

The World Teacher Trust
Meditation as a Means for Alignment
With Master Kumar and Kumari Garu
Valencia, Spain
June 09 – 10, 2015

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

Part 1 – Tuesday, June 9, 2015, Evening

Hearty fraternal good wishes to all the brothers and the sisters. It is amazing the way a hundred people could fit into this hall. It shows your deep interest to listen to wisdom, regardless the physical discomfort. It is already something. It shows that you have a preference to wisdom than to personal comfort. I pray to the Master that you should have enough comfort, not only during the duration of this talk but also in your life in general. When there is comfort at higher level, comfort at lower level is made to wait. The comfort at the mental plane to look to wisdom and to listen to wisdom would eventually lift us up to the plane of wisdom and we are oblivious to the mental, emotional, and physical planes. Just like a poet, or a singer, or a devotee, due to absorption into a noble purpose, the body comfort is given a secondary place. I see your deep interest in wisdom, and almost all of you I have been seeing whenever I came to Valencia. And I see you in the group life near Barcelona. I have seen you yesterday also – some of you were there to listen to the talk yesterday. You did not wait till I come to in Valencia. Instead you have initiated to come and be there for the group life and also to the talk yesterday evening. It means there is enough fire to move on the realms of light. And not to get engulfed in the physical, emotional, and mental planes. And I feel very much joyful that there is such fire of aspiration. That fire should be kept on at all times. When we have the fire of aspiration we would be regularly relating to the soul, and the soul would gradually adjust all our deficiencies in the personality. The soul can adjust the personality. Our orienting to the soul is important. That's why you have chosen a topic where there is meditation, there is adjustment of personality, there is adjustment of emotion, and establishment of discrimination.

We are all but one. The more and more you are able to relate through your meditation to the soul in you and the soul around, the other aspects – the three aspects that you mentioned – discrimination, adjustment of personality, the containment of emotions, they happen automatically. It is not that we try to work with each of the emotions – they are too many. It is not that we try to work out with the deficiencies of the personality. We are also many. And then try to gain discrimination, which is not our handmade. Especially when we have emotional, and personality imbalances, even if you think of discrimination, at the right moment it is not available. We all know that we cannot be emotional. We all know that we need to have discrimination in our thoughts and speeches. We also know that we should build a personality which is like a lighted house. For all these three dimensions, there is one key. That key you have set at the beginning of your very question. The key is meditation. Meditation is alignment with the Omnipresent God within us and around us. He has a center in each one of us. He permeates all around us. With all permeating energy, he is neither male nor female.

Today we have a new term – energy. In scriptures, that energy is called male-female energy. All scriptures speak of the all permeating male-female energy which is within and around. We should relate to it and we should stay in alignment with it. Meaning we stay connected to it. This is the single practice which can slowly cause the needed transformations in us; a continuous effort to align with the God which is all around, and who is within us. All around us it presents itself as silence. It is a blissful silence that descends into you when you relate to it. And it is also present in us as awareness. We think it is our awareness. It is not our awareness. It is the awareness of the divine which is present in us, and it conducts itself in us in a three-fold manner – as an impulse or thought, and the knowledge relating to fulfilling the thought, and the related action. Due to its presence we are able to will, to know, and to do. Without that awareness we

cannot do anything. The awareness awakens in us from sleep. As it awakens then you are into triple activity. It is an activity of awareness until you get back into sleep. Throughout the day it is all permeating awareness that is functioning in you and enabling you to experience the thought, the speech, and the action. This awareness should be seen as a great dimension of the divine in you. There is another dimension of the divine which functions in you as life principle, as life pulsations. Day and night there is pulsation in us. It is not that we are pulsating. On account of that pulsation we are able to conduct all activity. It is so compassionate that it works 24x7. It has no weekend. We cannot say God took rest on the seventh day. It is wrong understanding. It is not God resting on seventh day. God settling on the seventh, that is the gross plane. Settling on the seventh, gross plane is wrongly translated as God resting on the seventh day. There is no weekend as we have for the divine activity. There is no weekend to the pulsating principle in us. Even during the weekend the pulsating principle continues to work with its inhalation and exhalations and the other three pulsations. One is a thrust from within out, another thrust from without to within, and then there is the balancing pulsation. These pulsations are eternally at work in us.

If you recognize this pulsation you can recognize the presence of divine in us. Do not look for some names and some forms to be present in you. That is all religion. Each religion speaks of a name and a form. And we try to look that name and form in us which does not exist. It cannot exist. It is not natural. What exists in you is the pulsating principle, which is divine. What exists in us is the awareness principle, which is also divine. The awareness principle functions through the brain and conducts through mind, senses, and the body. The life principle takes it in the heart and permeates all over the body to cause animation according to the commands of the awareness. This activity is very much there in us at all times. That is the presence of God in us. How does he enter into us? Through the etheric form that each one of us carries. The all permeating principle enters into us as awareness and as life. That is what the books speak of – the thread of awareness and the thread of life. It is to this that you need to relate to. That's why there are meditation practices to relate to the life principle through Pranayama or to relate to the awareness principle in the forehead. These are the two chief methods of meditations given.

There are some who relate to the light of the awareness, whose seat is in the brain: The brain stem which is called the brow center. The brow center is the base for the cerebral awareness. This cerebral awareness is like a lighted cabbage. We say cabbage by shape, but it has all intricate, subtle web full of light with different centers in it, by which different parts of the body are regulated. We need to relate to the light in the cerebro system. This enables us to gain the presence of the light. That has to be the practice for long years. Depending on your deep interest, very fiery aspiration, you can gradually know the reality of it. The physical brain is the area where you have the all permeating awareness in you. We should know that it is not our awareness.

We have the light in the room. The light that comes into the entire room does not belong to the room, does not belong to the filament there. It belongs to the electricity. The electricity when it enters into the filament causes the light. That electricity does not belong to the bulb or to the filament. That's how the light that is functioning in us is not us. We may we have a big bulb, but if there is no electricity, nothing can happen. We belong to it; it does not belong to us. If someone who is higher to us, if that someone on account of compassion, friendliness tries to stay with us, it is our mind that enables to possess it – our master. There is no our master. You belong to the Master. Master belongs to all. Electricity belongs to all. No one can say my electricity. Like that all permeating awareness, it is all times functioning through the cerebro system. And then it functions alternately with us day and night. If it continuously functions, you get burnt up. Just like if we keep the light at all the time, it burns up. That's why it functions with us in an alternating manner. The presence of consciousness in us shall have to be noticed by us.

Another way is to relate to the pulsating principle in us, which exists at the heart. Because of the pulsating principle we are able to breathe in and out. If there is no pulsating principle in us, our existence is not. That is another dimension of the presence in us. We frequently use this word 'presence'. If you add emotion to your utterance, the presence will not come. Because I hear our friends say 'presence' with lot of emotion. It does not do extra favors if you are extra emotional. It is enough if you know that it is that presence which

enables us to breathe, and it is that presence that enables us to experience. With the help of awareness we experience. With the help of the life principle, we are connected to the body. What is the presence that we speak of? It is the awareness which is a triple plus the life. The life is the force of the soul. The awareness is the activity of the soul. The awareness is what we are essentially.

We all entered into the system from the all permeating presence. We entered into the system and lost our identity with the awareness principle and the life principle. We are the awareness and the life projected from the Omnipresent. The Omnipresent is awareness and life. It prepares the forms and enters into each form. Thereafter, we take identity to the form than to the original identity of awareness and life. That is how we have all become prodigal sons. We have lost our identity. Our identity is that we are the pulsating unit of awareness. It is a double. It is awareness and yet pulsating awareness. A soul is defined in the scriptures as the pulsating unit of awareness. It has entered into a form. Even if it enters into the form, it need not necessarily lose its identity.

The big river around here -- each of us goes to this river with a glass, and we collect water in this river and keep it in our home. We forget that it is the river water. We think that it is our water. If we label as 'Aquafina' or some other label, that label we believe. Each one gives a different brand to it. All honey has come from the same source -- from the plant kingdom. All rivers have come from the same source -- from the rain waters. All the rainy clouds were formed from the ocean. This is how in creation one becomes many. Meditation is a process of relating to the one in all, one in form, and one beyond form. It is only one, which is in form, and which is outside form. There is only one water in all rivers. But we differentiate by the form; we are not worried by the content. Water is water everywhere. It gains a special quality. Each river water has a different quality, not because the water essentially has the quality. It is the quality of the earth that it passes through. Likewise, all of us who are pulsating units of awareness, from the universal awareness and universal pulsation, there is a descent into a form. Even in a form, there is awareness and pulsation. We are that pulsating awareness. But we take to a different identity. To say that I am Parvathi Kumar is a substituted truth, but not original. To say that I am a male is also substituted truth. To say that I am Indian is another substituted truth. We put on veils of substituted truth, and take to that identity and the related difference. Whatever awareness is in me is also in you. Whatever life pulsation that I have it is also in you. That is the common factor in all of us. Without those two, there is no relating. To which are we to relate to? What kind of identity should we start regaining? Instead of regaining our original identity, we went on running after those who gained such identity. The Masters of Wisdom are those who regained their original identity, and they would like that we also regain our original identity. Not emotionally to relate to their pictures, meditate on their pictures. We respect them; we salute them because they regained their identity. And they were also like us, humans, and they stand as our models. They are our models but not our goals. It should be known. Because there are so many divine beings externalizing.

We have multiple forms. Forms are multiple, but awareness is one. Forms are multiple but life is one. When we think of meditation, the true meditation which is classical and ancient is to relate to the awareness which is in you, which is in all others, and which is beyond. Or to relate to the life principle which is in me, you, and in all around you. This relating is what we call alignment. Not some bookish of center, or a lotus. Do we have awareness or not? The answer is yes. Do we pulsate or not? The answer is yes. Is anyone here who is not pulsating and who is not awareness? It is only the same divine energy which is in so many forms as awareness and as life. Relate to it, more than relating to the form. That is meditation. It can be done daily morning and evening. But it should be done throughout the day. When I meet anyone throughout the day, what am I meeting? Another unit of awareness and pulsation. As much as I am, the other unit is also a pulsating unit and a unit of awareness. Looking at the awareness in others, you can smile. You don't have to know the name, you don't have to know the nationality, you don't need to know the gender.

What do we say when we say "May the light in me, be the Light before me". Like parrots we utter those things. It is the light of awareness. When we say "May the light in me, be the Light before me. May I learn to see it in all". It is the profound classical meditation that is proposed. Do we see the awareness and relate

to the other? Then you are a student of meditation. If you see the pulsating life in others you are a student of meditation. If you don't do these two things, you may do any number of practices of meditation; you cannot be a student of meditation. You are lost into bits and pieces. You cannot get integrated into the all permeating energy. The beauty of this energy, it exists in persons whom we don't like also! Even if I don't like Ramana, it exists in him. My liking, my not liking, is insignificant. It exists in a cockroach. You may not like it, but it does not matter. It exists in a snake, it exists in an eagle, it exists in a mosquito. It is there in the mineral, in the plant, in the animal, in the human, and in the devas. The difference is in the degree of awareness functioning. There are small lights and big lights. Big lights means more spirit, less matter. Small lights means more matter, less light. That's how the gradation of mineral, plant, animal, man, and deva are formed.

When we speak of meditation, as you do your morning exercise of meditation, relate to the awareness you are. That is what we say trying to relate to the light in the head. Or relate to the pulsating principle in the heart. Then see how this pulsating principle, even when we do not relate to it, it continues to work. See how this awareness, it springs up and allows us to experience it. The basis for all our experience is the principle of awareness and the principle of light. We need to relate to in as many forms as possible. For that we start the day recollecting these two activities. And then as you open the eyes, you see members of the family. Don't see as member of the family. See it as the unit of awareness and pulsation. If the man sees wife, he behaves funny. Likewise, the woman behaves funny with the man. The two together try to behave funny with the children. The children have their own funny of relating! This is how the ignorance prevails. Immediately after the meditation, you are back into ignorance. What purpose does it serve? In the name of the meditation, you don't do anything, sitting quite. You make some kind of relating to the light. The moment the meditation is over, as you look around, you look around, there are always some forms – animating or not-animating. Whether animating or not-animating, there is awareness in them. If you recollect awareness, your meditation is continuing. If you recollect pulsation, your meditation is continuing. This orientation is the most important thing to do. If you are able to gain the recollection of these two principles of life when we are in the daily life, then we can say the whole daily life is meditation.

As I come to Valencia, I look for sister Sabina. As what? As a unit of awareness. And then the flowers that she offers. It is another beautiful form of awareness and life. Like this, if you see the double, and later see the form aspect. First see the life aspect, or the awareness aspect. Later see the form aspect. Then we find what is common between us. You are one with the other – that is communion. Awareness communes with others. Life pulsation in resonance with others. If you are with that attitude, you are in continuous meditation. Or in the train when we are sitting and some food is given. What is the food? Forget about the names and forms. It is also energy. First relate to it, and then relate to others. If you do this, it is continuous meditation. If you don't do this, only utter forth some sacred sounds of sacred Masters, it doesn't lead to any meditation. When Jesus came to teach, he said "That I am". He said the same thing to others – "You too". "That I am, You too". When Moses went up the Mount Sinai...what is the Mount Sinai? If we have strong legs, we can walk! But do we meet the burning bush? Burning bush means lighted bush. It is illumined bush. Illumined bush you meet when you go up the mount into your brain. If you get into, through meditation, you find your entire brain as a web of light. You see some pictures some people make with a wholesome tree which is lighted. When you get there, you experience the bush which is lighted. He heard the sound "That I AM". He came back. Now he knows he is not Moses. That's the beauty. He is no more Moses. Jesus also never believed he is Jesus. Jesus or Moses are labels. "That I AM" is the truth. Each one of us if we relate to Moses, if we relate to Jesus, they only tell us link up to That I AM. Then you too would know what you are. Running after me crazily will not work. Run after pulsating principle in you. Or run after the awareness principle in you.

Practice that in your daily life as much as you can. It is not meditation in daily life anymore. It is meditation for the entire day. Until you sleep you are in meditative state, relating to the pulsation and awareness from the morning till the evening. You are more relating to the life aspect, and less relating to the form aspect. This is how you realize one in many. The one as many. First realize the one in many. But you later realize that it is one as many. That is the important step in meditation. For that the entire day is an opportunity.

This is very important to extend your meditation to the entire day. It is a meditation that you do with open eyes, you do even while you are moving. You don't have to squat. You don't have to keep your back upright. Get the headache! And get back that I have done my meditation! Everyone tells every other that I meditate, do you? He did not get any transformation in you. If you regularly recollect one as all in your understanding, your consistent relating to the awareness transforms you into that awareness. It is like a process of magnetization. Your relating to it makes you that. Your relating to money makes you a money monger. If you are relating to power you become a power monger. If you are relating to other gender for sex, you tend to be a lust monger. If you are relating to food, you tend to be a glutton. If you look for ice crème all the time.... Anything you relate to it, you become that. As you think so you are. You think of the truth that you are awareness. Then you realize that you are the awareness and that you have a life principle. You can see how the awareness is at work. To observe awareness at work is like observing the Mother at work, the female aspect at work. You can see how the Mother is at work. The awareness is the World Mother. When you are the observer of your own awareness at work, then you stand as existence and you observe your awareness. That is what is intended to be gained through meditation. Your awareness while it is at work, it draws you out. You can reach a state where your awareness is at work while you are observing. This is the true meditation coming from ancient most times.

Likewise, if you relate to the pulsating principle also, the pulsating principle also gradually finds its ascension, takes to the fifth pulsation which is in the head, which is called Vyana principle. Even if you relate to the life principle in all and life principle in you for long years, the life principle is drawn towards the awareness principle. Either way you reach the head. When you are able to stay at the head and relate to the pulsating awareness, you experience the enlightening of the head. You feel that this light is all over and also with you in your head. And then when you look around you will only find that light.

I have met a man in Switzerland, whom I met later in America and also in India. He had this experience where he only sees light. With great effort he sees the form. But we normally see the form, and with great effort we may see the light! Whereas with him, in Switzerland, he told me, "Mr. Kumar, when I see I only see an expanse of light all around. I have to make an effort to see the form. Now I see a cow over there. But a minute before I did not see the form of the cow. It is by effort I could see the cow. The general state is I am with the light all around." He asked me, What do you think this situation is? He wanted to know if it is OK. I had to immediately touch his feet. That is the state you reach through meditation. It is not the fashion of meditating for a half-hour in the morning, and half-hour in the evening, or the fashion of full moon meditation. When you set yourself upon this aspiration, all your emotions they are all evaporated, because you have a set a very noble goal, to relate to the divine in you and around. When you are a fiery aspirant, and when you do this kind of meditation as your daily work, even while you are doing your normal work you can keep seeing this awareness at work. You have no time for side issues. No silly issues. No illusion issues. Those are all kindergarten affairs. When a man is with emotion, he is still a kid. It can be anger, it can be irritation, it can be worry, it can be likes and dislikes, so many things, and emotional love.

All the love which you see in the movies, that is all just inferior love. It makes you more and more emotional, more and more vulnerable to the form. But when you set on a noble goal of meditating upon the universal awareness as you, your emotions all are evaporated. The fire of meditation burn up all the emotions. They tend to be vaporized and are recollected as waters of pure devotion. There is no emotional problem. There is no fighting to reduce emotions. Fighting does not help. The seers knew long, long ago that to fight is childish. You relate to something higher, the lower falls into order. That's how Pythagoras says, 3 and 4 never agree. But in 12 they agree. In a higher number they agree. Two students never agree. In the presence of a teacher, they both agree. Because when the higher prevails, the lower falls into order. Instead of fighting with the emotions, better relate to the very source of your being. All your emotions are transformed into devotion. And then as you relate more and more to awareness and light, you see the limitedness of form. The form has a limited duration. Awareness is eternal. Life is eternal. Form is not eternal. The forms keep changing. Awareness does not. Every day you have been looking into the mirror. You don't see that you have changed. Only after 4-5 years meet your friend, then your friend says Oh! Fernando, you have changed a lot. Do we know we don't see change? We are essentially awareness and

it never changes. Form changes but your awareness remains the same. That's why your enthusiasm remains with you even when you are old. Because your enthusiasm relates to awareness. With all enthusiasm you want to play with your grandchild. But then you know the form does not move as swiftly as before. You think you have hit the ball with the bat. Even when the bat moves, the ball is already gone. Because the form changes. The beauty of meditation, you keep relating to the unchanging aspect of life, immutable aspect, and eternal aspect. You are more with the eternal, immutable energy, then you can clearly see the mutable part. What is changing in you and what is not changing in you?

There is change with the form we all know. 28 years ago when I was here, our friends have pictures. Now you see me. We don't look alike! But you still recognize Kumar. What are you recognizing? The energy, not the form. The form changes, the form collapses, because the form has ups and downs. The form is mutable. Likewise, your desires they keep changing from time to time. They are also mutable. Whenever I came to Barcelona, surely one evening we were going and eating ice crème. Now we don't do it. Not that we don't want, but the desires change. The body changes. We don't wish to visit restaurants because the stomach has changed. It cannot eat as before. These are changing part in you. The form changes. See how the form changes. Josep needs lift to get up. The form changes, the desires changes. The thoughts change. You don't have the same thoughts as you had before. This is the changing part in us. The thoughts, the desires, and the senses, and the body, they keep changing. But you don't think you are changing. But you don't think you even die. People do not think on a daily basis that we die. If we daily think that we die, we don't make a program for the next day. You know why though we know that we all leave these bodies, we don't think of daily. We don't think that we die, because as awareness we don't die. Your identity with awareness leads you to even transcend death. And you know that death is to the body but not to you.

So what changes in you and what changes not in you, you gain a clear understanding. We make programs to relate to things which don't change. Which girl would marry a man who would change the girl again? Which boy would marry a girl which changes the boy again? We all want permanent relation. This awareness, the instinct it likes, that it likes which is permanent than which is not permanent. What is permanent is let around. What is permanent is we settle with. In anything this understanding of what is permanent and what is not permanent is gained by more and more relating to the permanent aspect in you which is awareness and life. This is what we call discrimination. What is permanent, what is not permanent? Why run after impermanent things? Why should we relate to things that come to pass by? We should think of things that come to stay.

Why do you come so many times to Barcelona? Because there are some souls which decided to permanently stay. I know whom I meet when I come to Barcelona. We don't relate to those who come and go. We relate to people who regularly relate to you. This is how in every aspect of life we come to see what comes to stay with you. You pay more attention to that which is permanent and pay little attention to other. This is how discrimination is learnt. What is more important and what is less important in life? For the youth, education is more important. It is that education that sets the youth to a very decent coursing of life. Anything that comes in the way of education shall have to be set apart. Likewise, health is a companion for life. What comes across affecting life has to be set aside and we need to take to the value of life. In every aspect, we see what is more important. Health is more important than the disco or a night club. Health is more important than alcohol and cigarettes. And it is more important than the sleepless nights with boyfriend or girlfriend. This understanding automatically comes when you are with your awareness, because awareness carries the comprehension. You don't have to be told anything. Nothing need to be told. You yourself would know what is right.

In my own life, I never let my parents tell me what I should do. My father was very proud. He told me one day, You have never let me tell you what you should do. When I was with Master EK, Master EK was also very proud of me. He told my mother, Mr. Kumar doesn't let anyone tell what he should do. What does it mean? It means greater awareness. We need not be told what we should do. It does not mean you shall not listen to others. There is no occasion for others to tell you what is right because you yourself know from

your awareness what is right, what is not right. The beauty of awareness is that it has the abundance of comprehension. When you have the comprehension you have the discriminative will. Your relating to awareness dissolves all your emotional activity. Your relating to your awareness allows you to gain more and more comprehension.

More and more Jupiter works with you. Then you are guided. You are guided to read this book; you are guided to read that book. No one needs to tell you. Therefore, discrimination is learnt, comprehension is gained. There is expansion of awareness, which is the fundamental characteristic of Jupiter. So, you are mostly out of all your emotions. You know what is to be done. You have no doubt. Doubts don't arise because your relating to awareness helped you to gain the comprehension. You continue with your awareness. Then the consciousness, awareness starts descending into your personality. The consciousness, awareness which is your head would slowly flow down. And then keep filling the personality. That is how one becomes soul-infused-personality. When you are a soul infused personality, when you speak it happens. When you touch it heals. When you talk it inspires. This is how personality transmits the innumerable abilities of awareness. Your personality becomes a lighted house. These are all processes that happen with one practice.

Books speak of thousands of practices and you are confused. Here is one practice which fulfils everything, by which you gain what knowledge is needed. You know what needs to be done and your emotions tend to be devotional and you tend to be loving and caring in attitude. You continue to enjoy being a lighted personality. That is how the whole work can be achieved by relating to the awareness in you and around you. That is what we mean when we say "May the Light in me, be the Light before me. May I learn to see it in all." That is important. The sound you utter will reveal the light only when your personality is also lighted. When you practice relating to the light in others and in you, and not only your head is lighted but also your personality. Then the sound you utter will reveal the light in you. And then the sounds do not anymore cause darkness. There would be no more noises coming out of the speech. See how immediately after meditation people start speaking. This noise disappears. That's how it dispels darkness and it converts noise into light.

That's how the invocation is. It is an invocation relating to the essential practice which was expressed out of Master EK on his 50th birthday. When the Master completed 50 years of life, there was a proposal to publish a souvenir. There at that time, when the souvenir was getting ready, we requested the Master to give the invocation. He went into the room in Radhamadhavam and said, Don't come for a while. In solitude he just wrote. That has come to be our evening invocation. The very first strophe of that invocation is to fill our life. That's how through our meditation, we can gradually dissolve our emotional attitudes, gain the needed discrimination, and also gain a lighted personality. Then thereafter it is only working for the divine, because the divine is not only in the head but also in the system. Then your life is dedicated to wisdom, dedicated to service, and dedicated to helping fellow beings to follow the same path.

Thank you.

Question: You spoke that we have doubts. We have sometimes. Is it when we are not enough into awareness?

Answer: Yes, whenever you are in doubt, you have to invoke more light. Then the clarity will come. Doubts can be cleared by relating to the light in you. You can turn inward and ask the light in the head. It is the best way to proceed. By that you wait, you get an answer. Make an ardent appeal. Then the answer will come. You would listen the answer. You can practice it. It works.

Question: Why is it so difficult for everyone to recognize their own mistakes?

Answer: There is no intent. They have not developed enough introspection. People have introspection, only they can see their mistakes. Those who do not develop introspection should be seen as kids. They do not see themselves well and they falter. Through faltering they learn. We can, if they are friendly, we can suggest them to be introspective on a daily basis. Self-introspection is an excellent practice for a person, so one can set himself to zero error on a daily basis. There would be no assumptions about oneself. If one is not introspecting, one is not yet ready for rectifying himself or herself. Their awareness is a very kindergarten level.

Question: How can we regain the ancestral energy that we are losing?

Answer: Only through meditation. Imagine light in the head and relate to it as much as you can, then you regain. That has to be our priority. We are too much into the activity of senses. By getting back into this contemplation, we slowly regain all that and we get out of the activity of the body, senses, and the mind. It has to be practiced. Initially, practice is difficult. But slowly you will gain the grip.

Question: ...

Answer: The human bodies were given 18 million years ago on this earth. We are not humans, we are the souls given this body. As souls we are eternal. Even in the dissolution we enter into the Omniscient One. And when the creation comes we all come out gradually. In the initial years, we were in various forms. The earth itself came to existence 30 million years ago. We also came as the earth came, but not with the human forms. We had round-some forms at one time. Slowly, there was evolution of form. Slowly, around 18 million years ago human form came to be. We are not humans to start with. We are souls eternally. We have been into many forms. Now we are into human forms. Therefore, this form, its origin in this creation is 18 million years ago. As principle of awareness and life, we are always there. Our origin, there is no such thing. We are eternal. The human form which we enter is 18 million years ago. According to Secret Doctrine, it is during the Lemurian age we got into this form. Before that there was Hyperborean period. Before that there was a White Island where the souls did not have human forms. After the Lemuria the forms are more or less settled. In the Atlantean period we had huge forms. The form is always put to age. There were human forms of 28 feet height. Now we are not even seven feet. All these stories you can read in the book written by Madam Blavatsky. After the Atlantis, we are now in the forms we see. In Lemurian times, we had forms where we had two heads and one body. Or four hands and three eyes. All kinds of experiments were done with the form. Even now experiments are done to give much more refined forms than before. It is a process of evolution for the forms. The more evolved form is the soul is better able to experience with the form. The human forms which came to be 18 million years ago and are in continuous transformations, and as we move into future, we would have much more tender forms, where they are called translucent forms. The Manu of this Manvantara tries to give us best forms, just like we try to buy just garments for our children. Don't think these are permanent forms. This is some understanding.

Question: ...

Answer: The mission is to experience -- the physical, the emotional, the mental, the buddhic, and the blissful states. As you progress, you keep on taking higher states of experiences. Until the man experiences all seven planes in him, he continues to come back. Just like when we are children, we are with certain things. When we are slightly grown up, we are with certain other things. Just like in life, we experience different things of different planes. As you are grown up, you are mostly at the mental plane and try to think of the ideas coming from supernatural planes. The mission of every soul taking a form is to fulfil different experiences. Different experiences are carried and some are fulfilled and some are unfulfilled. To fulfill the remaining part we again come back to the form and keep on experimenting and experiencing. There would come a point where you go beyond the mind. Beyond the mind there are four states of experience – physical, emotional, mental experience. Then beyond the mind there is the light, Buddhi, which we call discriminative plane. Then there is blissful plane. Then they get to soul. As souls they move all around. And then take to the most high form. That's why right from the childhood we are on the process of experiencing. To better experience, we take to education. To take to the field of the light, we take to the

education relating to wisdom. It goes on. Each person tries to cover some ground. It takes long time. The mission is fulfillment of the soul. Once you are fulfilled you don't have to come back.

Question: ...

Answer: You have to see the light in those who are in conflict. You have to continue this practice after meditation. It should extend to every aspect of your life. Then the conflict does not touch you. Slowly you come to a stage in your presence others conflicts also dissolve. That's why meditation is seen as an all fulfilling practice.

Question: ...

Answer: It is because the habit is not formed. We have to make it a habit. Until the habit is formed, the disconnection happens because we have not made it part of our practice. We forgot long, long ago to connect. Now to connect takes time. Nevertheless the effort to connect is important. Create a new habit of making an effort to connect. When you persist on it slowly it also establishes. Until it becomes a habit we have to persist. Otherwise disconnection happens.

Part 2 – Questions &Answers – Wednesday, June 10, 2015, Morning

Question: ...

Answer: If you fix your awareness in light, then the personality gets fixed. You should not directly try to fix the personality. We fix ourselves in the light. Then the personality gets fixed. Relate to the light in all. That would slowly transform the personality.

Question: ...

Answer: The happening of a group and the disappearance of the group is not in our hands. We do what we have to do. We relate to the One. When the others feel like relating then they come. When they do not feel relating anymore, they don't come. But we walk the path. When we are in travel, many people come and people go, but you travel. Our work is to proceed with light. People come, gather, stay for a while, and go. We continue to stay with light. Don't look to people. Look to light. If groups are to come, they will come. But we walk the path. We have to be dispassionate about the groups. Please do what you have to do to relate to light. If people come, people come. If people go away, accept it. That is detached approach to light.

Question: ...

Answer: The attitude for the group is that if any new person comes they should accept, because we should know that it is sent by the energy. That's how we should be open when new people come. Make sure that they have enough comfort to be with us. Share whatever we know with them. It is a general rule. It is not that we put it to group discussion. People come for light. If they find light they continue. If they don't find light, they go further.

Question: ...

Answer: Now you are in a state where you need to complete your university education. During weekend, you continue to keep relating to the group so that you would continue to have this consciousness. Later when you are free you can do it. Not to disconnected, you do it on a weekly basis. Later, you can do it on a daily basis.

Question: ...

Answer: Lady can do a ritual. Anyone who keeps her mind and body pure can do it, though not after eating, before. Not immediately after eating. The stomach should be fairly empty enough to do any ritual. Normally, it is suggested that there should be 3-4 hours gap before you do a ritual. Secondly, before you do a ritual you take a bath and put on fresh clothes. There is no differentiation of male and female for a ritual.

Question: ...

Answer: The ladies should not do rituals when they are in periods. Normally, up to two days after the periods only they are eligible. For those who are masculine, you have to suggest some activities of arts so that they gain some feminine energy, like music, traditional dance, or painting, or working with lady attire, to ensure that they wear more feminine attire. You should make them relate to more feminine things, like arranging flowers. Such things would bring femininity back to them. For those who are possessive, they should be made to come out of the group work if there is any distribution to be done. We should make them frequently distribute so that they the habit of distributing and not possessing energies.

Question: on white magic.

Answer: First you have to study slowly. Make notes of the practical points. Collect three practical points and apply them in daily life. Then go to another three points. We cannot straightaway apply all that is said in the book. We go slowly with the book; when there is an instructional sentence, we make note. And see how we can bring that into life. Pick up three, not more. It is working with the energy of triangle. Slowly it will happen.

Question: ...

Answer: When you feel anything very strict, do not follow it. What is acceptable, please follow. It is an aspect of love that you cannot impose something which is not comfortable to you. When it is acceptable you work with it. If it not acceptable, we respectfully keep it there and see what is for the moment convenient and comfortable. But then you should also see if you are trying to put off everything in the name of convenience and comfort. I may not be able to lift 50 kg. but I should be able to lift at least 10 kg. Lifting 50 kg is difficult but lifting something is possible. In that way, go to the maximum of your comfort level and do it. Don't kill yourself with too many rules and too many rituals. People kill themselves with too many meditations, too many rituals, and too much activity in the name of group or spirituality. Each person has to see to what extent he can relate to in a harmonious way. In a group there are many activities like in a shop. You should see what products are relevant to us. With them you kindly relate regularly. Don't feel compelled, then you feel repulsive. Ask yourself, among these what I should attend to? As much as you can you can relate to. If it is tending to be beyond the nose, then suffocation comes. Don't do it. Imposition is not there in the spiritual practice. It is old habit of religion that we impose. With freewill and love. What is for the moment the best I can do, that I will do.

Thank you.