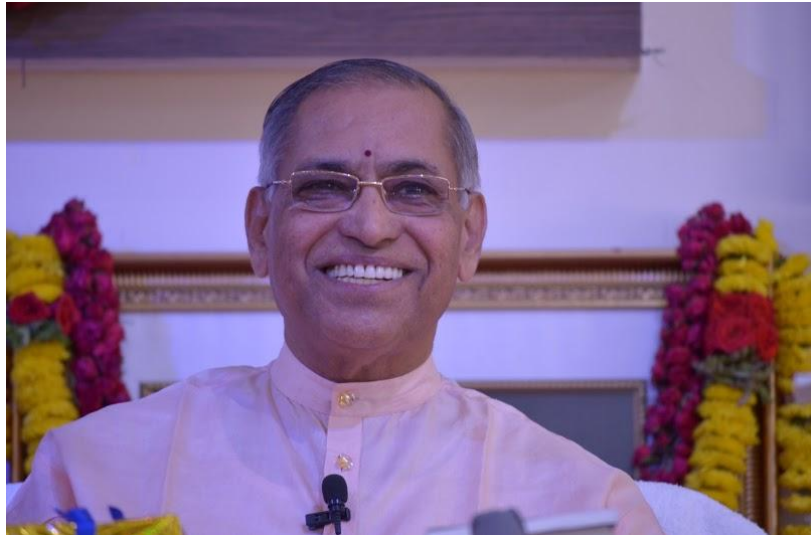


106th May Call Celebrations, Bangalore
Discourse 5 by Master K. Parvathi Kumar
30th May, 2015



Hearty fraternal greetings to all the brothers and the sisters. We have come to the last session of teaching. Tomorrow morning we will have a Q&A session on what has been deliberated in these 6 teachings.

As we have listening in the morning, it is our effort to be humble that enables us to enter the cave of the heart and stay there. When we are humble and when we visualise that we are in the cave, it is the place where we can meet the Master. We have to be very humble, atleast when you get into prayer. When we approach the prayer, one has to peaceful, poise,

harmonious, orderly and humble. As you close your eyes, visualise that you have entered into the cave of the heart where there are 3 seats, empty, may be 3 granite stones or 3 diamond studded stones, be there and utter OM. In the cave, OM reverberates and it is a different OM when uttered with the vocal cords. The OM reverberates in the cave and then moves upwards. Follow it up consciously. This is a practice suggested by Lord Krishna in 8th chapter of Bhagawadgita. Join the OM as far as you can, even beyond the Sahasrara. Just get lost with it. Visualise that we are moving from the cave of the heart, upwards to Sahasrara and above. This kind of uttering 7 times, creates a funnel. When it is uttered as a group, it is much effective and it becomes a tunnel for the higher energies to descend. When we utter first, the funnel is formed and we have to be silent before uttering again. While being silent, visualise that the energies are descending from above downwards. Then when you utter forth Namaskarams Master EK, after saying Guru Brahma Guru Vishnu..., visualise that to the left of the central seat, Master EK has come and taken the seat. Then when you utter Namaskarams Master MN, visualise that Master MN has descended from above and has taken the right seat to the centre. Then when you utter Namaskarams Master CVV, visualise that Master CVV has descended from above into the centre seat. That is the triangle. It is the one energy of Master coming as the 3. It is 3 in 1 and 1 in 3. You also have to visualise that you are sitting before in a squatting posture.

With much devotion and very ardently, you invoke OM. Even with OM, they can come and sit there. Even with Guru brahma, Guru vishnu... you can visualise that they can sit there. Or they can be there when you invoke their names. Then they look to you and you look to them. Then bow down to the Masters one after the other.

Then you visualise that the 2 Masters on right and left merge into the centre master and that Master becomes a huge light. Then the channel is open for you. Visualise that there is huge downpour of energy into you just like you are under a waterfall. It is the energy of light filling you from head to the tip of the toe and every part of the body, just like a shower. Stay there feeling grateful for the energies of light and life coming from above. It is the one energy manifesting as 3. They are the energies of will, knowledge and action. It is the influx of prana for healing, influx of light (awareness) for transmutation and transformation. Prana is present in awareness, which is the light. Ajna is the seat of awareness from where prana descends into heart centre to conduct the lift activity. That is why the life principle has to join the awareness principle in the return path. With life and awareness together, you go out.

So when the energy that descends into you is full of life, full of light, full of will and full of synthesis, it is like taking a shower. This is what keeps on fluxing into you. It fills you completely. Stay with that shower. You should visualize this shower happen to a miniature form of you. That miniature form visualisation is important. Then, when the cave is filled with this energy, starts transmutation. Transmutation means the heat in the body cells is gradually gathered at Muladhara and is made to move up into the heart.

For this, long sittings for long years on a regular basis are required. Initially when you start sitting like this, you get enough impulses to re-organise your life outside. The life in the outer slowly stops troubling you because the energy of the Master is with you. It doesn't come in the way of working with the Master. That means you don't get an obstruction by way of a marriage during May Call or some other activity. All these are obstructions. All these things disappear. This energy brings lot of cooperation from the outer life for inner practices. Karma waits when you are with the Master. With the help of the Master, Karma is cleared much easier. Therefore sitting is very important. After the outer life is organized fairly, then comes the inner life. You receive lot of copious lessons from within. Will helps

you to organize outer life. Knowledge comes to you from inside. This is not bookish knowledge but fresh knowledge from within. Your ability to read and understand becomes far better. You will be able to read inbetween the lines. Just because one is literate, if you read the Scripture, we don't get anything. The secrets given in the Scriptures are revealed. So he has one of programme of giving you knowledge on one side and organising your outer life on other side. Thereafter he will slowly transmit HIS will as your will and you start working. These 3 keep happening. You get the answer to "What am I to do?" You get as much knowledge as needed for your purposes.

Then all the transmutation of all the body cells happen. It generates lot of heat in the body. You feel everything is hot after the prayer. The heat of the eyes attracts moist from the surroundings. Body also feels heated. When Master CVV was doing this, so much heat used to be generated that he used to drink buckets and buckets of buttermilk. So this heat has to come. In the prayer, sometimes you are made to breathe a lot. So there would be activity of fire and air happening in the body, which is conducted by the Master. It is to form another body out of this body. There would be excess water due to emotion and there would be excess matter present in the body. Water and matter are grosser compared to fire and air. So to form a body of light, you need some matter and some water.

The purest of matter is collected and purest of waters are collected. The finest matter is called virgin matter. The fire of meditation evaporates all the emotional waters present in us. And after distillation, pure waters are collected. So you tend to be more devoted. There is no emotional devotion anymore. Emotion is not devotion; it is like muddy water. Devotion is like crystal clear water which is needed. It works as compassion and love, as an ability to feel the other. Not all people can feel the others. Water is required to feel others. When someone is around you, you feel him only when you have water.

The purity of matter transmits fragrance from you. No smell comes from you. That is the reason ensure that at all times your body does not smell, as a discipline, until you gain a body which does not smell. We know that Master Ek used to smoke but never we could feel the cigarette smell near him. These are the things that have to happen with us. The body smells as long as all your thoughts are not changed into Divine thoughts. If you are emotional, it smells worse. That is why many brands of perfumes are coming now. There are even perfumes for mouth as well. Why can't you clean your mouth?

So it starts working from that level. The body smell changes. Unless this cleansing happens, the Divine energy does not enter the body. Fragrance is the means for the Divine to enter. Each Master has a fragrance associated with him. We can identify the Master by the fragrance. So from smell to fragrance, the matter has to transform. There is rose fragrance, sandal fragrance, lavender fragrance, Jasmine fragrance, etc. As far as our discipline is concerned, we have to make sure that body is clean at all times.

In this prayer which Master gives us, the emotional waters within are distilled. He puts you to boiling, a lot. Only by boiling, the pure water can be collected. In us, the waters are so impure with emotions like desire, aversion, irritation, anger, worry, fear, excessive attachments and dislikes. All this is emotion which has to be dispelled. Emotional people are not allowed into higher circles.

After matter and water, comes the fire. Fire keeps burning your thoughts until they become pure thoughts. This is how the prayer help in purification within. It also helps in the outer. Self study also happens through prayer. You are made to read books which are very much

relevant to you at that time. Service is made possible through prayer. Transmuting the cells of the body happens through prayer. The food habits change. The food that we eat should be fragrant. The food that we eat should not be smelly. That is why we are advised to avoid items like onions which smell a lot. They should not be taken regularly. It may be good medicinally but not spiritually. So we need to avoid food which smells a lot. That smell is transmitted to the body as well. After you eat, if there is smell with you, it is not the right food to eat.

Master's major work is to make changes in the personality. Whatever is undesirable in the personality is removed. If you are proud, he acts more proud until your pride is broken. He adds fire to the undesirable so that it is eliminated. This is how he works with all the elements in us.

Most sicknesses happen due to domination of Apana air in the body. If the apana air is functioning in tune with other 4 airs, then you won't get sick so easily. So Master makes adjustments in the airs such that they are balanced. Slowly the transmutation happens. All this happens only when you are in the cave. You can get into the cave before you sleep because it is the best time. There is no disturbance for long hours, during sleep. So get into the cave and be there until sleep comes.

You should be in the cave of the heart for 72 minutes at least 3 times a day. You can begin with 24 minutes and then extend it to 48 minutes and 72 minutes. During such hours, transmutation happens. After transmutation, transformation happens and an inner body slowly begins to form out of the virgin matter and clean water. Clean water is represented by your ability of love compassion and feeling for fellow beings. And the fire that can have any amount of unlimited perceptions. And the air that can give you any amount of information from far and distant places. While you remain in the cave, you get information from distant places.

Master EK used to tell like that, information relating to distant places. Once one of my brothers went away from the home without informing and did not return even after 3 days. I asked Master EK and he closed his eyes and said that he is in Vijayawada. Master EK further told that he has informed my brother to return and he would return. When my brother returned, I asked him "What made you come back?" He said "I received a suggestion in my mind that it is not good to go away without informing. Mother must be anxious and I felt that I should go back."

Such things are possible only when you remain in the cave and pray regularly. Master EK has himself written "For all needs, prayer is the answer." It means that regular prayer takes care of your worldly and spiritual fulfillment. (The last 2 sentences are translated from Telugu).

So this transmutation is the first step. Then transformation gradually happens provided you are in the cave. The transformation is like the caterpillar changing into a butterfly. The caterpillar doesn't come out of the cocoon until it becomes a butterfly. Here Master allows us to do our outer activities and only thing we need to do is pray regularly. Continuity is important. One prayer intently done works for 12 hours. So don't break the 12 hour cycle.

So after this transmutation, transformation begins. The transformation is from course to subtle. It is like flower or fruit forming out of a tree. The etheric body is formed from the physical body. It is lighter than the physical body and you are reborn in light. It is re-birth that should happen. It is what is called our tradition as birth of Bala or Bala Krishna. Bala darshan means that. Bala Darshan means you see yourself as a child within in the size of your thumb. In this process, first you start developing inner senses and inner mind. The inner perceptions are gained. The inner mind is trained. That is the mind which is important. The inner mind is much more powerful than the outer mind. It does not forget anything like the outer mind. It can absorb volumes and volumes of knowledge.

To form this body of light is the purpose for which Master CVV has come. It generally takes lives for that to happen but he told that he would do it in 12 years. People used to do penance for 1000s of years for this body, in ancient days. It was decided that evolution for this humanity needs to speeded up. It is as per the plan coming from the higher circles. That is the purpose of the energy that descended into the Master. He has even made adjustments to the programme of the planets. Through the planets, he makes adjustments to you. The astrology principles of past are no more valid. You have to rewrite the old astrology. So do not worry much about it and do not go to such astrologers who follow that astrology.

Straight away the Master works in such a manner that you reach the 6th step of Yoga. He is like a tuition Master who stays with you and works with you. He makes sure that your homework is done provided you are in the cave. That is his condition. You go into the cave and he will do everything. People who have gone into the cave and come back, were completely transformed.

Master EK in Guntur was different from Master EK who came to Visakhapatnam. You should know that. Master EK was initiated in 1953 and by 1965 it was done. Then Master told Master EK to move to Visakhapatnam to begin the work. He went through a rigorous process of change from 1953 to 1965. He looks to be the same but he is not the same. Please Read the book "Master EK-the New age teacher" for more details. Master EK wrote a post card to his best friend when he was going through these transformations. "I don't know what is happening. Am I really there or Am I dead? " Who is I here? The earlier personality. It is no more there. It is changed. That is called 2nd birth.

A change of personality happens from being mundane to being divine. Then you start doing things in a playful manner otherwise we struggle a lot. Master EK used to do things in a playful manner. He went through some very rigorous discipline. Master EK used to eat only popcorn for many years for the transmutation of the body. It is not the popcorn that we know and eat with all masala, salt, butter, etc. That is how he worked it out during the transmutation process. And that 12 years prophecy was fulfilled in the case of Master EK. For Master MN, this process happened even quicker. You can read the book on Master MN.

The word and actions completely transform. If Master EK says something, it works but if we say the same thing, it does not work. There are examples. When a boy was bitten by a scorpion, a handkerchief was tied so that the poison does not spread and that boy was brought to Master EK. Master EK told to remove the knot of the handkerchief and the poison disappeared, nothing happened. How was it possible? It is the word coming from a Master. It has truth in it. When the same was tried by someone else when Master EK was not there, it did not happen and poison spread into the body. They had to take him somewhere for the cure. Later, when Master EK was told, he called that person and scolded him saying "If you tell something just because I told, will it happen?" It will not work for

everyone. That is how miracles happened through Master EK. We saw many miracles happening through Master EK. It is due to the Divine personality. Everything is different once this body of light is formed. Healing happens and even persons who are about to die, can be brought back to life. All this happens only when one is humble. Master EK never made any claims and he never spoke about himself. He is so impersonal.

Impersonality is possible only when you transcend the personality. He did not look for a name or fame at all. He used to say “name and fame obstruct the work that I do”. What will you get if you tell about yourself to others? As long as the divine recognizes, which he does, nothing else is important.

You should not worry of what others think of yourself. People always have opinions. If you try to cater to their opinions, you cannot do your work. Everything will be taken care of you if you are with the Divine and attend to your duty. If you think that you are follower of the path of Master CVV, you cannot have any other programme for May call or December call because Master gives his presence on such days. It is more on such days. Similarly the equinoxes and solstices are also important. These 6 days are very important if you are in the path of Master CVV. Those days Group activity and prayers should be the first priority. You cannot have any other work on those days. The preparation for those days is also very important. It is this commitment that is important.

Master CVV came into the life of Master EK through Gayatri and then he was further introduced to the Hierarchy. Then Master EK came into touch with the writings of Madam HPB. It is because Madam HPB was also initiated into the path of Master CVV. Her etheric body was brought into the body of Mother Venkamma. She cooperated with the Master by which she also gained from the Master. And then Master MN complemented Master CVV. When Master MN was giving CVV meditations, people were levitating and touching the roofs, walls and windows. When I heard it, I was so surprised. How do you feel when you see such a scene? You might think that it is some haunted house. The energy were so virulent when Master MN was initiating. It was modulated during the time of Master EK. So such things do not happen now.

When are in the path and doing prayer regularly, Master will take total care of you. He will teach you everything required. When you do not orient, he doesn't care. It is only by your free will that you submit yourself to him, that he cares for you. He does not impose anything on you. Masters do not intimidate you. They respect you as a soul because all souls belong to the ONE. As souls, we are all brothers. As personalities we are not. There cannot be human brotherhood. There can be brotherhood of souls because all souls descended from the same source. We are all equal as souls but not as personalities. Each personality vibrates differently. A Master of wisdom relates to the soul but not to the personality.

So that is how Master works. This is a new energy that has never come before. It has its own speciality. You can dispense all past things and stay with this. Prayer is the most important thing. You have to attend to it first. Other things are optional. Therefore this emphasis for May Call is prayer. He makes changes to your psyche that you are no more a seeker but you become a giver. You are more unfolding. You receive from higher circles and you keep giving. He fulfills you in every dimension. You don't feel that you did not have this dimension in life. He ensures all round development. In every aspect of life, you would be an example. As a householder, you are an example. In your vocation, you are an example. In your friendly circles, you are an example. How beautiful!

Master CVV always asked his followers to come for May call and December call without fail. He said that he is giving prayers for the whole planet and not just for a small group. It is not only for humans, it is also for animals, plants and minerals. Everything tends to be lighter than before. We have many things that are lighter than before now. He said that the bodies would also undergo a change as he made an agreement with Manu. You see the book "Aquarian Master" for what kind of triangles he built to transmit this change programme to existing planetary and Cosmic intelligences. He made changes to the existing planetary intelligences.

He formed a triangle with Manu and Mourya to made changes in the moulds of the body. As a result, the bodies from generation to generation are changing. The newer generations that are coming now are so fast. For every decade, new models keep coming. He said " I have signed contracts with Manu and Morya." He used to express like that. He also formed a triangle with Count St.Germain and Master Morya. There is also a triangle with Mahachouhan. That was the time during which aeroplane was invented by Wright Brothers. Master said "Why aeroplanes, time will come when you yourself will fly. That is the future." He also said that everything would be lifted up into etheric plane. Everything is becoming electronic now days. Information exists without paper. No wires to communicate. Everything is wireless now. Electronic age is an aspect of this Aquarian energy and its functioning with Uranus. We have to know more about the Aquarian energy and Uranus to understand its work.

Master DK writes that the human forms that took birth after 1945 June are different from that took birth before. And then he says, by 1976, there will be a drastic change of model. There are changes in the bodies happening from time to time and they are much more refined now. The children now days have much greater perception at a very young age. They way they enquire is much different from earlier generations. It is all due to the Aquarian energy and Uranus.

Master conducted inter-planetary transits by himself and also he sent his disciple. Master CVV used to collect information of past whenever someone came to him to join the path. He used to call it as test report. He used to give instructions to work out as per the past. His work used to be very scientific. He called himself a scientist. He could heal decades of sickness with one prayer. That is what we see in the life of Master VPS. That is how the path is. We need to recollect the aspects of this Yoga from time to time so that we do not forget.

Master told that he would depart on so and so date and he did so. He told not to burn his body but to throw it into Cauvery river but the tradition was to burn it. The family wanted to burn it. As they were about to do it, suddenly the elements have changed and black clouds appeared causing heavy rains and Cauvery river raised its level taking away Master' body into the water from the river bank. That was his will.

He made a promise that to whom so ever Master appears, he appears in the same posture as we have in the picture. He said that only this picture is to be used.

In this manner there are many things to discuss but the most important thing is prayer. Without regular prayer, nothing will happen. The practice part is important. He promised "Whoever offers Namaskarams to me, I shall ensure that you become as much as I AM." He said "I AM BRAHMAN."

Once this body of light is formed, one gets more and more knowledge, more and more experiences happen and lot of activity happens in objectivity benefitting a very large group of people. The activity keeps on expanding. There are Masters who work globally and there are some who even do inter-planetary work.

Then the miniature form in you starts moving upwards and you can yourself feel the resonance of your pulsation moving up until the brow centre. The colour of the body of light changes as you gradually move upto the Ajna. It takes sky blue colour when you reach Ajna. At that stage, you are completely separated from the physical body and you can come out it at your will. That is Dharana stage of Yoga. You can depart from the body when the work is complete. This is the purpose of every being. That should be our target in life. I met a lady who has reached that state of being separated from the physical, just out of pure devotion. She had no bookish knowledge. She asked me one day "What is all this happening to me?" She sees herself in separate forms of Diamond light and Golden light. I immediately touched her feet. We read many things but struggle to do but that lady had no bookish knowledge. Yet it happened for her because she was so devoted.

So like that you keep on moving up and up until you come out of Ajna centre. But don't think that you have become Brahman. It is still further. Staying at the Ajna centre, you relate to Sahasrara. It is called Dhyana. It is the 7th step of Yoga. That is the higher bridge beginning. THAT which is all over, is within you also. Relating to it is like the river joining the ocean. That is the final step. After joining the ocean, you can come back and work as per the Divine will or you can stay over there. You have no more will of your own. It is already gone somewhere in the way. There is only the Divine will.

Kardama realized Brahma in the last creation and he did not want to come back in this creation. But there came a crisis where Kardama needed to take birth. Then the Lord asks Kardama to take birth to benefit the creation. Then Kardama could not say no. The Lord promised that he would be born to him as Kapila, as the 10th one. That was the chocolate for Kardama ☺ That is how Kardama came and did the work. After completing his work, he wanted to go back. He takes permission from the Lord as Kapila and goes back. He had no glamour to stay back. And Kapila continued with Devahuti. You can read the book "Kapila and Kardama" for more detail. It has profound knowledge given in it. Do not think that it is small book and neglect it. In Aquarian age, knowledge comes in a simple yet profound manner.

Remember that the Lord and the being are eternal. You come into the body to experience the creation. All the 7 planes are to be experienced before you join the Brahman. The beauty of this human body is that we can experience all the 7 planes by remaining in it. Even if you realised Brahman, you have to come back if the Lord decides. That is how Sages Vasistha, Agasthya and Goutama have come into this creation through they realised Brahman in previous creation. They also take to bodies to do Divine work. We too have the potential to reach such a state. The Masters who we know can make inter-planetary travels without any physical vehicle. Some of them even travel to the Sun and come back, sitting here. We too have such potential but it is to be worked out and realised.

So therefore Master says that he would lead us upto the Brahman and make us experience Brahman. The first step is to attain immortality. Then death does not touch you. That is important. If death touches and you do not consciously depart, you forget everything and you have to start again. If death does not touch you, then there is continuity of consciousness. So that is the purpose. Otherwise if you keep doing the same things in life

again and again, we never step out of the circle. Transcending the death is the emphasis of the Master. For that, prayer is the means. If you sit, he sits with you and will do it for you. If you are in the prayer, you are available for the needed transformation. The first step is very important. Therefore the emphasis is on transcendence.

There are many Masters who have displayed immortality. They resurrected from death to show us that we too can attain immortality. So that is the message.

The teaching has come well this time. Most of it is said again and again but it comes out fresh everytime. It has its own of expression. But your keen listening made it come. So let us pray that Master be compassionate with all of us so that we may follow the simple steps. May that be so with all of us. Thank you one and all.

-Swasthi.