please let me allow you to come back to you in the evening. Give me strength to do things in the right manner that enables me to come back to you."

Don't think that you can meet the Master at your wish. Unless the Master permits, you cannot meet him. Therefore right relations in the objective world are very important and without attachment. Let there not be concretised relationship. It is said, "Relation is fine, not relationship because ships sink." Relate well, relate with love and relate as much as is needed. Do not be excessive in your relation. If you don't relate as you have to relate, it causes problem. With anything in life, right relation is to relate as much as you have to relate. Be it with the family, profession or society. Like this the practice of detached working with objective and practice of turning in and visualising the light. Master CVV says, "Invoke me and I relate you to light, to the Divine." He does not stay between the light and you. Many people think sitting with the teacher is enough but the teacher does not feel so. He is a director. He directs you to light. There may be a board leading to Tapovan. If you sit at the board, you cannot reach Tapovan. The way to Tapovan is not Tapovan. Likewise the teacher is the way to lead you to the Lord. That is why Jesus said, "I am the Way."

You walk the way according to direction. As you reach the destination, he is already there. The beauty of the teacher is that he is present everywhere. He can say bye to you at one place and receive you at another place. Everywhere he is there ahead of you. That is the story of Ganesha and Kumara. Everywhere Kumara went, he could see Ganesha present

there even before him. Only by following what the teacher said, you can follow the teacher. The teacher can be only met through the wisdom that he imparts.

Therefore inculcate this habit. It is getting late. You should strive for it. According to the plan of life, one is expected to complete his obligations by their 60th year. There are some who even fulfil their obligations even earlier. Some continue to be in obligations but standing free. Nothing binds them. You are with the family fulfilling obligations but you are attached to the family. You are with the profession but not attached to it. You are with the society but not attached to it. You interact with love and responsibility in every field but you don't have any sticky material with it.

Therefore among all the instructions given, the ultimate one is to turn inward. Krishna also says, "Yagna, Dana and Tapas". Turning inward is a means for Tapas. If you are not fulfilled of your obligatory Karma, if you have sought more and more and incurred more debt, then Yagna is not fulfilled. Keep offering to everyone around. Rama did so and he is considered an ideal human. He never took an obligation and he went of fulfilling his obligations towards everyone. Therefore he could relate to the Lord. He was worshipping all the deities. Is Puja necessary? People ask so. Rama did it, so you may do it. It may not be necessary but it has its own splendour. Master EK brought back the worship of divine deities along with the Master CVV Yoga. It does wonders. It can make your life very splendourous, as splendourous as heaven. Life may be very spiritual but not splendourous. Splendour comes from the devas (intelligences).

If you read Ramayana, it says Agastya used to worship 18 deities (Cosmic Intelligences) daily with fire rituals and Shodashopachara Pujas. He is already Brahman but still he performed all these rituals. When Rama, Lakshmana and Sita entered the Ashram of Agastya, they were stunned. Any house where regularly Shodashopachara Puja is done, that house is full of splendour. I can give you in writing if you want. Master EK personally told me.

So fulfil the obligations. Once that is done, the nature gives you many more resources. Offer them as well for the welfare of others. That is called Dana. After Yagna comes Dana. Yagna and Dana should happen continuously. Only then you can do Tapas. People want to meditate long periods but they cannot. Practice of relating to Divine (Abhyasa) and detachment (Vairagya) should happen hand in hand. Without Vairagya, there cannot be Abhyasa. Initial part of life should be so well conducted that you have developed enough detachment with the world. We are generally stuck in the things that we develop. We are stuck in the house that we build, in the family that we develop, in the profession that we develop. Whatever you have developed is not for you, it is for the public. That should be known. Only when you develop this attitude, you can remain detached. Otherwise it clings onto you. The more you cling onto it, it clings onto you. It is both ways. As many things as you hold, they come in the way of relating to the light in you. There are so many things that men get attached to. If we are at one place and our property is somewhere else, we should go and check it regularly. The property holds you through your thoughts. It holds you from a distance. See how powerful it is. Sitting here, you cannot hold your property but it can hold you.

Nothing can happen without detachment. Detachment cannot be false. It should be like a fully ripened fruit. If you touch it, it falls into your hand. The worst attachment is to the body. That is why death is horrible. If you have attachment into the world through the body, imagine how deeply you are attached to the body. All your objective attachment is through your body. Once you are out of the body, you don't have a property, you don't have a family. So all outer attachments are only through body and body is the most difficult thing to get detached. The inner work enables that detachment.

Master CVV's work is that. "I let you stand free in your own being. I lead you to that. You will remain even without your body. Along with the body, you won't suffer," he promised. So the

preliminary step of detachment with the body is detachment with all. Detachment does not mean that I don't want to meet anyone. You can be in it and yet be free. Detachment is mental but not physical. Sanyasa is mental but not physical. There are many Sanyasis who seemingly detached from the world but got stuck in the Ashrams built by them. It is worse than family attachment. Family is small but Ashram is a very big family. In the name of Sanyasa, one develops Ashrams, properties and so on.

One man renounced the world physically but not in mind. He thought that he just needs a loin cloth; one to wear and one for spare. With that he walked away. When he was trying to do penance, one loin cloth was present on a rock and a rat started making holes to it. He brought a cat to stop the rat. The cat needs milk to drink and he brought a cow. The cow gave more milk than required and so he started a business to sell milk. Not business but he informed that someone may come and take it from the nearby village. Everyday a young lady used to come and take milk. He used to expect that lady to come everyday. When the lady did not turn up a day, he used to think about her. So a part of his mind was with that lady and the milk, though he was doing penance. Looking at the lady daily, he developed another thought. He wanted to marry that lady so that she would take care of him and all the animals. He married her and the lady has her own needs including children. So they also beget a male child. The child wanted to play and as he had no one to play, he asked the father to play with him. The child asked the father to play the role of a horse and the child sat on him and put a rope across the mouth of father just like we do to ride a horse. The child pulled very hard with that rope. That pained the father. Later he recapitulated what had happened. He realised that ultimately he has become an animal instead of becoming divine.

It is not so easy. You have to work out slowly. Detachment has to be gradually worked out. Just like a fruit or a flower gradually detaches from the tree.

So unless you go inside and practice, there is no question that you can detach from the 1000s of lines that pull you out. You can sit with closed eyes but the mind pulls you out. You are outside though with closed eyes. You deceive yourself thinking that you are meditating. You may also deceive your neighbour saying that you regularly meditate but the behaviour is otherwise. If you are really a good student of meditation, you are detached from all the surroundings. You let things be around you. You do not decide who should be around you and who should not.

Detachment also should be with likes and dislikes. You should neither have dislikes and likes. You should not be too much passionate. Then you will be able to do things better. If you are dispassionate, you are in greater balance in doing things. If you are too much passionate, you do things out of passion. This practice should be started at a young age. Vairagya (detachment) and Abhyasa (learning) should happen continuously. They have to be analysed on a daily basis through introspection. What are the things that you are deeply attached to? You may be deeply attached to persons, to things or to some thoughts. Self introspection, self criticism and self analysis are very important. Do not criticise others. Let there be a judge in you who judges you. Judge yourself, not others. Spare others but not yourself. Have you done the right thing? Have you spoken in the right manner? Did you do what you have to do today? Did you do it in the right way? Let there be an advocate in you who questions you. You should question by your own self inside. Did you do well in all your activities? Questioning should happen on a daily basis. Don't spare yourself. Rama spared everyone. He did not judge Kaikeyi, Dasaratha and others. He was just interested in what he had to do. Judgement is an inferior act.

You be straight and do what you have to do. If you have no work outside, just go inside. This is even more important for elderly people because they have not much work outside. Have maximum programme to go inside. What else they have to do? Don't plan for your grand children. That is not your obligation. Don't cling. Your obligation is only until your children become self dependant. You can be in the thick of things but if you don't cling, it is fine. The

only event left for elderly people is departure. Let the departure be peaceful. Plan it in such a manner that you have a much more splendid life of light in the next life. You need not go anywhere but don't attach. This Vairagya is very necessary for ones above 60. But according to the evolution of the soul, for some people Vairagya is at 35 years. There are much more advanced souls who have detachment from the 10th year itself. He does work, he fulfils obligations but from inside there is no attachment. This is what is called working with gloves. If you learn this, you have learnt the art of living. You relate and come back. Your abode is inside but not outside. Initially you sit there to seek help to conduct outside. Once the obligations are fulfilled, you relate to the divine with the help of the teacher. There the teacher plays the role of a father. As father, he arranges your marriage with the divine; the soul meeting the super soul. Sitting there for long hours is important.

There may be many marriages happening. Why do you have to go to every marriage? The elderly people attend every marriage of every distant relative because they have nothing to do. In all kinds of social events, we mostly see retired people. They do not arrange a programme to turn inward. They haven't learnt it. They don't know what to do. One day you have to die. Are you prepared for that? Do you know whom to meet or where to go after death? If I go to Bangalore, I know where to go and whom to meet. Wherever we go, we know where to go. If we are touring, we search the internet to know places to be visited. Through the occult internet, you know where to go after death. To which Ashram of Master should I go? That should be our attitude. We live vaguely and only fancy that a Master will come and take us to his Ashram the moment we die. Have you done anything? That is the true work. The true work is to get inside and relate to the divine. That you cannot do until you fulfil the obligations. You consciously clear your debt and practice to sit inside. Let the two be every day part of your life.

Elderly people should sit for meditations as many times as possible in a day. Sit for meditation in the morning, afternoon, evening and night and if possible sit for more number of times. What else you have to do? This is not for young people. This is for those beyond 50. Entrust everything to the people around you. Utilise the time for meditation. It is very difficult if you start at that age but still do it.

Arjuna asked Krishna, "If I start at this age, will I be able to complete before I die?" Krishna replied, "Do not worry. If you start now and die without fulfilling, you will continue at an early age in the next life." If you come into yoga in your 50th year and if you have not been able to fulfil, the next time you come, the Yoga touches you much earlier. Like that once you are into it, you continue to progress in that because it re-visits you.

This is essentially the area where the Master wants to help us. Regularly do prayers for long hours as much as possible. Just close your eyes, turn inward and mentally say, "Master Namaskaram". There need not be vocal chanting all the time. Once you utter "Master Namaskaram" the repair begins. The journey may begin any moment but the vehicle is in repair. What to do? ☺ Tell the Master to quickly do it. You can speak to the Master inside for everything. He will respond to you. This is my personal experience. You can speak anything and everything. All your mistakes can be told. That is true confession. You can ask for a punishment from the Master. It is better than external punishment. Confess to your Master your mistakes and your misdeeds and seek punishment so that there are no consequences. You can express all your conditionings. You may even express your desire to see an Ashram in the etheric plane. He may show you an ashram. Choice is his and not yours. Develop a dialogue with your Master in the chamber. He is the best friend that never fails you. He stands with you at all times.

In Geetanjali, Rabindranath Tagore wrote a beautiful poem. He felt that the Divine is walking with him all the time. He writes, "Always I have been seeing 4 feet but when I am in crisis, I only see 2 feet. Why are there only 2 feet? Don't you be there while I am in crisis?" and the Lord said, "My dear, when you are in crisis, the 2 feet that you see are my feet and you are in

my fold." The feet of the Master are eternally present with you. He will take care of everything when there is complete surrender.

Individual consciousness is always limited while the universal consciousness is unlimited. Master is the channel between unlimitedness and limitedness. For every purpose, he is the solution. Go inside and talk to him. Offer yourself to him. How long you talk to him? It is unending. You have one problem or the other all the time. Everyone has problems, even the President of America has. How long will you talk about your problems? So jump into him and be in his Aura. You are in the light of the Master.

First visualise him in you and then you be in the Master. Visualising the Master is called Dharana. As you join that light, you become light. That is Dhyana. As you move into him, he moves into your head. He will like you to relate to him in the head. So be in the heart and contemplate in the head. By your regular contemplation, a beam of light descends and through that beam of light, you ascend. The occult meditations have all these steps. When you enter the heart, up above you see a ray of light. Relate to it. It is what is relating to Sushumna. Be in it. If you already get into the chamber of your heart, it is so tasty that the outer life is no more attractive. When you are engaged at the feet of the master and when your awareness tastes it, nothing else is tasty than that. There is no more inclination to move outside. Such ones they get the pain when they have to move out. Until they see the light outside also, they do not feel comfortable to move. That is why they do not move anywhere and everywhere.

Let there be light in us, let us find the light in the heart and let us be in it. Let there be joy in the heart and it leads you up to the head. No one is Master until he reaches the head. The journey is so beautiful. To describe it is very difficult. You meet planetary and solar energies and you meet many beings. The way from heart to head is a journey of ecstasy. Therefore there is no interest to stay outside. Only he gets back outside to do his work. He is more interested to stay inside than outside.

When you enter the heart, the Master draws you from heart to head. He is a magnet. You move up and reach the forehead. Meanwhile the light of the body transforms from being golden to that of a Diamond. You see such a brilliant light. The Master appears to you in a thousand times more brilliant and vibrant in light than you normally see. That is what happened to Master EK when he chanted Gayatri. To him meditating Gayatri is the most cherished aspect in his life. Once he chants Gayatri, he is in the field of diamond light. In that field, he saw an even more brilliantly lighted person and that was Master CVV. It was a wonder to Master EK.

Each one of us can have a diamond inside. Then you are said to be crowned and you are said to be a king of Yoga, Raja Yogi. It is called 'Vajranga'. Diamond is very strong and this body is invincible. All the Grand Masters whom we worship have diamond body, golden body and physical body. Each one of them has 3 bodies. This diamond body is called the Causal Body. It is the body of diamond light. The body of golden light is called etheric or subtle body.

A Master works in all the 3 worlds with the help of the 3 bodies. Enormous responsibilities are bestowed as you move into light. You have many associates to work with. Once you have a diamond body, you can shift to any body as and when required. This physical body is constricted. The diamond body can expand or contract. It can fly as well. Hanuman demonstrated all this with his diamond body. It can take to any colour as well. Generally Hanuman is in the body of golden light. He can appear to you in diamond light as well depending on your evolution. He can become very small. All these are the facilities of the bodies of light. All Grand Masters work with these facilities and they wish that we gain them too.

So as you are advancing in your age, you need to get into complete detachment. You can do all this staying at your home. Generally no one will disturb you. Do not try to monitor your son or grandson. Relate to them when they relate to you. Just be in meditation. Eat and sleep when you feel like. You are lucky if you have a functional body after 60 up to 84 years. After 84, you cannot do anything. You forget everything and you cannot even meditate. You lose all your awareness. It is a kind of disease called Alzheimer's disease. You cannot relate to anyone. You can be in life but not with awareness. Awareness is more important because without that you are not functional. In all unconscious cases, one is just connected to the life thread. If you stay aware and if you can withdraw the thread of life, you can depart consciously. If it is otherwise, you do not know how to depart. This disease of losing awareness is prevalent in the West and now also in the East. We have too many health programmes to preserve this body. Preserve it to work for the light. If you do not work for light, even if you preserve it, you eventually lose awareness and you don't know how to get out of the body. So these are problems that we may face in future. Are we not to solve them? How many times will you take to the pain of birth and death? If you have a body of light, even during birth, you can impose yourself on the physical body and there is no pain of birth. Likewise there is no pain of death.

So there are 3 principles given by the Master to be followed by us. Lead a life of offering. Practice to see the divine around and it will help you find the light in the heart and move forward and upward. That is where the Sushumna is, the pulsating principle is. The Udana Vayu helps you to move upwards. Sushumna is the path. The teacher helps you. He helps you to activate in you the Samana Prana and then Udana Prana. They are potentially with us but we don't use them.

As you go with the practices, slowly you settle in the head. Then what? The journey is not complete. From the forehead we need to go the top of the head. The Master guides you because he is Brahman, he also makes you reach the Brahman. From forehead to top of the head, it is the higher bridge. We stylishly say 'Higher Bridge' but we do not know about it. The higher bridge is built from the other side to this side. When you do Prayer and utter 'Higher Bridge Beginning', know that the bridge is built from the other side to this side. It is the Master's bridge. We think it is our bridge. It is HIS Bridge. The Master descends unto you. Master is Brahma and he descends to lead you over there. It is a huge process. It is narrated in two hours but it may take lives to happen. There is so much detail about it. But to speak of all this, you need so much preparation. That is why the final class is very important in Group Life.

Therefore the contemplation you have in the head centre is called Dhyana. The contemplation in the forehead is called Dharana. You contemplate in the forehead and realise that you hold the body. When you hold the body, you can drop it at will. If it holds you, you cannot drop it. If you reach the forehead, you can drop the body. Only such ones are said to have dropped the body. Not everyone can depart consciously. Did you leave the body or it left you? Did you depart or die? Departure is from the centre in forehead. If you reach the forehead, from there you can move out. You move out from the forehead in the thumb size form and you can work around during the night times. You can make changes in the psyche of the ones following you in their sleep. You can consciously get in and get out. It is the royal way. He moves out the kingly way. It is not a small way. The small streets are down below. The way from heart to forehead can be said to be a State Highway. From head on, it is the National Highway.

This is how the work is. Staying here, eternally you work. There is a great more detail about it. Staying in the head is complete liberation. You can move out and move in, that is liberation.

If you reach the forehead, you are said to have reached Tapo Loka. The ones in that plane continuously relate to Brahma and also work for the world. From outer light to inner light,

from inner light to golden light, from golden light to diamond light and from diamond light to realisation of Brahma. Once you are in diamond light, you are said to be liberated and you can also relate to the Brahma. All Grand Masters reached the highest state of Brahman and came back to help us.

We hear the words Hamsa (Hamsa = Swan), Raja Hamsa and Parama Hamsa. Hamsa relates to the one in the heart. Raja Hamsa relates to one in the forehead. Parama Hamsa relates to the one in Sahasrara. Not all are Paramahamsas. Only the one who has realised the Brahman can be called Paramahamsa.

Master CVV said, "Whosoever relates to Me, I shall make him equal to Me." He also said "I am Brahman". That is the path and syllabus of Master CVV Yoga. Don't remain childish being in this yoga. The whole journey is very playful, joyful only if you know it and practice it.

Therefore every time I speak to groups, I insist upon the practice of turning inward minimum twice daily. If you have greater opportunity, do it. Stay inside as long as possible. Let it be so. Let us all be in the presence of the Master. Let the journey be joyful. It is not that you get joy at the end of the journey. The journey itself is joyful and at the end of the journey, it is blissful. May the Master be with all of us. May he protect us and help us. May he lead us unto him and may he further lead us up to Brahman.

Namaskaram.