

106th May Call Celebrations, Bangalore
Discourse 1 by Master K. Parvathi Kumar
28th May, 2015



Hearty fraternal greetings and good wishes to all the brother and sisters. By the grace and the will of Master, we have all gathered here on the most auspicious occasion of Master MayCall.

The presence of the master or the touch of the master activates the centre of the master in us which is called the centre of eshwara and we need to align with that centre so that we stand with the ONE Master who exists in all. We need to know that we are the vehicles of the master as beings, as souls and we have our vehicles as personalities and the personalities build according to the quality of the personalities. There is the Lord in us called Narayana and we

exist in him as Nara and we build a personality to relate to the world and we abide in it instead of seeking the abode of the master. We shift our habitat from being in the Master to being in the personality. The personality starts to hold you as prisoners. That's how we have all become prisoners of our own personalities.

We have made strenuous travel to reach Bangalore to be in the presence of the Master. People have come from great distances travelling through the heat to be in the cool of the Master, as provided by nature in Bangalore. The soul should be able to relate to the Master and that Master is the Master of the universe. That Master is what we also call Eshwara. Eshwara exists in us. Those who gain mastery in making the universal master as one's own abode are called Masters of Wisdom. They live in the place of light because they shifted their abode into the light of the Master which is called the Causal and Etheric bodies. We have a body of flesh and blood and we need to build the body of Golden light and the body of diamond light and live in those bodies to continuously experience the presence of Master in us. We should slowly realise that one is no different from the Master.

That is the purpose taken up by Master CVV to help us build those bodies of golden and diamond light in quicker manner, through the path of Yoga that he propounded 106 years ago on 29th May, 1910. He initiated the path of Yoga which is no different from the eight fold path of Yoga except that with the help of incoming Aquarian energies, the transformations happen faster. The work can be finished faster, the personalities can be transmuted and transformed so that the soul can transcend the personality. We should stay with the Master and work with the help of the personality. If we stay in the personality, no transformation is possible. By the touch of the Master in us whose abode is in the Sushumna, high above in the forehead, the whole body ceases to be only a body, it becomes a temple of light. That is called building the lighted house. We build houses outside and we bring in electricity for lighting, otherwise that house is not habitable. Likewise, there is already a house with us, which is the body which can be lighted.

This work has a methodology and that we know from the teachings that have been happening for many years. We gather from time to time to ensure that our orientation remains vertical instead of horizontal. Horizontality is movement of your energies into the surroundings. All animals have their vertebra horizontal to earth. Man is the mobile being which has vertical vertebra. So he has facility to be vertical, not only to be horizontal. Horizontal activity is to expand into objectivity and seeking things in the objective world like a beast. A sincere aspiring truth seeker should try to orient vertically as well. Verticality comes by reaching the point where the horizontal turns vertical. We can join the vertical either in muladhara or ajna or anahata or brow centre. Krishna suggests that we relate to Brow centre. Upanishads speak of Heart Centre. Certain Yoga paths speak of Muladhara centre. Relating to heart centre or brow centre are the most convenient ways to relate to the vertical energy present in us. It is that energy that flows from above downward. Scriptures call it as Ganga Avatarana. When you move from above downwards and from below upwards, it is called Ganga. Ga means movement. There are 2 Ga's in the word Ganga indicating the 2 movements. There is both downward and upward movement of energies possible in Sushumna. Downward movement happens mostly. We can also enable the upward movement of energies by relating to the brow or heart centres. Therefore it is suggested that we contemplate either in the heart or in the brow and feel the vertical column in us. If you have a vertical light, the whole body stands lighted. It is in that light of verticality, you can keep moving from one plane to the other in all the sub-planes of the physical plane. We receive much information and enlightenment and that enables us to re-organise our personality.

There is disorder present in our life in terms of our movements, speech and thoughts. That disorder is to be set into order. That is possible by associating with orderly ones. They are like the magnets and the disorderly ones are like iron pieces which can be magnetised by the magnets. The conflict is neutralised and harmony is gained. The restlessness ceases and peace prevails. Just aspiring or wishing is not sufficient. If we want peace, it won't come immediately. To fulfill that wish, there is a specific way of working. Practice is the only way to reach the desirable state. The suggested practice is to relate to the Divine in us, present in the Sushumna. One should constantly relate to the light in the heart centre or brow centre. Gradually, the chakras present there unfold into lotuses and they bring you a lot of light. That light enables you to see that it permeates from Sahasrara to Muladhara. In that light, you can move upwards and downwards. That is how great Sages move in the Sushumna. One should be able to travel up and down the column of Sushumna. It is nothing but the awareness that we have in us, which is the basis of our functioning. That awareness is vertically available in us. And the Master enables us to relate to the vertical light so that we become more verticals than horizontals. When we are horizontals, we are no different from the beasts. Pythagoras says that from beast to man, it takes 6 hours. It is a mystical statement. In the morning at 6, the sun rays reach you in a horizontal manner. At 12 noon, the sun rays reach you vertically. So from horizontal sun ray, you need to receive the light and recede from objectivity into subjectivity. For this, we have to receive the golden light and stay in the heart during twilight hours and receive the diamond light during the noon hours. In either way, the work is the work of verticality. That is why vertical is important.

This horizontal and vertical are used by the great initiate Pythagoras. Master CVV also uses these terms very frequently. In every puja that we do, there is an effort to relate to the vertical energy and remain vertical. The tusk of Ganapathi should be seen the vertical column of Sushumna present in us. The predominant aspect of Ganapati is his tusk. It can be moved in any way. He has that facility. That is why we do Ganapati puja. He gives us order. He is the cosmic Jupiter principle. Without remaining in order, there cannot be magnetism and radiation. Orderliness should be present in every aspect. When there is order, there is magnetism which has the quality of permeation. It has impact on the surroundings to bring in order.

That is why every scripture speaks of Tapas. In Ramayana, in Bhagawadgita, Tapas is spoken of. Tapas is having fiery aspiration towards the Divine by remaining in alignment with him at all times. Dana and Yagna are the other recommended practices. So Tapas is to live inside, in alignment with the Divine. There are 3 caves inside us where we can remain inside. One is the heart chamber which is called the cave of the lion, the head chamber which is called the cave of the elephant and there is yet another chamber which is called the cave of Great Bear on top of the head. So turn inside and be there each time you seek to rest. Your energies are gathered within. It has to be practiced. If you wish to stay within, by habit we go out because that habit is coming with us for many incarnations. This habit of outflowing should slowly give way for flowing within also. As much as you flow out, you should also flow in. Flow out only when there is need, when there is a duty. When I have work to do, I cannot stop doing that work and remain within.

Turning inward is one of the most important practice that an aspirant should do. Whenever there is no work outside, an aspirant should go inside. When there is an obligation, you have to go out. When there is a session of teaching, I cannot say I will close my eyes and sit in my inner chamber. There is an impending work of coming out and giving a teaching. Turning inward is the most important practice if an aspirant intends to be a disciple.

There was a disciple of Buddha who was so addicted to contemplation. One who stays inside, can permeate to the surroundings so much that he also knows what is happening outside. So permeation is there in awareness. Once his help was needed to save the life of a person who was being attacked by some animal and he saw during contemplation, but he did not come out of contemplation and that person died. So that disciple was in a conflict, should he have gone and saved him or should he have continued with his meditation, and asked Buddha for advice. Buddha advised him that the first thing is to attend to one's obligation and contemplation can happen when there is no obligation. When there is something to be saved outside, save it first. You can attend to all your obligations and yet do this. Don't think that you don't have time. It is a misconception. It is convenient to say that we don't have time but it is not the truth. It is self deception and that is the worst kind of deception. Use the time you spend in watching television, gossiping, etc. in turning inward.

We are so much used to staying outside that even if we turn inward, the mind is so wavering and fickle that it will pull you out. That is what Arjuna tells Krishna. Krishna tells "Yes! It is so but you still need to do regular practice until it becomes stable. Practice should be more continuously." For continuity of practice, we need more time. The problem is there are essentials and non-essentials in life and we mix up both and think that everything is essential. So we don't have time for contemplation. So we should keep our lives as simple as possible so that we have time. Many things that we do just for formality, social etiquette, etc. can be avoided as far as possible. The emphasis for this May Call seems to be turning inward.

Vertical makes us men. Horizontal retains us as beasts. We continue to be beastly craving for things outside. Simplify and find time. Master CVV has given us 3 times contemplation daily. He did so and instructed us to do the same. He was a very busy person. He was the mayor of the city, very influential and most sort after man in the town, yet he made sure that he followed the contemplation schedule he devised. So we should weed out the non-essentials from our life. If we look dispassionately, we see how much time is being wasted in unnecessary activity. Make your activity concise. For that we need detachment. Detachment not from everything. We should detach from non-essentials completely. Ensure that you simplify your life so that you have enough time to turn inward. Without turning inward, you cannot tend vertical. Without tending vertical, we cannot ascend and build another body in the existing physical body. Building antahkarana Sareera and moving into it is the most important step is Yoga. In this aspect, Master promised us help to do it quickly for us. But for him to help us, we need to turn inward. It is a constant process like churning out butter from milk. Butter will not form by itself out of milk. It is that butter in which Lord Krishna is interested. We always see in many stories that Krishna likes Butter a lot. What is that butter? it is the body of light that is built of the existing physical body, that can work out the Divine plan for the benefit of humanity. That is what Krishna looks for at all times. Krishna doesn't want the milk, he wants butter.

Building that body of light is called Dwijatwa. Dwija means twice born. Having born in flesh and blood, man has the potential to be re-born in light. To be born for the 2nd time, one needs to build the body of light. Once you are born 2nd time, you can participate in the Divine plan. You can also be re-born 3rd time. There is also another body of diamond light which is built after the body of golden light is attained. Then is the bodyless state even further. These are the abodes that we have to build. They are built as we engage more and more in tapas. That is why we see the Seers being so much interested in Tapas. It is their aspiration to be a part of the Divine plan. Once the tapas is fulfilled, the ability is far superior.

So the primary objective for us is to remain in Tapas, to turn inward. Master promised us to help us in the process if we have the right intention. He will also help us organize our objective

life so that we have time to do Tapas. Just by relating to him, he will come to our aid. The visions that we get and the information that we get by being in the glorious lighted column of Sushumna, are completely different. That is the truth. Master said, make note of them because they would help you to unfold yourself in terms of awareness. But until you move within and stay within, there is neither vision nor information.

Therefore the emphasis is to turn inward. Once you turn inward and you keep moving in the column, gradually there is the building of the body of light. It happens due to the convergence of energies in us because of turning inward. Earlier they were all diverging due to our objective activity. The awareness converges in us and that tends to be much more stronger, much more vibrant and it tends to bring life and light from every cell of the body. It becomes a pool of energy which moves upwards. All this happens, when you sit on a daily basis for long hours. As you grow older, you should spend more time in subjectivity. Once this body collapses, there is no way of working this out. You can build another body only while you are in this body. When this body is ageing, you are losing opportunity. That is why by atleast by 49th year, this should be one's predominant activity. If you can start early, you reach safely. Make this habit of travelling inward. For that, make your life outside as concise as possible.

Please remember that Yoga of Master CVV is not for getting a good education, good job, good spouse or good children. They also happen but the purpose of Yoga is much greater. All these have been happening for many lives but that is not the culmination. We do all other things except this one thing. We live away thinking that we will have another life. But remember that we may not always be given a human body. If you read the Scriptures, it is clear that if you tend to be a beast living only to eat and sleep, you may end up to be in a beast form next life.

Once an elephant came across a mirror and seeing its image in the mirror, it thought that the image is another elephant and went away. When we see our image, we think that we are that image in the mirror. But it is not you. Isn't it? It is the same with personality. Which an elephant could do, we could not. Frequently Buddha was giving this example. He was saying, elephant is a wise animal, it doesn't identify itself with its image. Humans are identified with their images. This image keeps changing. When we are 3 months of age, how was it? When it is of 3 years, how was it? When it is 30 years, how is it? So it keeps on changing. Why to stick with the changing image when there is the unchangeable once within. Essentially we are unchangeable and we are in a changing form but we fail to see ourselves as different from the form. To see ourselves different from the form, we need to build another form, move out of this body and see this body of flesh and blood separately.

One should not identify oneself with one's personality. Personality is what we build. It is called the mortal man. That personality identity changes from life to life. It is not permanent. We forgot our permanent identity. We should see the eternal aspect of you instead of just the temporary aspect. We should see what keeps on changing and what is that is unchanging. When change is happening in the body, we don't feel the change unless others tell us. We don't feel it because we are the unchanging one. The problem is we believe that we are changing just because the others tell that we have changed. He feels so because he sees only your body. That is the story of the man and the lamb. 3 people convince him that it is a dog and steal that lamb from him. Like that, we live by others opinions. We just believe what others say.

Don't identify with your form, but identify with I AM. Everything around I AM keeps changing. In an ever changing personality, a never changing I AM is there. There are some who do not feel the travel even after travelling for a long time. There are some who feel the travel to be very strenuous. If we observe, in a travel in a train or bus, it is the train or bus that is moving

but not the body. Similarly, it is the body that moves and not the being, If you remember that, we do not feel tired after any work. If you feel you are moving, you are tired. So relating with I AM is important.

Associating with something which is eternal makes you feel eternal, which is the truth. Instead of associating with your origin, you are associating with something that which has sprouted from you. If you associate with something which is temporary, you feel that you are temporary and you feel that you die. By being with the eternal one, you gain the understanding that you are not that which you have built around you and you are not the one that would die. Everything that build has a life time and you have to leave once that time is up. The same mundane personality can be transformed into a Divine personality. The Divine personality lasts long and there are gradations in it. Once it becomes Diamond personality, it is almost eternal.

These are all built, not that you build them. You turn inward, you keep relating to the light in the forehead or heart. If you move into light, you get information from within. Blessed are the ones who get information from within and work out their lives as per that instruction. That is what Master CVV promised. He told us that he will teach everything that is needed, from within. Krishna also speaks the same. It is possible only when we stay in relation with him. All sciences reveal to you if you stay related to HIM. Where do you relate to him? In your own column of consciousness. That has to be done. Doing anything else is not helpful. To enable all this, we should also come out of obligatory karma for which we engage in service. We lead a life of service. Once the obligations are fulfilled, we start giving favours to the society. To have no obligations and still giving favours is a kingly state. Do not seek but keep serving. Let it come, whatever comes. You be happy with what you get. Whatever you deserve, will come to you. You just do what you have to do. This attitude is very important for aspirants.

Until you internalise, you cannot realise your immortality. From mortality to immortality and from immortality to realisation of Brahman. Horizontal to vertical, vertical to top of the head, where you meet the omnipresent, omnipotent and omniscient one. The worship should become more inside than outside. We should remain aligned with HIM inside. That is called meditation. When you are aligned with it, it is like a connection. Then you start receiving from the Divine. You connect to the God centre in you. Then the qualities of the Lord flow into you and you become no different from the Lord. We should continuously recollect THAT I AM. If we keep on doing it continuously, suddenly an ignition happens and light becomes brighter. It is like a petromax light. The mantle is in the head. Your effort to move towards the mantle is your fiery aspiration. Once the mantle is lighted, then the light is far better. The light of the flame is inferior compared to the light of the mantle, which we know when we see the petromax light. It is a very good example for spiritual understanding. You keep pumping with your aspiration and the flame keeps moving up and up until it touches the mantle. When you get the touch, it is an influx of light. The whole thing is lighted. Then you function with the triple qualities of the soul, namely Divine will, Divine knowledge and Divine action. That is the work we have to do.

If you just seek objective desires from the Master, it is like remaining in play school. Children just play in a play school, they don't learn anything. Only when you start practicing sincerely, you enter the primary school in the path of the Master. Master CVV calls it the Yoga school. You have to be members of that school by spirit and not by paper membership. You can be member on paper by paying the membership fee. You need not pay anything to join this school. Only your sincere aspiration and practice are required. We should be very patient during the practice of turning inward because the mind easily takes you out. We should again bring it

back. We are wandering beings generally and our minds wander very fast. Mind is the fastest thing in creation. We want to stabilise fastest wandering energy. That is why Arjuna said it is very tough to stabilize the mind. But Krishna tells that many have done it in the past, so it must also be possible to you. If it is not possible to you, it means that is not your priority. When it is priority, yes.

We never miss our food for the day. We make a plan for it and somehow ensure that we eat atleast twice a day. It is because food is our priority. Even while in travel, we plan our food. Why can't we have the same priority for prayer? You should plan your day in such a manner that you do not miss Morning Prayer and evening prayer. When it is not our priority, we cannot do it. Let your practice be continuous. If we are serious with prayer as serious as we are with our food, it is enough. We even have snacks during the day between lunch and dinner. Where is the snack prayer? ☺ We should pray as many times as we eat in a day. Keep a rule that you will not eat if you do not pray. My father used to say, if you want to give importance to prayer, give it as much importance to it as much your food.

Prayer is the bull's eye in Master CVV Yoga. Master promised that he would do everything for us. He only asked us to do prayer regularly. Master is so generous that he would organise the whole personality for us. So be with the Master. It does not mean that you just see the photo of the Master. It is not the photo that he wants you to relate to. Master picture is the stimulate. He stimulates you so that you can relate to the Master in you. Master CVV said "Look to me, look into my eyes, utter forth the eyes, close your eyes and observe what is happening within." The Master is already present in you in his original form and starts working within. The Master exists in us in the head centre as the head light. So the head light in us has to glow. That is why it is called the head light of beauty. It is called Mani Padma. On top of the head, there is a Padma (Lotus), in which there is a self effulgent light like a Mani. Mani means a self effulgent one. Master is the self effulgent once present in us. His light is present in the whole of Sushumna column. So relate to that light and remain within. We can stay at particular places in the column, preferably in the brow centre or heart centre, and relate to the light there. Do not remain vague in your prayer. Then you either sleep or mind wanders. The mind should be engaged within by showing it something beautiful. It is always stuck to beauty. If it is a beautiful thing, everyone looks to it because beauty is Divine which attracts everyone. That is why we are advised to visualize beautiful lighted forms to engage the mind like a beautiful lotus, beautiful swan, an expanse of blue sky and so on. Relating to the light is important. Gayatri is source of all lights and we worship it through Gayatri mantra. We always worship the light through various chantings. We are not worshipping the pictures or idols. The essence of all mantras and stotras is to relate to the light within. It is relating to light through the sound. Every worship is a sound and light programme. Engage within as much as possible instead of engaging with temporary things. This engagement is eternal. It comes with you as a trait even after this body falls off.

We gather as a group to recollect these aspects because we forget. In a group, it becomes easy to do it. As individuals, we are irregular. In a group, there will be regular ones who when you associate with, will give you regularity in prayer. Do not associate with irregular ones who do not pray regularly. Such a kind of group association is required. Do not make this association like a club where we just come, meet others, talk with them and go. Club is just for sensuous enjoyment. Just do not stick to the 6 am and 6 pm schedule. If you have more time during the day, orient inward then also. If there is nothing to do outside, turn inward. Restore the movement to the mind to minimum. The light that we have, is enhanced by the mind if you orient to the light within. Mind is like a mirror which enhances the light reflected on it. In a mirrored house, there is more light. It is not the light that we know and see around. There are

no light bulbs inside. It is the light of awareness. It comes to us every morning when we wake up and remains with us until we sleep. It is with that light that we are conducting all the activity.

So with this orientation, we enter into the May call tomorrow. It is always good to gather a day or 2 before the day of initiation so that we get the required orientation. Without orientation, we cannot receive the energies. For any day of initiation, orientation from the previous day is required. In India, Seers have given us many days of orientation in the form of many festivals. So we have opportunity to receive the energies on those days.

In this manner, if we work out, we become a medium to the Divine plan. Every Master is a medium to the Lord. Buddha calls a medium Bodhisatwa. That Lord is with us, in us and when we are able to relate to him, then the Divine plan works through us. We are into his grand plan. Then we become Bodhisatwas. So we should become medium to the Brahman, the all permeating ONE.

Note that this is not a cult that we limit everything to CVV. Master CVV wants us to relate to the all permeating Brahman. He doesn't want us to be limited. With the help of the Master, you move to the universal Master. If you remain with a form of the Master, it becomes a cult. We respect every form of Master. Every Master of wisdom is a model to us. We follow in their footsteps. May that be so with all of us.

We again gather tomorrow morning for Ganapati Puja. Seek the Master throughout the day, listen to the Master and serve the Master who exists in every form. That is the Bhagavatha path.

-Swasthi