

The World Teacher Trust
The Voice of Silence
With Master Kumar and Kumari Garu
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Tuesday, 18 August 2015, evening

Metam Me...

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

It is always a very profound experience to be in the Theosophical Bibliotheca in Buenos Aires. I seek the presence of the Masters. From time to time there is a demand of a visible presence, a visible experience, and hence after some years I came back. In 2011, 4 years ago when I was there, there was a silent agreement that we shall remain where we are and experience each other. The silence remained for 3 years, and from the 3rd year there came the voice and formed into a necessity from 2013, and in 2014 it became an inevitable necessity. Therefore in 2015, we meet again each other to exchange light and joy.

We have developed cordiality beyond all emotion in all these years. It is a cord. A silver cord and a golden cord, and therefore, we cannot separate. We continue to be and slowly we overcome the concept of distance. It is always a great joy for me to meet with those who seek the truth which is beyond all concepts, which is higher than religion, the truth that IS in all time and space. We meet from time to time only to reinforce the relation in ourselves that each one of us IS the Truth. THRUTH IS. All that we say IS is Truth. The chair IS, the camera IS, the Truth is, all is around the truth. All that it builds around itself is in activity. The Truth is, and that which is built out of truth is a great activity. The activity cannot be without the truth. Unless we exist there is no activity. If we just exist there is the 9th. From out of existence all the 9 layers are formed from time to time. All that is formed out of truth is an activity, truth conducts not, acts not, does not... it IS. That truth is called silence, because it IS and does not act. All that emerges from it has noise. The truth is silence. All that emerges from truth has its voice and noise.

The topic for me given is The Voice of Silence. Silence is Truth and its immediate envelope is the mula prakriti, the root nature for all our activity. It springs from silence. It is not that silence produces it. That is a difference. Silence does not produce things but nature springs from truth. Once it sprouts it tends to be active. It develops three roots, it becomes a triple nature. Something sprouting from silence does not stop at a place. It grows and tends to be the triple root. It tends to multiply to the 5 elements of the forms. All visible universe is made up of the 5 elements of nature. Therefore we call the visible form the 5fold nature. The visible world, the word of form is built by these 5 elements the 5fold nature. The 5fold nature is model animated by the 3fold nature which emerges from one nature which is the root nature. 1 springs from the truth and then branches off into 3 and then multiplies in multiples of 5.

All the visible world is the world of 5 elements. The visible world is presided by the 3fold nature which is called will, knowledge and action or rajas, sattva and tamas or also the Trinity. It is called Holy Trinity. The Holy Trinity is not visible. What is visible is the 5fold nature. The 3fold nature which is not visible can be cognized though it is not visible. That 3fold nature is presided over by the prime nature, the root nature, mula prakriti. Therefore we say it is a 9fld nature. Mula Prakriti or root nature, the triple nature is called the trinity and then there is the 5fold form of the 5 elements. All that nature in its 9fold manifestation is ever active with silence or truth as its basis. Basis is silence; it remains in the three folds of nature. It is in matter, it is in water, in fire, in air, in Akasha, it is the intelligent activity, in the knowledge, in the will, in the root nature, and it is with and without nature. That is the truth. It is the most silent one. It is in stone, with

the stone but we don't see the existence as stone. It is so silent that we cannot see. We only see the stone. It is in the tree. We see the tree with its details as nature but we don't see the truth which enables the nature. The presence enables the growth but it does not cause the growth.

The electricity that is present here does not conduct the activity but enables our conducting the activity. The electricity can enable every activity. Without it no activity can be conducted. What we call silence is what enables the nature to conduct its activity. When it is in stone it enables the qualities of the stone, it is in the tree, in the animal. Without it the animal cannot move. It is the animal as its life and awareness. In the human the truth is. With the truth as basis we have the awareness. With awareness as basis we have activity. What is it that truth does? It enables the devas. The nature has to be properly understood. The veils of nature have to be understood. When we lift the veils of nature the truth can be understood. With the help of the eyes we see. What is the basis for the eyes? We hear with the help of the ear but the ear cannot listen. We know the nature of the ear is to hear. The nature of the eye is to see but the eye cannot see, the ear cannot hear. The light we receive from the sun makes us to experience but why and on what basis it shines; it is not the sight of the sun. It is the shine of the sun and there is also shine in our eyes. The shine in the eyes is the truth that is with us. When the truth disappears the eyes cannot shine. When the truth disappears from the form, the form cannot appear. We need to understand the existence of truth and the veils around the truth.

We have to take ourselves as an example to understand. We say we exist. What is it when we say we are existing? Existence cannot be known by the awareness that we have. The kind of awareness we have is only the awareness of objectivity. We have the 5 senses with which we perceive. The 5 limbs of the body function, mind is the master for the 5 senses and the 5 limbs of the body, the 5 limbs are the legs and hands, the upper torso and the lower torso. The 5 senses are operated by the mind but what is it that operates the mind? We call it consciousness or awareness. How that consciousness is functioning? It is functioning alternately. It is functioning with our knowledge and even without our knowledge. In wakeful hours we function with consciousness. In the wakeful hours, in sleep hours also the consciousness functions. In sleep hours the consciousness is functioning but it is not our consciousness but the divine consciousness which enables mind to function. With the help of divine consciousness the mind works in the senses and functions in all around us. The consciousness which functions in us is not ours. From where the consciousness functions? We take it for granted but what is that has awakened us?

What is it from the subtle to the gross state? What is it that runs our system in the unknown state when we are not conscious? What is it that makes the heart beat? There is a consciousness that prevails over us. It alternately awakens us and puts us to sleep. The consciousness is part of nature. It is that consciousness that veils the truth. When we come out of the voice of silence we speak of that consciousness. The primary quality of the root matter is a humming sound. It is called NADA in Sanskrit. If you hold a string instrument near your ear you get that humming sound. If you close your ears and your eyes you can listen within you a humming sound. It is not that we make that humming sound. It is. The presence of that sound is the presence of the consciousness. The presence of the consciousness is on the basis of this presence. Without the presence there is the consciousness. Its primary aspect is the humming sound. The ear listens to the sound coming out of the contact of 2 objects.

I have introduced the subject and now I explain. The basis is, there is one truth, which enables the emergence of the prime nature which is called pure consciousness. The pure consciousness details into will, knowledge and action. You have to understand the 9fold nature to understand the voice of silence. Please make a good note of it. The pure consciousness is expressing through will, knowledge and activity. The fivefold creation is representing the 5 elements. There are 5 senses, organs of action, pulsations; all is five in the visible world presided by the 3fold nature. This is presided by pure consciousness which is much more invisible. And beyond that pure consciousness there is truth which is totally non-visible. There is truth, then pure consciousness and the triple consciousness and then there is the 5fold world. That is how there are 4 bases. Pure existence, pure consciousness, the triple nature and the 5fold world. From down above, the 5fold nature, 3fold nature - not visible, pure nature - not visible, and truth - not visible. Three are

invisible and one is visible. That is why it is say 3 fourth are invisible, one fourth is visible. It is in man and in nature. That is how the 10 are. The truth, the pure consciousness, the 3fold and the 5fold nature. In the 10 5 are visible and the others are not. That is the beauty of man and of nature. In the lower planes when there is a triple there is sound coming from contact. The air makes contact with the ear. We have the sound of the fire, the sound of water, of matter. This sound is what the ears can hear. This sound is called noise.

Then we get into the triple nature which is beyond the 5fold nature; there we have the will, knowledge and activity. When an idea comes to you it makes noise to the silence. When the idea develops it makes noise within. Before the idea comes it is all silence. When an idea comes - let us go to the Biblioteca - there is all noise. Something in us says, no, we don't have a fit body... With such an idea there is so much noise. Then how the go to the Biblioteca is the knowledge. Shall I contact a friend? I take to a bus, it needs knowledge. The knowledge also has its noise. More knowledge, more noise. Will creates knowledge, knowledge creates noise. We are always with one idea or the other. The moment we get up it puts you to one action or the other. When the idea comes it takes to knowledge and activity. Throughout the day there is a triangular activity, every year, every month, moving in this triangle of noise. And more noise in the 5 senses. You are always looking. So much noise comes from this. We shall go to the obelisk, to San Martin, we should meet all these whom you know. Let me see Roberto, you have all that noise. So many persons come to your mind. When you go home, the family is already in your mind before you go; your vocation is also in your mind. For an Ayurvedic person all thoughts on Ayurveda come to your mind. Knowledge creates noise. When there is will the related knowledge has to be created. Will, knowledge and activity goes on and on. It is triple activity. How long does it go on? The noise of the will, of the knowledge, of activity. Unless you overcome this triangle you cannot experience the pure consciousness. In this field you have the 5 elements. The voice of the silence, silence is enveloped by the pure consciousness. When pure consciousness relates to silence the voice of silence is heart. Please note it. The pure consciousness which is beyond the triple nature, when it is in relation the truth is silence, then there is the humming sound that engages all. That is what the advanced students of meditation engage themselves in.

Meditation is not, meditate on a symbol or so but to engage in pure consciousness. Then we have that engagement with the sound, the voice of silence. The little book *The Voice of Silence*, there Madam Blavatsky very clearly writes that unless you go beyond the triangle the voice of silence cannot be heard. Transcend your own activity of the senses, the mind, the incessant flow of ideas. Go beyond the flow of ideas. There, there is no more ideas. There is pure consciousness. In the pure state of consciousness, that consciousness when it is naturally in relation with its source, it relates to existence, in that state there is the voice of silence. It is the state of Dhyana, the 7th step of yoga which in English is called meditation. The student of pure consciousness relates to silence. The consciousness tries to relate to its very source. In that state you listen to the sound which is a link between existence and awareness. They stay in that state of Dhyana and experience the silence. The Voice of Silence is for the advanced student which engages in the pure awareness. We can engage from time to time in the world of mind but often get out of it. Then only it is possible to experience the Voice of Silence. We are put to a vicious circle that one thought comes out of the trinity. All in creation is done by this triple nature. You get an idea, gain the knowledge, another idea, another idea. Layers of triple nature.

You keep on producing ideas and you die. In you there is a state beyond the nature. In the 9th state there is pure consciousness where you don't get ideas; there is no rain of idea. We get cyclones of ideas. If we go beyond to the 9th nature, you should practice with your meditation. In that state the idea cannot get you into action. When there is no will we don't need the knowledge. No more willing. If you stay at the state of will the will is pulled into action. You remain a doer all the time. Doing, doing, doing. But we are not doers basically, we are beings. We do very much. We should be beings. By constantly doing we tend to be human doings but not human beings. The triple activity – will, wisdom and action - we think is very great. Even the animal is great. To stay beyond the triple activity is the will divine. The creation is presided over by the triple activity. More knowledge, more action. More ideas, more action, more action, more ideas. That is how we keep moving. We can never come out of it. The modern man is very deep into this science. He

is stuck in this science. Even when we die, by habit we come back. Even a month old baby is very active because in the previous life he developed that activity. Modern man cannot take pause. They are not poised. They must constantly use the iPad or smartphone. That is how the nature has consumed the beings. There is a name given to nature is mahachena (?). The Mother is all love but it eats away when you are triangular. Since we wake up in the morning we cannot stop acting. We have time to get up early, just try to sit and let the thoughts go away. For one hour just witness all the ideas you get in the morning. Let them come to pass by. It helps the practice so that we are not consumed by the 5fold nature. All the energy in us is eaten away by the triple activity. Samsara, the great wheel, because the triple activity is taking you away. Excessive activity. The triple activity looks like a great serpent, mui grande. It works through all the worlds in action.

When you are in that kind of action you might buy the book 'The Voice of Silence' only to keep it in your bookshelf but it cannot be in your life. Almost all persons who know Madam Blavatsky have bought the book 'The Voice of Silence'. We should be able to withdraw from the activity of senses at will. Withdraw the activity of the mind, of the incoming thought. Then you are in the 9th nature, as pure consciousness. At that point you don't even feel the body. That pure consciousness is an expression of the truth. Truth cannot be seen but the expression can be seen. It is that pure consciousness which carries that humming sound. The Anahata sound is what we call the sound of silence. You are in the 9th state and relate to the 10th state. You relate to the absolute existence. It is Dhyana, the 7th step of yoga where the voice of silence is heard. Every day we need to sit a certain hour to delink to all the 3fold activity and get into the 9th. There is the 5 and the 3, and then there is the 9th one, let it relate to the 10th.

We know 19; that is $1 + 9$, that 9 is 8, $9 + 8$ is 8. $9 + 10$ is 10, $9 + 8$ is 8. When 9 related to 10, the 9th nature becomes 10. Try to be in the 9th nature. Number 9 speaks not, it develops all the other layers but 9th nature is always in relation with the 10 nature, therefore it is never complicated. On one side it is triple and on the other side it is in connection with 10 and it becomes 10. And it is with the 8fold nature, therefore it becomes 18, that is the World Mother; that is 9; it always conducts the 9fold nature. 10 is God, 9 is pure nature or pure consciousness, 8 are the layers. $10 + 9 + 8$ is 27, it is 9, it is never below 9. World mother is 9; it is in creation and out of creation. That is how a yogi is one who is with the world and is also beyond. He always remains with the pure consciousness. Even when he works with the world he does not sever with the 10th one. For that we have to understand the 8fold nature; we are the 9th one and we have to relate to the 10th one. Mostly the humanity is in the kindergarten; that is running after the senses.

The child always wants, Mammy, I want. We always want houses, cars, clothes, always there is a want. There is always something in the objectivity that you desire; then you are not better than a child. If there is a motorcycle we want to buy it. We have a 600, then we want a 700, an 800. If we cannot buy motorcycles, we want the new model of telephone. New dress we have to buy. Anything new we have to buy. There is recently a very great being who left his body in India, a great scientist. He was also president of India. A scientist being the president, a very great scientist who helped India. He had the position of the president of India. This man never had a cell-phone, no house, 3 three pieces of clothes, that was all he had, not even a lady at home, that was all. No telephone. The one house he had he gave away. The money he got from the government as pension he gave away. That is an example of desirelessness. We fill our wardrobes with robes, suitcases and showcases for so many articles. It is our kindergarten attitude. Beyond that is the ... there is the thought plane activity, which has to be transcended. The plane of silence where we have the voice of silence.

How did Noah live? He stayed in that state of silence. We have the possibility to the voice of God, the voice of silence. All those prophets, they heard only when they settled in the 9th nature. They follow the command coming from the silence, that is the voice. They follow it and work with it. Only that ones can be given the Plan. The other persons engaged in the world are not to be given the voice of silence. I am not speaking about the book 'The Voice of Silence' but on the voice of silence. Your mind cannot be without one thought or the other. You are a slave of the activity. Get out of it for a while. There are many who found the comfort of being the triple activity. The comfort is, you experience yourself beyond the world of activity

and engage with that silence. There time is not, 8fold nature is not. In that mode if you stay there for long, long time, that is how penance was done and there the voice of silence was heard. There the word of God was heard. The Master of Wisdom conducts the activity and frequently withdraws into the 9th nature and stays close to the 10th one. That is within him and not outside. He does not require to go to a mountain peak or a valley, it is with him the triple. When we know how it is we would like to be there.

The purpose of discipleship is nothing but to be there. Don't be rolled over by the triple activity. For a while every day be beyond the triple activity. There is a triangular door (Master shows the forehead). There are 3 points in the forehead, there are Ida, on the top of left eyebrow, and Pingala on the top of right eyebrow, and the Sushumna, on the centre of the front. That is the take-off point. Stay inside, just visualize. Imagine that you go there and move out into the sky. It is all silence around, above it is silence, below it is silence. If you can stay for a while there we can listen to the voice of silence. The voice of silence is the voice of God. When we go beyond the trinity in us, it is not the point of will, of love and of light, it is the basis of all this, into which we have to get in. Then the Voice is heard. Generally you hear the humming sound. But there is a plan that you can also hear. That is all the work is. The most high meditation is needed to hear the voice. Go beyond the triple nature. It is in the 9th nature of pure consciousness. There you listen to the voice of silence.

Tomorrow I will further elaborate, on the 3rd evening we have questions and answers. The topic of the three classes is The Voice of Silence. Tomorrow I will go more into it and much more so on the 3rd evening, so that we have elaborated it. So it has led us very high. We set ourselves a very high goal and try to reach it. Thank you for your attending here, thank you, till tomorrow.

Wednesday, 19 August 2015, evening

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

We continue the theme relating to the Voice of Silence. The voice of silence is no different from the voice of God. Silence is the other name for what we call God. God is said to be pure existence and pure awareness. The pure existence and pure awareness is called male-female God. Conscience is based on pure existence and pure awareness. To experience the voice of God or of silence we should be able to experience the state of pure awareness. As explained yesterday evening, existence is eternal, awareness is periodical. Awareness emerges from existence and leads the activity of creation and once again merges into existence. One emergence is called one creation. In creation the awareness networks through the triple qualities and that on the basis of existence. Existence continues to be, the awareness springs from existence and gives birth to the triple activity of will, knowledge and activity. Once the world is formed, the world visible bases on the triple nature, invisible, and, much more invisible, the pure awareness, and completely invisible the existence. I explained yesterday.

The existence is at all times. It is at all planes, in physical existence, emotional existence, mental existence, buddhic, planetary, solar, cosmic existence, existence as pure awareness, at all planes, at all times pure existence is. Awareness has different forms; awareness is different at the physical, emotional and mental planes, and again at the buddhic plane. The planes happen to the awareness but not to existence. Existence IS, existence IS in stone, in plant, in the animal, in the human, in the planetary devas, in the solar devas, in the cosmic devas. Existence IS, awareness is in degrees. It is the degree of awareness that enables better manifestation of will, knowledge and activity. If one has better will, better knowledge and better ability to express, in creation he is in a better state of comfort. In the human the difference is in the degree of awareness.

Existence is common to all, but awareness is different. There is a different degree of awareness. Some are more oriented to material awareness, some are oriented to emotional awareness and some are more to intellectual awareness, some to the buddhic awareness. There are also people who are aware of the soul,

and there are humans aware of the super-soul, and there are also some who have awareness of the Brahman, the absolute. Greater the awareness greater the truth. The difference is in awareness, not in the truth. An ignorant man is existent, a Master is existent. The difference between the ignorant man and the Master is in the degree of awareness. The gradations of creation are on the basis of awareness. This awareness is what is to be developed in all of us. It reaches very high states which I explained as the 9th state where you listen to the voice of God. All those who listen to the voice of God fulfil the will of God, transmit the knowledge of God and conduct deeds of knowledge.

Jesus said in his prayers, Father, thy will be done. The will of God is to fulfil the beings that are innumerable. Just like the Father wants all his children to grow well, the Will of God is to fulfil as many beings as possible. A man thinks in terms of fulfilling the needs of others, he joins the plan of God. Normally the man tries to fulfil his own needs, he works the other way, instead of fulfilling others he fulfils his needs. We do the upside-down way when we try to fulfil ourselves more than the others; we are not in tune with the will of God. Then our will degenerates into the dark. Desire for oneself leads into darkness, desire to fulfil others leads to light, that is called Yagna in Sanskrit.

Lord Krishna says in Bhagavad Gita, there are two ways of doing, doing for oneself and doing for others. If you think of doing for others you are supported, if you do for yourself, you are not supported so much. A father supports the son who cooperated. This dimension is gone in Kali Yuga. This dimension of living for others is disappearing, therefore we are in darkness. We live for our own. We stop thinking about nourishing others. We are happy nourishing ourselves. When there are so many millions who have not enough, can we call ourselves compassionate beings? When the majority of humanity is suffering, can we feel ourselves joyful? That is the question of Buddha the Gautama. He asked, how can I be happy when all the fellow beings are not happy? What bliss can I enjoy when my brothers and fellow souls are all suffering? It is a fundamental question of compassion. Therefore Gautama the Buddha said, "I shall not get into blissful planes, I shall walk along with my brothers, along with them, in togetherness, we shall walk into blissful planes, until every brother is helped to reach the blissful plane, I do not wish to get into buddhic plane. What did Jesus say? "I care for that sheep which went astray and make sure that all sheep reach the shed. I care for every sheep and make sure that the sheep may reach the path." Sheep means the soul. He is the good shepherd because he cares for every being who is suffering.

Krishna says in Bhagavad Gita, there are two kinds of beings, one lives for himself, the other only lives to help others. They are on the path of light. There are others who live for themselves, they walk into darkness. Until they think of reversing their thinking... What we call good will today, good will means nothing but thinking and acting for the benefit of others. How can I help the beings in the surroundings? The family, friends, relations, and those who knock at the door, help them. We can help with knowledge, with other resources we have. You need to think of helping others. When this dimension is got with human beings - if not, his will degenerates into desire and this brings the related ignorance. Once we think of ourselves, it is ignorance; desire comes, hatred and anger comes. We think only of ourselves, in the name of spiritual practices also. Each one of us wants to be enlightened before the others – I shall be enlightened before others, it is all selfish.

There are no selfish prayers, but collective prayers in the wisdom: We meditate: Dhyo yo na prachodayat: Our will shall be enlightened. Any original scriptural wisdom is meant for collective upliftment, not one more than the others. There is no competition and no place for jealousy, not for one-upmanship - "I am more than the other." Together - even the teacher says, let us work together, A true teacher is one who says, let us work together; he does not say, you all work together. That is not a teacher: Let us work together. Let us be enlightened together. Let us be protected together. Let there be no hindrance to light: Sahanav Avatu Sahanau Bhunaktu - Whatever is to be shared, let us be protected together, let us share together, let us work together, let there be no hindrance to light, let no malice prevail, that is how all beings are together.

Singular prayers are never seen in the higher circles. Why should one be favoured? The one who prays for all is the one who is dear to the One. That is why the humanity has false knowledge. A person who thinks

of his enlightenment is not admitted into the ashram of the Master. He is not wanted by the Master. A person who brings along with him a huge group of people with whom he walks for the needed enlightenment, the Master is happy to accompany such student. He is happy to cooperate with that student. Every student is happy when others cooperate with him but the Master is happy when the students cooperate. The Master needs not the cooperation of the student, he cooperates. That is the Master. He can cooperate with all. Cooperation with the master does not exist, to cooperate with the fellow beings, with the younger students. That makes the egoistic attitude die. In spite of all the knowledge gathered we tend to be selfish. The very fundamental step that we have to make is to think and act for the benefit of all. That is why when you think to do some good for the benefit of others it tends to be good will. If you are thinking in terms of your will it is selfish; even spiritual aspiration is selfish. Spiritual aspiration for all is counted in the higher circles. You are thinking of offering your life to the others.

If you start acting in that direction you get tremendous cooperation from the higher beings; you might not get cooperation from the fellow beings. You get cooperation from the elements, from the devas, and you get unexpected cooperation. Help always comes from unexpected corners, not so much from expected directions. Do helping more and more the others, you are helped by the higher beings. That is the basic law of the higher planes. Prayers are never meant for selfish purposes but to enable us to serve better. Help me to heal, to transmit knowledge, to feed the ones in need, to heal the sick, to alleviate the fellow beings. Kindly help so that I become an instrument to help the ones in the surrounding. This is the kind of approaching. We close our eyes and think of our service - every time we pray, when shall I get my salary, my initiation? Initiations do not happen as long as we are oriented to ourselves.

We have the 3fold nature; it binds us 8fold, since the very fundamental step is a wrong one. The fundamental step is a wrong step. When the will degenerates into desire the knowledge is off. The lights are off, you are in darkness. When good will is with desire, knowledge disappears. The knowledge is off; it disappears; only darkness prevails. That is why there are so many impediments in personal life, social, groupal, spiritual impediments, because of the wrong step. For little thing a great effort. Nature makes the daily living effortless for those who offer themselves to good will. Life progresses effortlessly, no need to work for efforts, no quarrels in family, the family grows harmoniously. Very good cooperation in the social circles, of your mind, of your body, the family, profession helps. You do little, a lot comes to you because you mind for the greater whole. This is the blessing of nature; nature serves those who serve the beings of nature. Nature looks everywhere for those working for oneself. More and more educated people are more and more selfish. Therefore, knowledge is gathered only to be forgotten.

Madam Blavatsky says head-learning. Learning through the head leads to nothing, but if you take to the attitude of service, of good will, through any profession you can do good. Orient to do good. When you are engaged in knowledge, - no man can ever become an initiate by reading books, this way you cannot transform yourself into an initiate but by carrying out huge acts of good will. Without manifestation of good will in a large manner the knowledge does not relieve, it cannot be gained from books and loaded in the head, head-learning leads to head-load. The knowledge is with you when you offer to the surroundings; from within the knowledge comes. The soul is full of wisdom. It is its nature; the light of the soul is nothing but the wisdom of the soul.

The soul is encircled by the darkness of selfishness. Everyone thinks of my body, my house, my car... more cars, more articles until the house is filled with articles. How can they listen to the voice of silence? The voice becomes silent, because it is upside down. But when we take to the step of helping in a simple way on a daily basis, like a Good Samaritan - you know the story; I don't have to tell you - then from within the light comes. If the acts of good will are done the light comes. Keep helping as many as possible, you can help at the physical, emotional, mental, buddhic level, at every level you can help, one way or the other you help. This is called a life of service, the whole creation functions on that basis.

Light is for the beings of the planet, not for itself. The Sun is for the beings, therefore he is shining. There is no one who shines for the Sun. The planetary, solar, cosmic devas, they are all thriving because they are

not working for themselves. The five elements are not for themselves, but for the beings, the plants are for the beings, the trees. Just like humans who live for themselves. If the tree eats the fruits for himself, what will happen to the humans? You have no vegetable, no wheat, no rice... The mineral, the plant, the animal is offering, the humans can be useless. It is such a useless skin of a human, you cannot use but of a cow even the skin is useful. The branch of the tree is useful, the flower, the fruit, the seed is useful, the root is useful, everything is useful, not for itself but for the surrounding life. What about man? He is not even useful for himself; he is useless for the surroundings and for himself. Why? Because the very fundamental learning is gone. We have lot of mental fund but we don't know the fundamental, we don't have useful information but lot of useless information. This is how man is. We may not like it but that is how it is.

How we change the whole thing? The plant is the teacher, it teaches how to offer, an animal is the teacher, the elements are teachers, the planet is a teacher, all plants are teachers, all around man show, you man, be like us so that you can be as useful as we are, but we are not conscious. Therefore when the will degenerates, the wilful nature completely binds man in the threefold nature and therefore there is no access to the 9th nature and to the 10th one, which we call the God aspect. We cannot listen to the voice, until we replace the desire with good-will. Offer yourself to the surrounding life, whatever you can offer. You can offer food, clothes, health, there are so many things we can offer. But we don't do, so nature gives you a completely crippled state. That is why the 7 steps are hidden. Every book speaks of steps to come out of ignorance to knowledge. I present to you 8 steps to overcome the eightfold bondage. The 5 elements bind us, the matter in the body is not in harmony, it accumulates, we are not in the right proportion for the work, too much matter, the waters in the body are also blocked, the fire in the body does not function, the air does not function. There are problems of air, of emotions. Our own actions lead us to be bound by the 5fold nature; we are inactive where we should be active. Where there is need of activity there we are inactive, where there is need of inaction we are active,

Yesterday after the class, the class is about the voice of silence, immediately after the class, there is br, br, br, talking. It shows we are upside down, it is all bondage, ignorance. Work for other selves. You offer yourself to the sacrifice. All that you carry with you, you offer to the benefit to others, that it called Yagna. The nature then cooperates. There would be natural resources gathering around you. The resources of nature. Then you should think of dana, donation. Don't allow material to accumulate around you, too much money and property assemble around you. To give on a daily basis.

We have a meditation in Occult Meditation, the very first meditation: Remember the one giver, the sun, he is the giver, he is giving us, so we are living. He gives us life, awareness. How do we live? Do we care for what we are doing? The meditation: Remember the Sun, he is the only giver. We come from the Sun, so we should learn from the Sun to also give. We are all coming from the Sun. As you offer you have the resources of the entire nature. As you keep offering you move towards the North Pole in you. If you keep receiving all the time you move in the South Pole in you and even down below. The key is, by giving you are moving upward. By receiving you are moving downward. All seers are givers, all Masters are great givers, all those who reach the planes of life, the more and more you think of distributing and sharing the more and more you tend to be light and tend to get enlightened. There are stories of great givers but time does not allow to go into the stories. There are seers who gave away their vertebra, because the devas wanted to use it as a weapon. Likewise one gave away his body to save the dove, I told the story here in Argentina.

The king said, I will offer my flesh to save the dove. The dove is on the balance and the king takes out muscles from his body but the balance wanted more. Then he offered himself to the vulture, and the vulture was pleased. He did not eat the king; he honoured the spirit of donation. The simple daily donation, leading a life of offering is Yagna. Make use of it. It brings much good. We prepare more and don't eat all of it. There are others who have nothing. Do we think of it when we throw away food? The second step is donation, dana. These are given by Gautama the Buddha. The first is Vidya, the second is Dana, the third is Sila, how to relate to the fellow beings, to your co-borns? That is character. How you relate to the elders, the youngsters, to the females, and the females to the males, to the life partner, the forefathers, the children,

to parents, to the society, to those who oppose you, to the 5 elements, the other kingdoms of nature, to the devas? It is a huge aspect called character.

Only to show this dimension the Lord came down as Rama, to relate to every being and every kingdom around you in a manner that is very harmonious. Harmony cannot be without your developing a harmonious relation to all around you. It is called the science of relating. By the science of relation you develop harmony. The 3rd step is Sila, the 4th step is Kshanti; it means patience. The patient one receives the creation. Yagna, Dana, Sila, Kshanti. Then we have the 5th one, Vidharda (?), meaning dispassion. Dispassion means not too much passion. People coming from outside Argentina, there will be a passion for good relations. Even when we start from our places to go to Argentina, we think "Ah, Argentina..." We think of Indian dosa, and American pizza - passion, passion for money, the other sex, power, for good health, passion for good appearance, for looking nice, it can be healthy but it shall not be an obsession, any obsession can be a block, obsession for clean food. Some food is offered to you and when you think it is not pure. Think, the devas in me shall be pleased. Obsession for purity. Now we have an obsession for infection; therefore you so much suffer.

Obsession is an extreme of passion. A dispassionate one is, through him there is no inner fight. If I have passion for Indian food, when I don't get Indian food, all the five senses develop passion, and then there is a passion to the other sex. I can go on speaking till 10 o'clock but then I go beyond proportion. That is what is passion. This is the 6th one. Then we get Virya. Then you get strong will. A will that is not affected by the 5 senses. You are going to listen to the voice of silence with your will; nothing stops you. The 7th one, Dhyana, meaning meditation. Such ones only can meditate. They have no passion to what the mind offers. They offer to others, they don't look out to get. They have patience and they are dispassionate. All this helps to build the will and the will helps to reach the goal. Once you are in a vertical position, the awareness starts springing up from the will.

When you dig deep water springs up. You keep on learning from within, that learning is very joyful because it is fresh and deep, it is understandable. It needs not be Sanskrit, Senzar, Latin, it is so intimately known to you. God speaks to each one of us in his language. Don't think that God has a language, the voice of silence starts speaking from inside. The knowledge springs from within and dispels the darkness. As the candle grows in its power, the candle power, then more knowledge, more knowledge, it becomes a tree of knowledge. This is a word used by Buddha, it is Bodhisha. At full moon time the moon shines like a tree. The Bodhi tree or tree of Knowledge is called the white dragon. The white dragon, the tree of knowledge is what happens during your meditation in the state of Prajna. That is how you have 8 steps for the knowledge to unfold.

Once the knowledge unfolds you realise you are an offshoot of THAT. THAT I Am. We don't have to do the japa, That I am, That I am. If someone comes with a cup of coffee, you say, That I am... (laughter). Even in the supermarket you remember THAT I AM. We eat – THAT I AM, we drink - THAT I AM. When that is established, from THAT to I AM you are communicating, and the communication is from THAT. That is how the voice of the silence is received once you are established in THAT I AM. Just I AM is the prodigal son. THAT I AM is the Son of God. When you are established at all times in THAT I AM, in all places, you are a son of God and then the voice of silence is fulfilled. That is how it works out in 8 steps. Not a 100 instructions, just 8 instructions. The beauty of the teachers is, they keep on simplifying the path of truth. The students get dull and duller. They are worried how to inform a dull-head. A head filled with matter, how can you instruct him? They always try to find a simpler way of instructing. From Senzar to Sanskrit, to Latin and Greek, from poetry to prose, they are coming down so as to meet levels. They try to make it easier. Therefore 8 steps are given in the voice of silence. You only find 7, the 8th is hidden. The first step starts from Yagna – Dana, Sila, Kshanti, Prajna, Dhyana. Don't fill the house with books. The voice of silence gives the steps so that we can reach it. In the life of every initiate you find all the qualities, without them you cannot be a man of knowledge. A lot can be deliberated about these steps, but we go by the time. 1.5 hours is enough. Thank you.

Tomorrow we shall have a good session of questions and answers. Today you are able to listen with a greater interest than yesterday. From yesterday to today you are able to receive much better. Yesterday it was very much confusion, therefore I had to say it again and again, but today it is much better. It is all about the energy present. I gave the synopsis of yesterday and also the steps to reach the voice of silence. Tomorrow there is a question-answer session. There is something I wish to inform for half an hour in the beginning. We can close. Thank you.

Thursday, 20 August 2015, afternoon

Hearty fraternal greetings and good wishes to all the brothers and the sisters. During the last evenings we deliberated on the Voice of Silence. During the last two evenings in the beginning it was always not silent. I quickly recapitulate.

The voice of silence means the voice of God. Silence is the other name of God. Existence is another name; eternity is another name. Verdad (Spanish: truth) is called TAT, in English; it is THAT and in your language it is EL. It is silence. On the background of this silence there is the emergence of the pure consciousness. The pure consciousness details into a triplicity called will, knowledge and action. The full consciousness details into the outer world, the visible world. There is the visible world and there is the invisible world of the triplicity, which is based on the pure consciousness which is again an emergence of the absolute existence. There is existence and emergence of consciousness and then the trinity and the objectivity of the world. The world is 5fold. The five elements preparing the world is done by the trinity. 5 plus 3 becomes 8; the 8 is an emergence of the 9th one, the pure consciousness which emerges from the 10th one, the pure existence. The number of God is number 10 in all theologies. This number 10 or existence is silence. The voice emerges from it; therefore it is called the voice of the silence. In the Bible it is called the Word of God or the Voice of God. It can be gained when we experience the pure consciousness.

Therefore to listen to the voice of silence we shall have to retreat ourselves from the world of 5 elements / senses and the world of mind and the world of buddhi, the active state to be able to listen to the Voice. This was the 1st evening. The 2nd evening we spoke on the steps given by Buddha to reach the voice of silence. The first step is to transform into serving the world, not living for oneself but for serving the others. The living for others is worthwhile, another life is not. That is the 2 lives, the beginning of the path to liberation, that I live for others, for others' benefit; that is called yoga, followed by Dana, distributing resources for the benefit of those who do not have. The 3rd step is Sila, the right relationship with the world, how to relate, how to relate to the co-borns, to friends, to associates, to the animals, plants, minerals, devas, planet, sun. This relating to is a great science. When we have right relations with all the surrounding life we stand liberated.

The 3rd step is relating to. The 4th step is patience. It is called tolerance and also perseverance (?). To bear with, to accept, to be tolerant, to be patient enough, to be able to wait. This is the 4th step. The 5th step is Viradha, meaning dispassion, being dispassionate towards all. Being passionate you get stuck with the world. That is the 5th step. The 6th step is Virya, unwavering will, like a stable flame, not flickering. That enables us to contemplate; it leads us to a stable will that enables contemplation better. Then we have Dhyana, Dhyana is relating to the omnipotent, omnipresent and omniscient God. It is called Dhyana, meditation. Through such meditation you transform, it is called Prajna, knowledge, what to do, how to do, when to do, how, when and what not to do, that knowledge is Prajna. It leads to the last step. They are given in the book of Mme Blavatsky given by Buddha. When practiced you can listen to the voice of silence. Once you are established in the state of Prajna the conscious experience is THAT I Am. THAT I AM becomes the truth, it is the state of a Son of God. You are connected with Gold, with silence, and therefore you listen to the voice of God on a daily basis and conduct it.

That is how every prophet conducts himself. Thus he receives the Plan of God and he fulfils the plan of God. That is how each one becomes a Son of God or of Silence. That God centre exists in us. Every true teacher leads the student to the God centre in him. He does not lead the student to the God centre in him [the teacher]. The teacher is always connected to the God centre in him and he gives the same technique to the student so that he can relate to the God centre in him, to enable the student to relate to the God centre. He does not stand in between. The God centre, he does the marriage between the soul and the super-soul. He guides and ensures that the link between the student and the God centre is well established. The relation is well established. That is how he ensures. From time to time he tries to bring back the students who tend to digress from the path. He keeps watch over the students and from time to time brings them back to the purpose of aligning to the God centre in them. Initially the teacher related to the student and the students relate to the teacher 4 times a year until the student is fairly regular to relate to the God centre in him. Once the student is regular to relate to the God centre in him he overviews the students once in a year so that he reviews and sees that the student is progressive.

The teacher is the one who gives the path; he points the way and gives the direction for the student to walk the path. This is what the theme of the book 'The Voice of Silence' is. Having enabled himself to raise to the state of pure consciousness the student is in direct contact with the One; he receives the Plan. He has two options. He can join the Divine and thereby dissolve the individual existence into the universal existence called annihilation or liberation, or he can take to another path. Staying in connection with the divine in himself he continues to serve the beings. The second path is called the path of renunciation. The student who has developed the relation with the divine, instead of marching into eternity he stays connected to serve the plan. It says they have taken to the path of renunciation. At will they can decide to join and get absorbed. They prefer to stay connected and serve the world. That is where the Hierarchy is formed. All the members of Hierarchy, they all had the option to join the divine but they took to the option of renouncing liberation and stay to help the fellow beings. That is the great sacrifice that the Hierarchy does. The Hierarchy exists not only on the planet; it exists at the planetary, solar and cosmic planes. The Kumaras constitute the Cosmic Hierarchy and the 7 seers of the Great Bear constitute the Solar Hierarchy, and on the planet we have the Hierarchy presided by the World Teacher with his team of fellow workers. We generally believe that only Buddha did the renunciation but this is not true. The Hierarchy of Kumaras and the 7 seers of the solar plane and then Lord Maitreya, they have adopted to the path of renunciation to form a chain of teachers. The chain of teachers from the absolute to the planet, who have opted to serve all the 7 planes.

That is how there is a hierarchy which prefers to stay back and serve the humans on the planet and there is also a hierarchy on the solar plane, all the 7 seers constitute the Hierarchy up to the cosmic, and then there is the Hierarchy of the Kumaras. The Hierarchy of the Masters consists right from the beginning of creation. Buddha is the recent expression. It is so with Jesus the Christ. It is also so with every Master of Wisdom. Foremost in this yoga to do this is Lord Maitreya, the World Teacher. There are two paths available we speak of. To progress on the path of light, the path to truth, we can join the truth and annihilate or renounce liberation and start working for the fellow beings. This is seen as an act of compassion and love. It is this kind of beings who joined the path of the Plan to make themselves available to all the beings of the planet to support the true aspirants and help them, to enable them to help effectively.

Three varieties of bodies are formed, a body of flesh and blood, a body of golden light and a body of diamond light. This is explained as Dharmakaya, buddhic body. Names are many, what is important is, as you progress on the path, as you get the 6th to 8th step, is, you get the form of the higher bodies. From milk butter is formed and from butter ghee is formed. That is according to the steps you gain. You gain an etheric body and a causal body. They get formed as you progress these 8 steps. They keep growing slowly as you grow towards truth. Growing awareness in us is more important than looking towards golden or diamond body. It is more important than looking for the fruits of practice. The fruits will eventually come. The orientation shall have to be towards the practice and not the fruits. It is a prophecy. That was also informed by Master CVV – follow the path to light and the bodies are formed. He has said, the voice of

silence speaks of it. It is a recapitulation in half an hour. Now we have an hour time for questions and answers.

Q::How do you see the immediate future of Argentina?

A: It is totally out of the theme what we have been talking about. But it is ok.

The collective karma of Argentinians, what we will be tomorrow depends on what we do today. That is the collective karma of Argentina. That collective karma decides the elections. Anything that happens we should know; it is a process of learning. This is one Law in creation, everything happens in divine order, meaning, whatever happens is good for Argentinians. From what we have learnt from the last few years we now walk to the next steps. Our experience of the path gives us an idea of the next steps. We chose our government. We chose according to our level of awareness. It shows the level of awareness for the next few years. That is what collective karma means. Argentinians have listened to form. In 1992 when I came to Argentina one peso is equal to 1 dollar. From there now Argentina has fallen to 1 dollar is 15 pesos.

From there the governance has to come. Individually there has to be governance, auto-governance. We shall have to govern ourselves. If the number of those who can govern themselves grows you get a government accordingly. The self-rule is essential. When the number of self-ruling people grows the government will act accordingly. How good are we to govern ourselves? An average Argentinian, how good is he and she in governing himself or herself? When you take the government, the average governing ability of Argentinians put together, that is what decides the quality of government that you will have, in every country. The average level of self-governance decides the quality of the government the nation will have. If the average level of the citizens of the nation suffers from corruption, if it is high you will get a corrupt government, if it is low you will get a less corrupt government. Some corruption is always in governments because in every nation there is always a part which is corrupt. It cannot be a nation where all citizens are non-corrupt. Therefore there is some corruption. The degree of corruption of the Argentinians put together decides about the corruption of the government. It makes no difference whether this party or that party. The change of party does not change. Change is in consciousness. If there is a change in the general consciousness of a nation towards betterment, depending on that you will have a better government.

That is where education of values is important, education, unless the level of consciousness raises in the nation itself, there cannot be a better government. More and more when people are disillusioned with the government they work for a better government. That is why it is a matter of experiencing for evolution. What happens for Argentina depends upon what we are. We as Argentinians, generally there is a growing awareness, there will be walking into better governments. We are responsible for the governments. It is not so easy because a few are self-governing, they cannot decide. The majority of the people shall have to get into self-rule. Then we have better government. Better government brings better wealth to the nation.

Every nation is naturally wealthy in a way, even the deserts are wealthy. All those desert nations like Arabia are wealthy. Nature is abundant there. When there is the ability to govern you can turn a desert into a paradise. See the nations like Dubai, Abu Dhabi; the oil enables them to have everything in the desert. In nations where there are fruits, a bounty of nature, when they don't govern themselves, there is not enough food. Self-government is where the wisdom of the 7th ray is. The name of 7th ray is Swaraj, self-rule. I rule myself. I need not be told how to live. If this number of people grows who are self-governing - a person who cannot rule himself cannot rule the society. He is a good king who is good in ruling himself. He himself being a slave of desires if he is not able to rule his desires. Everything starts with 7th ray for self-rule. Self-rule shall take to groupal self-rule and then community self-rule, then national self-rule. That is seen spiritually as a progressive path for governing.

In the entire South America, it is founded through self-rule, from Argentina to Venezuela it is the 7th ray disciples who brought independence. They were men of self-rule for the entire continent of South America. The same ray of self-rule shall have to be lived to have a better future. Better future will not come by

dreaming. Man dreams of a better future but by dreaming it is not arrived. Better future comes to Argentina through self-rule. That is how it is.

Q: There is a movement for community but they cannot rule themselves. Shall they meditate?

A: To meditate people shall have to gain the will to rule themselves. Meditation shall help to gain reinforcement to the will. When there is a strong will then you can start moving towards self-rule. There are such self-ruling communities. The principle is not new, there were self-ruling communities in Israel called Kibbutz, developing Israel in a very fast way. They carried the will. From out of nothing they developed the country in a matter of 4 decades; from 1950 to 1990 it was developed only by the Kibbutz, the self-ruling communities. All was brought together and they started developing every area. That was the case with Japan; it was destroyed with the 2nd world war. Self-ruling communities is a great power. In 2-3 decennies, they can build societies in a few decades. It was so in Greece. At the beginning of Kali Yuga, Brindavans were formed by Krishna. Brinda means group, self-protecting groups means Brindavans. They build self-ruling villages. Even till recently the strength of India is much more in the villages than in the cities. The concept of self-ruling communities is a very noble concept. It includes men with different abilities. They offer all their abilities to build the community. These communities demonstrate in a good way, then many profit from them. That is the key to development. Instead of depending upon the policy of governments, there can be government by small communities. If they are able to do it, they have to contemplate more and bring in the capacities. By deeper contemplation the better people will also come. Through meditation the related magnetic vibrations are generated in the surroundings and like-minded people are attracted. That is how more meditation has to be done to attract the right kind of resources to the right persons.

Q: I want to ask you about the service... The person does not have time to serve other people. ...

A: A person who serves the children, only apart from serving [one's own] children which is a daily activity, such person shall have to serve other children or animals also, offering some grains daily to animals, some grains, every time she cooks for her children she can take out a morsel of grains and at the weekend she can cook for some people who don't have food. If it becomes a part of life. Slowly the Nature shall help the person to do more and more service. In nature service is an essential quality or characteristics. When you demonstrate that you think of others' lives except yours, even a few grains, daily a handful of grains set apart when you cook, at the end of the week cook those grains and give it to those who don't have. That is good enough to start service in a qualitative manner. As it becomes slowly a habit it becomes a natural function of the soul. And then the nature supports and cooperates so that you have more resources and more energy to do the work. And greater will to do it. We need to start in a small way on a daily basis. Just serving our children would not allow us to overcome our self-centredness. We have to overcome the definition of "our". Include some others, animals, flowers, plants.

Q: ...

A: The work that you do, if it is for others, if you are teaching, it is for others. You may be getting money for it. The first dimension is, you do your very best to the persons to whom you do it. You are building something for others as a vocation, do your very best, the best knowledge, the best will for the persons. Do it so well that the other person is happy with the work. That is already service. Don't try to see how much I will gain through the work. Don't take inferior material, give the very best. A satisfied customer will support. Out of what you receive ensure that those who are working with you they are supported more than what you are normally supporting them. From time to time give something for their children, so that they see that you care for them so that they become a good team. If you take better care of them they take better care for you. That is how you don't have to do service by doing something more than what is by the rules and regulations. You are doing something voluntarily, not that you are compelled to do. You do every few months something more they don't expect. Then you are building a team, a family. This is how the corporates build not only the individuals but also the families of all those whom they are helping. Even

through the vocation that you are working through you build a large family, community. In the same line you can find out how you can help those in a different way. On the one side you support the customers; on the other you support your team. In a very unconscious way you build a very good team. That is how you can avoid the dichotomy of the profession and service. It should give you the answer to your conscience. You give something like for your family.

Q: The attention with the consciousness, how can we understand...

A: If you start questioning yourself, if you are introspective, ask yourself, what am I doing? Am I useful to myself, or am I useful to others? Life is given, am I working for the life? What is it that I am doing? Make that kind of introspection, then the conscience will get awakened, and then the needed ideas come from inside to be useful for oneself and for others. Through daily introspections, it is one of the fundamental codes of the teachers with the children. Every day I should take time to ask myself, am I doing enough for the surroundings? Can I do something more? Pray, help me to help more. I spoke about it yesterday. We need to pray that we are enabled to help better the surroundings. The prayers otherwise remain a routine. Am I able to serve better than what I am doing? Why can't I do it? That kind of introspection would help to get the spirit of service. Through the prayer you are better able to do. The answer is self-introspection and an ardent prayer that will gradually lead you to some tangible service. Once service is more your prayers will help to move to larger areas. That's how it is.

Q: Sometimes in daily life we cannot follow the 7 steps of meditation. My question is, how can we transcend...

A: Your meditation, when you are not feeling good enough in your contemplation you can take the support of the Master. After 10, 15 minutes we can again invoke the Master. You seek the support to stand in the light of contemplation. Because the Master of Wisdom has given support and with the support of the Master the 8th step can come.

Q: The question is: Is it correct...

A: Giving is not just giving as it is demanded. Giving children is not seen as service, it is an act of satisfying your emotions. Giving is always seen as an act of satisfying where there is a need. You are not just giving. If there is no need, then the people are spoiled. If you give where there is need it is well received. Parents should give children what they need and not what they desire. Likewise the governments, they should give to those who have no food and make sure that it is not abused. We should never give where it is abused. You have to make sure before you give if there is a real need. What you give to a hungry person is much better than what you give to a person who is not hungry. A glass of water to a very thirsty person is much better than a glass given to a person who is not thirsty. If you think it is not right. All people demanding from the government think it is their right, not it is given by the government out of benevolence. Giving should necessarily relate to the need of the other person. Follow the principle of recognising the need and the sense of satisfaction. When you notice that the receiver is happy the giver is also happy.

Q: Patience has a quality, the concept of self-rule... how can I collaborate...

A: Your work is a very difficult work because you are trying to help persons who are not oriented to receive that help. You are trying to help persons who have no urge to receive that help. Therefore it is always not satisfying. The only way is to see, am I doing the right way? They don't have the ability to receive the help because they are in a different state of mind. You do it because you are assigned by the divine to do this

work. Do it dispassionately, don't worry if they take the help or not. There are some functions in human activities which can be called a thankless job. You do because you feel you have to do.

Last questions:

Q: ... the voice of silence...all the time the creation was made out of....

A: We have as you rightly said, this work is a world of action; action has to be a balanced action. The balance is the equilibrium between the action, the rest and the food. First action, then food to enable action and then rest. These three have to be balanced. The action shall have to be for the benefit of the people, not only people, beings. In so far as the action benefits beings that action is in tune with the nature. To enable that we act well we need appropriate food and rest. It is the triple triangle. Your orientation is to the work. Is my action beneficial to the people or not? Such an action is an appropriate action in nature; it is called a legitimate action. To enable that action to be done better we need appropriate food and rest. Make sure that your action is more and more beneficial. For this there should be no compromise with food and rest. You cannot act for long times, you have to eat something. We should know that sleep and food is in relation to action. You should always be conscious. Your food should support your being functional. Your sleep should support your being functional. The functional aspect is the topmost aspect. If you are not functional you don't deserve to be. Action is most important. To enable action food should be taken but it should not come into the way of action nor sleep. No food or no sleep disables action. Action should be supported by food and sleep. That is the simple doctrine. Then action tends to be more and more progressive. Your horizon of action will increase. Your consciousness shines more.

The action of the sun permeates the whole system, therefore he is so shining. It is depending on the horizon of the being. An ant has a horizon of action. A man has a larger horizon of action. More and more activity enables you to widen your field of action. The one whom we call the Sun is also acting better. Being in this action is an equilibrium. He chose to be the sun. Even the trinity is said to be a sun whose horizon is the entire universe. Keep acting to benefit the others and ensure that the activity is supported by good food and good action. With that triangle connected everything goes well.

A question from the person standing there:

Q: A question about food without any animal elements, without egg etc.

A: It is sufficient. We are in an age where we don't need any animal food. Our work is mostly at the mental plane and not so much on the physical plane. Where there is predominant physical activity there animal food is supportive. When we are more on the mental plane animal food is not needed. Milk helps the brain cells to function much better when the food is lighter. The brain cells can be very electrical with very light food. We are in the electronic age where everything is becoming lighter. The reduction of food is the future. In the future there won't be animal food. It is an act of love towards the animals. Eating animal food is not a sin. But to have better brains, electrical brains, lighter food is better. You make your food as light as possible, the better it is.

There are many communities who use milk. Using milk is not seen as natural. Humans were given milk by their mother; animals are given milk to feed their children. No animal as it grows drinks milk. Even for humans the mother milk ceases to be after a few months. In the nature's arrangement milk is for the initial years. For humans and for animals it is only for the initial years. Grown up cats or dogs don't look for the mother milk. So should be the humans. Therefore it is not seen as natural to drink milk and much more so in the Aquarian age where we tend to be electrical. Therefore it is good to avoid milk. Have this inclination and let it grow. The conscience grows. It has to be left to the individual choice. It should not be made a doctrine or a dogma. All milk products, all animal products. Yoghurt is also an animal product though it is better. After yoghurt it is ghee, it goes through some more transformation. From milk to boiled milk the animal vibrations are reduced, from boiled milk to yoghurt the animal vibrations are still reduced, from

yoghurt to butter they are further removed and with ghee they are almost removed. That is how the Vedic system thinks of ghee more than butter. It is good to think of avoiding all from animals and let the animals live, not eating or drinking away their milk. If the human being accepts the milk, the humans will have to accept to be milked themselves. This dimension has to be accepted.
Another question...

Q: About the brain, do you think that children...

A: The occidental medicine it does not see the evolution of the human being. The humans of the 19th century are less electric than the humans of the 20th century, and the humans of the 21st century are much more electronic. We walk into a future where we will be more electrical. We will have a medicine without substance. No substantial medicine tends to be more and more used. Thank you so much for your presence. You may please continue with your practices of wisdom, they are the only solution of the human race.