

**K. Parvathi Kumar**

**Hamburg, 28<sup>th</sup> June, 2014 - Saturday Afternoon**

Hearty fraternal greetings to all the brothers and sisters,

I'll right answer the questions a bit briefly because otherwise we may not be able to answer many. But the morning questions were very profound questions therefore it needed some elaborate discussion.

So you may please kindly come up with further questions for the joy of the group.

**Question:** Dear Master. This is a little bit on the side. We know we have many ashrams within the hierarchy and they are working though on their own projects. Recently, I think the Catholic church has seen a change with the new pope, and it seems that he is bringing in some new life. Is there some you could say about this?

**Sri Kumar:** Yes, it is true. The pope coming from Argentina has come up with certain realities. The new pope is from a country of difficulties where the realities are better seen and he also sees in America many dimensions of truth. America is the land where the openness is a fundamental quality and due to that openness the church sees many other paths of light or paths to truth. So when the pope comes from South or North America, they are far more open than the Europeans or the Asians. The Europeans have mostly received the impact of one path of imparting the truth, Asia has thousands of paths. The very truth is presented in thousands of ways. The American land, which is a land of opportunity which is in tune with the plan, the humans have offered many more ways to think different. To think different is their slogan. To think different gives them a platform to experiment. And it also enabled many cultures to flourish there. and they are also very self-critical people. Although most of the immigrants to America are from Europe they don't feel that they are Europeans. This is the dimension. It is on account of the fact that most of those natives who died have come back in the form of the immigrants. So that makes a psychical difference. The form is European, but the disincarnated souls have all returned into that land. If I find a man in America who has roots in Germany, France, Spain or England and I ask him how does he relate to the mother nation, he emphatically says America is my mother and not, French, or Allemanish or Spanish .... In the beginning to me it was very surprising, later it was clear to me that the latter generations are all filled with the part of the natives as well

Another dimension which came to light, and most of them are very fond of Sanskrit and even respect Sanskrit, and they specifically asked for Sanskrit names as their second name. This is because before Atlantis the land was connected by the Indian Ocean. From Pacific via Indian Ocean, the South American land was connected. And the other side of the Pacific Ocean, which we see as California and all that magic land, Mexico, and the Southern American mountain ranges, the Andes, all that relates to land prior to Atlantis which we call Lemurian.

So that's why they have also in places like Grand Canyon some mountains named as Vishnu, or Brahma, or Shiva, and there is also another mountain called Shasta. These are all original names coming from the Lemurian land. So the land itself vibrates with a different energy, and then all those natives who died have to find their incarnation, and most of them are incarnated into the European families. All of them, there is no other way for them. Therefore they had this background of the past, the background of the land, and the open-minded thinking. To think fresh, to think different is their

strength. And it is much more so in South America, because in South America there is an immigration from the natives much more than in North America. For this reason, anyone coming from that part of the land will have a different approach in terms of religion and the path. This pope is very much liked for that reason. He can see in other ways also. It would not have been possible if he had been from East Europe or Europe. Therefore this pope is expected to ... actually, there is a strong movement of reforms in the church. One of the very close advisors to the pope by name Antonio, he came to some of our group lives without informing anyone who he is. After three group lives when we were in Kandersteg and as he came in he revealed himself who he is. He said I have been attending to your teachings since we came to know of you and I'm very close to the pope, he said, and for your present information we tell you that many of your books are read in the Vatican. I even spoke to the pope about you and he is willing to receive you if you come, he said. I said no, there is no purpose in my coming. thank you for the good information. Especially they like all the programs that we do in relation to children, and couples and the teachings relating to ancient wisdom. They are all well received there. He said within the closed chambers there is a great discussion that we shall open the church and make it much more flexible to accommodate new thoughts. Otherwise, this theology that we have there is a dogma, but the theology that we follow is tending to be stale. He also said that there is as much support for opening as there is also equally resistance to opening.

There is a movement in the church from 1981. But to work out the change there has to be much courage. There are many things that they propagated before they should now withdraw. If you know the movie "Angels and Demons" - did you see the movie? - it was done with the cooperation of the Vatican. Ultimately, at the end one of the high men from Vatican utters saying you may reveal the truth of Vatican but do it gently so that we are not hurt. That's how the movie ends. The "Da Vinci Code" was not accepted, this earlier movie has not been accepted it was resisted, but "Angels & Demons" has been done with the cooperation from the Vatican. It is a good sign that the system is opening and the pope coming from Argentina, he has much cooperation to contribute to the change.

**Question:** The Masters have very beautiful stories and they tell them in a most enjoyable way. Do you have a story about the zodiac and how it works in the reverse way? Master EK spoke about the Path of the Equinoxes. Do you have a nice pictorial story which illustrates how this reverse path functions?

**Sri Kumar:** It is a very good question. I have never thought of it, but I'll try to. The reverse of the zodiac is like the planetary man working back distance. All of us put together constitute the planetary man. We have to return. As we return we have to relinquish things that we have acquired which did not contribute to our experience. We make a purpose to walk back, having walked deep into the energies of the planet. It is because the house also is being put to a change and intends offering a better house. Just like an old house which accommodated many generations is removed to rebuild a fresh one, the planet itself is making a dismantle itself which is seen as building a better house from out of the existing house. The new house is designed in a manner where you cannot carry the old habits. When you walk from a house relating to the last century to the glass house that we are building now with the glass bathrooms - everything is glassy - you cannot continue with your old habits. We change because we respect the new house or we must pay for it. so we take to the discipline relating to the new house. The situation is that we are being trained to get into the new house where we need to change some of our ways of thinking. Whenever a change is necessary the

present teacher is replaced by another teacher. Just like one teacher is replaced by another teacher as you get into the advanced side of the subject. Moon is the gatherer of information and it has a very long association with Saturn, and Saturn settles the knowledge of the Moon, the mind, and does not let the mind to think afresh. Saturn builds structures and the thinking becomes a structured thinking which does not allow any other structure. In the zodiac the teacher Saturn is slowly replaced by another teacher. That teacher is Uranus. Mind is now getting more associated with the energies of Uranus. The teacher started dismantling something relating to the old and introducing something relating to the future. The incoming teacher is a very multi-faceted teacher. He is teaching with great speed. With all this electronic medias he is fast and he also destroys the old patterns of thinking. So that's how the association of Moon with Saturn is disconnected gradually and the association with Uranus is built. On account of this impact of Uranus there are many changes happening on the planet and in the ways of thinking by the humans. The initial impact was a bit confusing, but whoever is willing to change certain things are broken in them and certain new things are introduced in them. When Moon gains association through willingness to change, that willingness to change will disassociate the strong patterns in oneself. Then to such ones there is a reversal of the wheel. In the reversal the teacher Uranus retains whatever is valuable of the past and whatever is invaluable for the present. As Moon gets trained the consciousness gains the energies of Uranus, and the consciousness is no other than the Sun. So when the consciousness likes to pick up the change and work with it, then the progress on the reversed wheel is faster. That's where we have a situation of re-defining the work of the planets. If we see the esoteric astrology coming from Madame Bailey or spiritual astrology from Master EK you find that Uranus is fast replacing the functions of Moon, Sun, Mercury, Venus, Mars and as a different way of teaching through Jupiter. Like that you have become a all-permeating energy who has given higher dimension to the planetary functions. That's why ever since the beginning of the 21 century there is growing openness to learn. All learning is to change. This statement comes from Buddha. Buddha and his three friends start contemplating while fasting. They were fasting and contemplating. They consecrated as much to fasting as meditating. One day an old man came across and said you meditate, you don't have to fast. You need the body to do meditation. If you don't eat, your body will fall soon and your purpose of contemplating and meditating to find truth will not be accomplished. Immediately from the next day Buddha started to drink water and eat fallen foods and leaves, the other three colleagues disagreed with him. You have consecrated to fasting and contemplating. Now that you listen to some advice coming from an old man you stop fasting, so you have desecrated yourself, you have dishonoured your commitment. Then Buddha answered we are fasting to do contemplation effectively, but if fasting comes in the way of our contemplation to realize the truth between fasting and realisation I choose realization. If realization is better assisted through not fasting, I will prefer to follow the path. Then he says, all learning is to change. When we were contemplating with fasting someone sent him to give us a message. I see that the message is from the Divine and it is acceptable to my conscience. And the ultimate purpose being realization of truth and for that we need to sustain the body, and to me it is quite clear that we need to supply some energy to the body through food. When he took to this change the others did not. The others did not become Buddha. He became Buddha because he accepted anything the conscience accepted. To go by the conscience - this is the change that Uranus brings at a very large scale. That is the reason why there is breaking of the system in many dimensions relating to the human life. There is a lot of breaking relating to humanity in so far as such a breaking is with conscience it contributes to growth and that is what the new teacher what we call the Aquarian energy that has come to us and which is being transmitted by Uranus and the Hierarchy because Hierarchy stands as the outpost for this energy. And the planetary hierarchy also accepts

this new situation. Therefore the touch of Uranus is with Sun, with Moon, with Jupiter, with Venus, with Mars and Mercury. The whole functions are all overtaken by the new functions that Uranus has given. That means that the teachers and the planets have taken to different ways of relating to the human systems. And Vaiwaswata Manu also has picked up these energies and started remodelling the humans so that the instruments are far more perceptive than before. The incoming children are far more perceptive than what we are. They are faster in every aspect and they have the ability to grasp much more than what we grasp. All these dimensions are working through the planetary energies and the related teachers so that we trace back from physical to subtle physical. The present reversal of the beings and the shifting of the equinoxes is understood to be lifting the planet and the planetary beings into ether. It is called immortal physical. There is mortal physical and immortal physical. Therefore today, relating to the individualized energies through the teachings that have emerged from the 20th century and taking to the related discipline we can associate with Uranus. When once we get associated with Uranus, it will also simultaneously cause the needed dimensional change of other planets in your natal chart. The planets do not function as before when you have introduced Uranus's energy in you. They take to different dimensions to help you evolve faster. It is only in this connection that the Esoteric Astrology and the Spiritual Astrology had to be written. It is only in this context that I started giving the new dimension of every planetary energy by giving a separate book relating to every planet. It is seemingly the same old planet but it has changed with the touch of Uranus. The energy of Uranus is today seen as the chief energy that causes the transformation and it is said to be the true saviour. Saviour of the planet and saviour of the planetary beings. It is he who conducts the shift in our awareness and in the planetary condition as well. Today only we see three major planets at work through all the seven planets which we talked about in Paris: Pluto punishes when change is not accepted. Pluto is the Lord of Death. When there is a change there is no need to destroy. When there is resistance to change it will be destroyed. Uranus joins hands with Pluto to cause mass destruction when there is an absolute non-inclination to change. Change is inevitable and it has to be accepted. The change is for the better which Uranus imparts, and Pluto makes it compulsory. When the change is complete, we have the bliss of Neptune. The beauty of existence is better understood, once the change happens. So therefore we have two teachers: one makes it compulsory, another makes it educative, and the third one gives you the bliss. The transition is collectively done by the three along with the seven. And for the change to happen smoothly, there is a healing touch coming from the planet Chiron. Chiron functions in tune with Uranus. That's why there are lots of thoughts relating to healing practices. A variety of healing recognizing the vital or etheric body of the humans. In every field there is a different dimension that is coming to us. So the entire story of change, the hero is Uranus and the impact is "lift-up" from the mental to the buddhic plane. That's how the scheme of things is understood and the teachings are therefore given afresh. That's what it comes to.

**Question:** I have a couple of questions, very easy for you ... Can you give us a clue about potent places on the physical plane, of course, relating to the etheric plane on the American continent, e.g. Mount Shasta, or other places you know that are worth to visit.

**Sri Kumar:** The entire west coast of the North and South American continent where the mountains are present and the apparant ?? land towards east are very sacred places. They belong to Lemurian times. The Lemurian times are the most sacred times for this humanity. It the time when the sons of will, the sons of fire, the sons of god came down in great numbers to help the humanity and they

worked first mostly in that land which is known as the western part of the American continent and also the land that was before the Pacific happened. The Pacific Ocean was a huge land at that time. Later came Atlantis. So now that Pacific is an ocean we can only think of the parts on the west coast of the American continent. That land is considered to be the golden land, there is a magical ambience prevailing. When it comes to specific points, Seattle is one place one can live to experience, and then Mount Shasta and the entire Californian border including the Redwoods. and there is a park called Yosemite Garden. The original name is Yoshomati. Yoshomati is the name of the mother as splendour, and fame and reputation. Yosemite Gardens. And then there are magical spots in the Redwoods in the northern continent. And then Grand Canyon. And then there is a valley of spirits which is called Monumental Valley. Along with the Grand Canyon there is also Bryce Canyon. And there is Death Valley. Visiting Death Valley to me it gave a real experience of death. It is truly a death valley.

And then coming to the south American continent. All that we see as the Andes mountain range is very important. The Andes mountain range is unique in itself. You name any colour, you find a mountain relating to it in that range. The stones, without exception, you have mountains with every colour. And around Aconcagua, the highest mountain in the Andes, there are many mountain ranges where there are many ashrams. In all these places there are ashrams whatever name they have been given. Near mount Aconcagua you have a mountain called Penitentes. It is believed to be the ashram of the Seventh Ray Master in South America.

And the Monumental Valley or Valley of Spirits is considered to be the abode of the master where he initiated the Violet Flame work. These are a few things that come to my mind at the moment. It's a huge journey. And also the Easter Islands which are in the Pacific. So when you have time, I know you have the inclination, according to your time you can plan. For your information, our brother Miguel has been to Mount Kailash, many times he lead the groups also there. He was also at Shigatse and even went to Gobi Desert. He has a feather-like body and a strong will. He and his wife did many pilgrimages like this and sure he will do these pilgrimages also.

**Question:** I would like to come back to the question that you answered this morning for Wolfgang. Learning to sleep is learning to die. Can you give clue to people that are a step before because... Many patients are not able to sleep and they take lot of medicines against insomnia so they are not able to this step, this is why I am asking the step before.

**Sri Kumar:** The step before is when they are willing to learn we have to tell them the law of reincarnation. Most of them stick to the body because they have no understanding that there is life after death. That's why in the west it is more. In the east the knowledge of reincarnation is with anyone and everyone and they speak too much about it. Therefore there is no fear of death, it's not the end of things. This education is very important for the persons in the old-age homes, who are about to die. We attempted like that in the west in some centres, but most of them are already in a position where they are not able to comprehend what is being said. And the ones who can comprehend, on account of the settled dogma in them, and the inability to change at that late age they are not willing to accept it. So we have to start teaching this doctrine a bit before so that they eventually go through the process. Teaching the doctrine of reincarnation and the truth that there is

no such thing as death is said to be the greatest act of healing. That means you are helping a soul to go through the transition without the fear, and when there is no fear there is no loss of consciousness. When there is no loss of consciousness there is no loss of continuity. Therefore right from, say, 72 years we can start teaching this. It should be appropriately addressed. In India they impart it right from the 49th year or 56th year or 60 year of 72 years. Around 84 years it is too late to teach. The mind cannot accept anything new. So therefore if you start a bit early and give them the law of reincarnation and the law of rebirth, then it becomes easy. Many people who are stuck like this, when they have a little awareness, if you inform them they can make the next step.

I have an example, I have many examples, but I give you one example. There was an Indian who went to the United States and he took to illness and almost went to that point where he was to die. But I know that this Indian had a strong desire to come back to India and to be reborn only in India. He is in a semi-conscious state for one month and his son it was a very difficult situation retaining him in the hospital, and treating him he had to deplete his back balances and even had to sell away his house. Then his life has also an insecurity. He telephoned me and asked me, could you kindly help my father either to return or to get away whichever is appropriate. I was in Zurich at that time. I told him put the telephone to your father's ear. He was known to me earlier. And I told him if you cannot get back into the same body, if you don't have the strength to fight you may safely depart. You will surely be reborn in India because the soul has no distances. The distances are to the mind and to the body, but not to Buddhi and the soul. And you can be very sure that you will be reborn in an Indian family in India. He did not answer anything, but in the same night he departed and his son is so thankful. That's how proper information is important for the persons who are making the inevitable transition. Earlier you do it the better it is.

**Question:** With this topic could you maybe tell us what a departing soul will experience in the other life because I have the impression that we get more electronic and we can communicate with anybody anywhere that life on the other side is like this, that where we think we are is we are. And things go quicker there and there is also a similarity, ...

**Sri Kumar:** The first thing you should tell them is you are far more liberated when you are out of the body. You experience an inexplicable joy of freedom and once you get there you feel very sympathetic about the ones who are in the body. This is the first experience, this we have to inform. It's like you have been arrested in a bottle, once you open the cork and the soul is out you feel, you know what it is when this example is given ... such is the first experience. You don't like to come back. There are many near-death experiences (NDE) recorded in hospitals where when they almost died and came back and they were asked by a team who were working on near-death experiences. They said it was so very beautiful over there, there is no constriction as we feel when we are in the body. It's a body of great flexibility and you don't feel the body, so light is the body, and all around you find somewhat familiar conditions relating to your remote past and many times to familiarize the new situation there are intelligences who are called angels that come to assist you and introduce you to the other side of the world. Normally two angels, they are devas who take care of souls who help to come out of this body. it's a fairy tale for those who did not experience it. But once we experience these experiences can be narrated to them. They are available in the form ... If you google for near-death experiences you get a series of events where they narrated all the beautiful things they have seen. This can be given as examples so that encourages the one to get out of this... because anyway

they are not comfortable in this. They are not comfortable and they don't know where to move and they don't know whom they meet. That's why out of that ignorance they keep on holding to the body. Therefore if you do this kind of talking it would be helpful. Actually we have to conduct group lives in relation to those who are willing to learn about death. Even today in India there are scriptures with lots of intricacies relating to death which are imparted right from the 60th year to inclined persons so that they have the inner information. It's like going to an unknown place but if you are given some kind of map and if you are also given some contacts there it's easy, isn't it? It's like a man like me coming to Hamburg. If I am to come on my own, find a place to reside and come to teach in this church it is very difficult. I would rather not come than come. So when you know whom you meet over there, what kind of place it is, how beautiful it is, when this information is needed for the mind then the mind is inclined let me go and see what it is. That's where these practices are relevant. When you know more or less where you go and know more or less whom you meet, and that life is much more beautiful than this - all that is an interesting information for the person. By that we give comfort to the psyche so that they don't cling to suffer.

Saturday it is all about death. Tomorrow we think of life, Sunday. When we just came out of new moon, so naturally.

**Question:** One more question relating to this topic....

**Sri Kumar** (laughs): we can call this session in Hamburg a session of horror...

**Question:** We all are working for, or at least try to work for the continuity of our awareness. The yoga of Master CVV also means that we are preparing to build the etheric body which will continue beyond death. How is it when such a person has gained the etheric body. What happens when he dies? And when such a person is reborn, does he consciously take up all these information. Is he conscious as a baby that he is imprisoned in his body. Sorry ... it's not getting easier.

**Sri Kumar:** I think that this question... Firstly, I ask you to kindly read the book on the teachings of Kapila. What happens after death and how is the transit house and what happens when one gets into the body. It was started in 1993 and the book also has come through. But nevertheless, maybe to kill time, I'll answer our brother Wolfgang. First of all, it's not only the yoga of CVV, the very yoga science enables us to form the golden body and the silver body. Please remember that the very science of yoga is a science of liberation from death and realization of the truth. This is the fundamental path of yoga. Master CVV yoga adds speed to it. It's the same process, the cooking is faster. Earlier the cooking was done with firewood, now we have electronic stoves, it cooks faster. The addition that Master CVV did is he added speed to the process. That's how it is Master CVV yoga. (1:07) When the etheric body is formed, even before he finally departs from the body, he regularly remains a server in the etheric plane cooperating with the ashram to which he belongs. Once the etheric body is formed there is greater work and greater responsibility. The disciple is available not only during the day, he is also available during the night. He becomes a day and night worker. During the day he works where he is. During the night he works wherever the work is needed because the etheric body has the ability to fly. It can go to any continent and do the work, That is what is the case with anyone who has formed the etheric body. He works by the day in the locality and at night anywhere on the

planet. When he works with the etheric vehicle in any place he keeps dropping suggestions into the subconscious mind of those who need help so that the man in sleep receiving it through subconscious gets the idea after he wakes up and feels that he received an idea which is useful to him. That is how constantly disciples with etheric body keep helping but the sleeping ones if they are a little more aware they get it as a deep dream experience. Many group members experience the appearance of any teachers and giving them some suggestions. There are dream experiences, which is are far better receptive state than receiving subconsciously in sleep. That's how he keeps on working in the night, and in the morning he wakes up and does his local work. A disciple works localised in the daytime and globalized in the night. That keeps on happening to him. And when time comes he departs from the body but continues to work in the subtle field until he takes to another body. Depending on the need he takes to the body, depending upon the responsibilities of the ashrams the disciples keep taking bodies and conducting work. Since he already familiarized working without the physical body he continues to work with the etheric body in the etheric plane associating with the ashram. This is about the one who has gained the etheric body. To him death is not an experience because he is daily getting out of the body. When you are regularly going out you have no change of vibration when you finally go because you know that you continue to live and that you continue to hold the knowledge and you continue to help. And if required you can recollect your past lives, past connections. Up to 7 past lives one can know. More than that is not relevant. Up to seven lives. He knows but he is not attached to the past, he is only attached to the plan. The only attachment for the disciple is the plan. When such a one is required to be born he continues, when he is born as a baby mostly he sleeps in the initial months until the body is fully prepared. It takes 7 years for the body to be fully prepared depending upon the strength of vibration and the parents through whom he was born. He recollects any time from the 7th to the 35th year, this is the range. Any time in this period he recollects the whole past. Very great initiates recollect in the 7th year, some recollect in the 10th year, and 10, 11, 12, 16th and 18th year, 21st, 24th year, 28th year, 33rd year and 35th year. If they are already accomplished by this time they recollect and start to continue depending on the degree of vibration that developed before the death. Sometimes they may come into body but the work that they do may not have arrived. That also happens, then they wait. Just like Master CVV who waited up to his 42nd year and he lived a life of splendour and a life of unconditional love. So according to plan they start working and for those who are working with the yoga to form the body of light, half the way, if death is with them, they come back to the yoga in their next life for sure. Whosoever has picked up the practice of yoga, whosoever has associated with the teaching of the masters if they depart without fulfilment they do not have to really worry. They will come back into yoga for sure in their next life. And life after life they gradually fulfil. Once you see that you are established in the path of yoga, anywhere in between 77 incarnation you will find the realization. Once you are into the path you are secured by the ashrams. That's how all those who came in touch with theosophy are gathering again and again in the form of some school of yoga or other. Also those who were around Alice Bailey. They also come back. All yoga students move forward in groups because they are linked to a common programme. That's how the groups continue until one by one everyone is fulfilled. This is the law which is very clear. For the new born babies who are not fulfilled, the path visits him according to the previous ripening that has happened. They continue but they do not know why certain things have happened so fast with them. Why we are all meeting so very regularly. It is because we have met before, there is no doubt about it. And we will meet again and again. Those who are fulfilled turn out to be teachers to those who are fulfilling. A good chain is happening from hierarchy, via disciples, aspirants and humanity. That's why once we have decided to follow the path of life you are linked to an eternal chain of knowers. The fulfilled

ones work consciously, the semi-fulfilled ones work unconsciously, they would not come out of the path. There may be temporary exits but then again he takes the next entry. Like on the autobahn. By mistake you take an exit, but then you are anxious to get back by the next exit. That's the beauty. If you take frequent exits, your movement on the autobahn is slow but nevertheless you are around the autobahn. We are progressing once we are with any teaching coming from an immortal teacher. Any other question?

**Question:** When we die, we first lose the etheric body, then the astral body and then the mental body. Then we are on the soul level. When a human has gained the etheric body forever what happens with the astral and the mental body when he dies?

**Sri Kumar:** By astral do you mean emotional?

**Paul:** yes.

**Sri Kumar:** OK. The astral and the mental, they get included into the Buddhic. They get into it and integrate with it. When you come back, then they also unfold as before. So you start the journey from the same point where you have left because the higher bodies are the source of birth for the lower bodies. Like ice block getting into water, water getting into vapour, vapour joining the sky. When you come back again the vapour, the water and the ice block. Whatever the quality of your emotional body, whatever the quality of your mental body with which you departed, with the same quality of knowledge and ignorance you come back to make further steps. They get integrated into higher planes. One more question?

**Question:** You talked about change and that change is necessary to make progress. In view of this restructuring, can you give us some hints, when we as mediators see that certain things around us are happening in a very unjust way, what should we do? If injustice happens, should we sit and wait patiently or are we allowed to should we step forward and do something and interfere.

**Answer:** Firstly, when you practice "here and now" you are deeply anchored in your conscience. "Here and now" is the principle of conscious living. You are completely with the thing that you are living at the moment. This enables a conscious living on a minute to minute basis. To give you an example, when you are very conscious of your toothbrush when you look at it, you're not casual. You are very conscious of the toothpaste you have chosen in the store. When you place the toothpaste on the toothbrush you are so conscious to put it so very beautifully and you are equally conscious when you brush your teeth, your thoughts are not elsewhere. When you eat, you are very conscious of the food that you are eating. When you are moving ... This is how you develop a very conscious living. By such conscious living you contact the conscience in you. Conscience is the mind of the inner being which is called Buddhi. This conscience frequently guides you. The conscience starts speaking to you. That is the major advantage of working with the "here and now". You just close your eyes and think within and you get the answer from your conscience. When you have that conscience, it tells you sometimes to wait and sometimes to make the change, and it's easy to follow whatever you have to do. That's why this simple principle of "here and now" is introduced at the very beginning of discipleship.

Arjuna was asked to follow this principle to start with. Not only Arjuna, but also his colleagues were told, but he was the best among the disciples. He relates to what he has to relate to precisely. He fully relates to it. It's a focussed relation, you can relate to every single act that you do. Normally the

mind, being a wandering mind, it doesn't stay where it is working. When we eat breakfast, lunch, dinner, everything happens like a reflex action and the mind keeps talking about so many other things. Many times we do not know what we have eaten, and we do not know how much we have eaten. If you consciously eat, there is a centre which tells you enough. This is the test to know, if you have developed the conscience or not. There is a centre called Buddhi which tells you, you are fulfilled, it is enough. Likewise when you talk, it says it is enough. It also reminds you, it's now time for such and such a thing. This inner conscience is what is described in the Christian theology as the Devil's Advocate. So when you have this conscience it is very easy for you because it tells you very clearly to change now or to change later. Otherwise we are always in confusion. When you are in doubt better ask someone who has developed that conscience. Not anyone and everyone. A man of conscience can identify with the other and feel the other person. He has the ability to live the other person and contact the inner conscience of the other person. It is one conscience in many. From that point he advises. It is one way of getting guidance. If the guide is within you, it is the best. Or you take to a guide. If you don't find any guide available then open a scripture. It is also a guide. Many times it shows you the way. A scripture is just not a book of paper, it is a being. As you open, you read a page and it gives you the directions. These are the best methods given for making the change.

We just break for 2 to 3 minutes and rejoin for the prayer.