

The World Teacher Trust

The Insider

Seminar with Master Kumar and Kumari Garu

Miami, Florida, USA

February 16-18, 2018

Friday February 16, 2018 evening

Discourse 1

Hearty fraternal greetings to all the brothers and sisters who are gathered here by the will of the Master to experience the group consciousness, and in that group consciousness elevate ourselves to the state of soul. It is again a great pleasure visiting the city of Miami as I always say, the land of Mayans. Maya is the original name for Miami. Miami is the present name as short distortion of the original name. Miami is the true magic, because it sounds Maiama starting from one side or from the other. It is magic and magic is all about creation; from seeming nothingness something comes into existence and again from existence to seeming nothingness.

Just as in the morning when we wake up the sleep is not there anymore. Only when we are awake our consciousness is with us, when we go to sleep consciousness recedes. The whole creation is seen as play of consciousness and that consciousness emerges from existence. Existence is seen as absolute God. Awareness is seen as its nature. Awareness retreats as the grand universe and again withdraws into existence and the universe disappears. It happens to us in a daily basis in the morning, on awakening, the world exists to us and in sleep is not there. Again goes back into awareness; alternatively we are in awareness and in existence. While we are in awareness, there are different degrees of awareness, awareness takes will, related knowledge and activity and then retreats itself into a desire passion and then the pursuit of life for experience.

So it keeps on happening and the one who is able to stay in that state of pure awareness is able to witness the intricacy of the play of creation. If not, he is lost into it for a while only to be recovered by time into itself. This magic of creation is what man is enchanted with and tries to find the how of the creation and how we are to relate to this creation, relate with each other and relate to other beings like animals, plants; how to relate to the elements, the planets. The whole wisdom in nothing but relating, wisdom is the act of relating, presented by the Greeks as PI. Pi stands for wisdom. It is the relation of the center with the circumference. We keep gathering again and again to dwell in wisdom and gain the ability to relate and gain the related joy, and even bliss.

I am extremely happy to be here once again in Miami. Several times I have been here and all those from Miami are in my mind, I am glad to seem them all without exception. Without exception all those who are with me in my being whom I look forward to meet in Miami they are all here except one person, I think the name is Henry, He was providing enough joy to us. All others I have in my memory. I saw you all and am very happy about it.

There are various brothers and sisters coming from various parts with intent to relate to that which is unknown. That what is known is not interested for the being. Once something is known we move on to meet something unknown. In the process we are merged into the unknown, to experience and to experience the bliss of it. When integration happens with that which is absolute, there is Samadhi.

Therefore we come again and again and I am frequently asked to come by sister Rosy to make sure I don't stay home. Rosy comes frequently to Europe and India along with a gentlemen who is her man, Alex and then she gently pursues her next visit once this group life in Miami is over she will only wait for a year because she comes to Europe and India.

Initially she finds some specifics from Kumari and then she very strictly comes. She has the sun in Aries, which is the power to pursue, and the ascendant in Virgo, she does it in such gentle manner that even the toughest become soft and friendly.

She has the ability to bring me back to Miami and I am amazed about her pursuance and all that is done in love. We find that in Miami the first thing I have to acknowledge is her sister Carmen Santiago, she responsible for me being in all these parts of Central America, Miami, Cuba, Mexico, Puerto Rico, Santo Domingo, Venezuela. She is the one who introduced me to all the groups she has been training. She is part of my being because she is a great worker of the Hierarchy of Masters of Wisdom. She has dedicated her life to the Masters and cares not about anything else. Cares not about economics, cares not about health, cares not about family, care not about anything when it comes to work for the Master. She is an example we have and always a great joy to see Carmen in these parts of the globe. She often comes to Europe when impulses are strong to meet me, and all this she does regardless of condition. It is a great blessing that she is showered from time to time. I most also express that almost all I know you very well because you have been coming again, and again and again. For 2 days I went to Tampa at Naples. We stopped for a while and I recall group lives in Tampa; they were so beautiful.

We keep meeting in this plane but in another plane we should be able to meet in a very effortless manner for that we have to make effort to transform ourselves. Like stalk of the rose transforms itself to form a white rose. Before it was hidden in the stalk and then it unfolded slowly and become beautiful. We are attracted to the beauty of the rose emerging from the stalk. It is the same with the path of wisdom. Many situations that we are put in cause trouble, pain, which comes from within one's personality. The personality is both, a facility and an impediment. Enables us to develop into our lighthouse and also causes impediments in our way to transform into a lighthouse. Nevertheless we have been pursuing together the lighthouse.

Twenty-four years ago, in Miami we didn't look the way we look now. Forms change. Slowly forms will develop their own decadence with time; but the personality need not necessarily decay, on the contrary it gains more and more Divinity and the beauty of soul is outside of the personality. When we observe a rose plant before the bud came was within the stalk, and slowly bursts out and becomes so very beautiful, all that beauty was contained in the stalk, meaning it is hidden. So that which is hidden in the personality of every being shall be released. Giving the joy of the rose and not just a thorny stalk. These roses you gave me I should be careful enough to hold them or I may get punctured by a thorn. Don't touch the thorn of personality but take the part which is not thorny and relate to it.

Wisdom is to relate to virtues of every personality unmindful of other limitations of personality. If we are more associated with virtues of personality, we tend to grow together and become proximate together. But if we see thorns, dimensions no so very desirable we get into difficulties. A lot can be said about the rose from the stalk and about the stalk itself. We as humans develop our personality to release our soul from it, which we are essentially; from the state of suffering to a state of personality presided over by soul. Once soul presides over personality we care more about the rose and not the stalk. We relate predominantly to the rose but not to the stalk. So as we grow as souls we relate only to the soul, and the beauty of the soul is such that the rest of it gets relegated to the background. We as aspirants try to build a personality into a personality of virtue, light, love and Divine Will, from which the soul emerges and the energies all around fulfill the surroundings while fulfilling oneself. We are in the process of working so.

When I came the first time was in 1995 and we had the meeting in the Holiday Inn, close to the airport. Now we are in the Sheraton, which is also near the airport. From a point very near to airport we went here and there with so many group lives and come back near airport now. Near the airport is also symbolic. An airport enables to take off and enables also to land as should we have landed into the body and develop the personality to relate to the world. Relating to the world when there is not related knowledge, we get stuck. We landed in Miami and get stuck in Miami that is the magic; how to enter into this magic of Miami.

That is why we get stuck and then release. To get stuck and yet release is the whole game. So we, on account of our lack of knowledge of how to relate develop a prison house of personality. Each man builds a prison house on himself on account of the ignorance he suffers from it and we try to bring in knowledge from those who have transformed the prison house into a lighthouse, those are the ones who are set upon the altar and work out their personalities into light houses spreading love, light and will into the surroundings. We try to gradually come out of our limitations by coming out of the prison house we built as our personality. This is the whole work we attempt to do. It happens not in one life but in many lives. The pursuit of knowledge takes 777 incarnations. That is what Master DK says in his teachings. When you are interested in knowledge it takes 777 incarnations to be fully realized. So therefore, there is enough time to land. As much as you realize yourself as soul you are more proximate. Your abilities indicate your growth, the abilities to uplift society, one way or another, is a measure of the growth of the soul over the personality. The impact of the Masters of Wisdom on the planet is eternal. They continue to impact, meaning they have reach such state of light and love that they continue to inspire.

To build the personality with knowledge is symbolically called building the Solomon temple. That idea is building a temple where the 3 suns shine forth, who are, cosmic sun, solar sun, and planetary sun. The sun we see is the planetary sun his father is the solar center, the solar sun and his father is the cosmic sun. From the cosmic light, the primordial light, there are 3 gradations of suns, cosmic sun, solar sun, and planetary sun. The Cosmic sun is on top of the head; the solar sun is in Ajna center; and the planetary sun in the heart center. When the 3 suns are well connected in you, then you become a lighthouse wherever you go, darkness is dispelled. We follow Masters in the planet and try to reach that state of being. But generally we are lost in daily routine. In these meetings of group life, the soul gathers strength and energy to pull up itself and reorganize the personality, but the daily routine dampers the spirit unless you carry awareness of light within you. Routine, which is normally mundane routine, dampers the spirit and we come again here to recharge ourselves and pick up forgotten tools.

I am glad to present to you a book recently released during December call in Bangalore and worked on in 2017 September in Miami. Building the personality into a temple. Make personality a lighthouse. I thought I would present the book here. When in 2007, September, the topic came when we met in Manresa, the time topic was given and then slowly went into slumber and then picked up by young men of Bangalore group and they arranged for transcription and presented them to me to make editions, deletions and consequently the book could come in December call last year. Since it emerged from this beautiful place of Miami, it is always very enchanting place since the beginning to present it. The book is available for you to relate to it.

I am supposed to do only introductory talk. The introduction is, reforming personality for the soul to shine. What is needed is all within us; the ingredients to turn into lighthouse are in us. We need to transform the personality so that the Solomon temple reveals by itself. There is not such thing as building from external. By eliminating certain things from personality temple appears. Those who work with archeology, they eliminate materials to discover a pyramid. Pyramids are rediscovered because they were already there. Our personalities also have many undesirable elements. When we eliminate what is not needed, what appears is very beautiful. It is like a sculptor, he visualizes the form and keeps eliminating until the form appears. The personality, which is Divine, and a personality in which all 7 planets can be at work, is within us but clouded by other things we try to eliminate. Unnecessary actions, unnecessary speeches, unnecessary thoughts, as we eliminate them, the beauty of the being is realized because each one of us is made as an image and likeness of what we call God. God made man in his own image and likeness. The image is originally very beautiful but around unnecessary material gets gathered.

Insider is the topic of this group living. Who is the insider? We are the insiders. As souls, as your Atman we are the insiders and have developed a personality and a form in which the insider as disappeared. It's like an image of God around which a temple is build and the temple is all in matter. We have to rebuild the temple. The soul has a form and develops a personality to relate to

the outer world. But we seldom realize we are souls and that we have a personality and a body. We only notice the body and the form. We always see the body and identify more with body than we understand that body. The body is just a vehicle, which you have shaped in a manner on account of the personality you have. With the help of the body the indweller, the insider, relates to the world and doing so on account of ignorance develops personality that cripples the insider. To reshape the personality and then also the form, it is the major work. According to the personality the form is. Today we think to set the form in order. There are so many exercise therapies, health therapies, but people cannot get the desired form because the form is made of quality of thought. When harmonious thoughts are entertained the harmonious personality and form comes. We are concerned about the physical form, the waste line, and want to be as beautiful as possible. But to be beautiful in the thought plane is more important. That percolates into the vital and physical planes. Harmony in thought brings harmony in the vital and the physical body.

The idea is from the soul to Buddhi from Buddhi to mind from mind to senses and from the senses to the body. When the energies flow unimpeded, transformation happens. Remember and function as souls but not as personalities or not function with form. Many think they are their body and then develop personality and interfere with it. The personality has a name and a form. Status, all that, is temporary and keeps changing from time to time. The personality as we had during the time of infancy, from youth, from adult and then advanced age, keeps changing through experience, time and aging; but the soul doesn't change. The soul is eternal and immutable. The personality keeps evolving or involving depends. The personality can be evolving or it can be involving, it can get into a process of evolution or a process of involutions depending on the knowledge we carry in us.

We keep on relating to the world on account of the personality but we are not the personality. For example I am not a teacher but when I function as a teacher I am a teacher and am working with teaching and you are working with the listening, you are a student then. But the soul is not the teacher, nor the student.

We were called infants, then youth, then adults, then, aging persons. These are all aspects of the personality but not the soul. The soul doesn't suffer all these modifications. The soul develops a personality and acquires a form and even this personality can be made a stable personality beyond this incarnation. That is why Masters of Wisdom build personalities for carrying acts of service.

There is a way to relate to the soul and the super soul within us while we are in the eternal journey. The soul is eternal an out shoot of the super soul and can continue to build personalities incarnation upon incarnation. That is what we call evolution.

Each child as it is born has its own traits. A mother can have 4 children from the same father but they have different traits, isn't it? Where have the traits come from? These traits they bring with them along with common ones relating to the father and the mother. Each child shows its own specialty. Neither of us is like his co-born. As souls we are all effulgent but the kind of personalities the souls build are on account of the work to be done. Our task is to build a personality where the light, the love and the will can express themselves for the benefit of the surrounding.

Knowledge offers this. We as insiders have to know what are we to do with this body and what is that we are composed of. We have a personality and our form is in accord with our personality. This understanding is important.

The soul has to work out his personality. It's like a man that trains the horse. Depending on his ability to train the horse the horse will be useful; likewise, taming the personality. Personalities are of different kinds; can be horses (Aries), bulls (Taurus), Cancer is the crab. When we speak of Gemini we have a double nature personality. When we speak of Leo, it is a leonine personality; like this, every sun sign has characteristics. We have a combination of all 12 sun signs and then 7 planets functioning on the personality. We try to exchange this recipe in manner that is in tune with the personality with help of knowledge.

I wish to present to you that we are not our body. The body has a limited duration. That limited duration it can be set to be about 84 years for one incarnation if everything goes well, after that it is not too functional. In these 84 years, how much we can build is the question. We should know we

are not our body. The first 10 years we lose without doing anything. Slowly, every decade that passes by you lose opportunity to build the personality. Build as much as you can with the help of this body and then it will continue as traits into the next life; build further and further. That is called evolution. In that building of the personality if we are focused in a point, evolution happens in a manner. Otherwise we stagnate. There is no progress. With the help of the human form, we as insiders, indwellers, have to develop a kind of personality that will work for us, like a flying horse, a flying eagle, a flying dragon.

The theme is the super soul, the soul, the personality and the form. The form changes within a century, the personality continues with you as traits. Then, how much you recollect from the past is another thing. Then, on account of the traits, some of them, the desirables, will allow you to move forward; the undesirables are impediments. Masters says to read one page at least a day and ponder upon it. There are impediments in us so we don't do it. Moving forward is the game we are in when we take into the path of knowledge. It is the soul that brings personalities to such group life to reorganize itself and transform the personality.

I will talk about the distinction of soul and body and what kind of virtues will enable us to overpower the limitations we have. Ignorance has its strengths and knowledge has its strengths. Ignorance initially has greater strength. Since we don't have strong will, we most associate with persons who have strong will. Associations are important. Associate with someone who is regular in meditation and service and you will be more regular. Continue with meditation, study and continue developing attitude of service. Orient more to the benefit that it has to others and then it will have benefit to you. As much as the work benefits others, it benefits you.

Tomorrow we will come to these topics.

It was supposed to be a half hour and it is already an hour.

We conclude here and proceed tomorrow from these basics. Thank you.

Saturday February 17, 2018 morning

Discourse 2

Happy good morning to all

Before starting I wish to give out a gift. I want to ask Vydia to come here. He is a very brilliant boy. He is an American child. His father was one of the migrants from India to the States and he lives in California. He's born a day before his father. There is some significance. The son is born a day before the father. How is it possible? We wish you all very well. May the Master bless you and may you find purpose of life and may you serve with humility and serve the beings of humanity. Thank you.

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

We have 4 sessions of teaching with preliminary talk yesterday; that would be 5.

The topic for the group life is The Insider. The Insider is the Eternal One and he is on a journey in this planet. He has come to experience the planet and then gain the necessary wisdom to enable Him to fulfill the plan upon the planet. It is not only that we come here to experience but also fulfill the plan. There is a responsibility of fulfilling the plan besides experiencing what is to be experienced on the planet. Just as the child who we have felicitated on his birthday to grow well, the souls that descended on this planet they are also blessed to experience to grow and to be responsible in fulfilling the plan for which we are sent here.

Wisdom is essentially a dimension of responsibility. It is not only for knowing and feeling good about knowing. The deeper you know the deeper is the responsibility. As much as we grow in wisdom, so much we incur responsibility. The child who has been blessed this morning, as he

grows, he is supposed to yield responsibility and serve the life, not only experience for himself. So, grown-ups are ones who have assumed greater responsibility than being responsible for themselves. That is how the plan is. The plan recommends that we grow into wisdom to be more and more responsible and thereby waking to greater realms of light.

The entry into fields of light is concurrent with the readiness to accept and work out responsibilities. We do build our personalities as we grow in life and this personality will terminate with this incarnation. As we are born we gain some identity. If you are born in this continent, you gain identity as American. The soul that is born in India is called Indian. Is an identity which is gained and that is not our original identity. Originally, each one of us is a soul. Depending upon the birth, you gain certain identities that are secondary identities. If we are born in a female body, we are called females. If we are born in a male body we are called males. Depending upon the vestures we wear. We gain alternatively male-female bodies. Don't think females come always as females and males as males. We are born alternatively as males and females to gain different experiences and also to assume different responsibilities. If you are born as female you have certain responsibilities that males cannot carry, like conception, like pregnancy, like nurturing. To raise a child in great proximity there is a responsibility of bringing up the child.

We take into certain identities the moment we are born. But wisdom knows what we are before we are born, even before we are born. We only know whatever we are ever since given birth isn't it? Here there are Venezuelans, Americans, Indians, Europeans, Americanized Indians, these are all identities we have gain after our birth, isn't it? After birth we are also given a name, not before. After our birth this form has developed but we were there even before birth. After birth we gain certain identities and believe they are real. We are forgetful of what we were before and why we have come here.

If we have taken birth in America, India or South America or Europe, what made us take birth in a particular continent or nations for this incarnation? We don't know. But before we decided to incarnate we knew what for we took birth in a particular country. Just like we all come to Miami and we know what for we have come here, what for we are in this group life; we know. If we forget what for we have come here, then it becomes a purposeless activity.

Every day in the morning we invoke: "Let purpose guide the little wills of men", because we forget the very purpose for which we have come because we take a different identity and our daily purposes are so petty. What is the purpose for which we have breakfast after we wake up; then do something, then have lunch, do something and have dinner, and then sleep? For what we have come is forgotten. It is because we have forgotten what we have been and what we have become. We have become Americans, Europeans, Indians, male, females; we were in France, we tend to be adults and then aged persons. That is how is the becoming part of our life. But, what is it that is experiencing all this becoming? it is called the Being. There is a being around all this becoming that is not changing and which energy is never changing, it is an immutable energy that keeps surrounding and developing.

So today I am in a dress yesterday I was in a different one, tomorrow I will be in a different one. It is the same with incarnations. We take to incarnations with different personalities. The personalities we develop terminate with this life. Vocations, professions we develop, if one is a doctor in this life he will not necessarily be a doctor next life. It may be something totally different. Different lives have different personalities and these personalities have different vocations, domestic and economic set ups, these are all things that keep changing and a part from these changes there is a being experiencing all these personalities. Recollecting I AM. I AM is given a name, a sex, an identity as accountant, as Indian. These secondary identities we have are all different envelopes of the being that is the insider. Recollect where I come from, where I am to do is possible by recollecting our original being. Original being has also a name, we don't know that name we have forgotten the name.

In the history of the Masters of Wisdom, eternally they have a name. Maitreya, Morya, Master Koot Hoomi, Master DK, Master Jesus, any of those we adore in the altar, regardless of their change of

forms they know who they are. Just like regardless what clothing we wear, different in each day, we know who we are as personality but not as a soul; the soul has a name, the personality has a name.

There is a book by Master EK titled Music of the Soul. Music of the Soul is a book that relates how an aspirant, Giri Sarma, regains original identity and knows himself as Djwhal Khul. He has never intended to be Djwhal Khul only, even when had taken 70 different incarnations thereafter. Around 5000 years ago the one whom we know, the great magician Count Saint Germain and master DK regained original identity, thereafter they continued to remember who they are even when they changed their forms and had different personalities conducting different work in different places.

Most of you know the story relating to CSG, how many noble incarnations he took within the last 2000 years. It is on the Internet if you google it.

Through all these incarnations, he very well remembers who he is. So is Master DK, they are the latest examples of gaining original identity among those we worship and they became models for HPB, for Mary and for Jesus, who later gained original identity.

Each one of us feels that he knows himself but do they know what they were before their incarnation and what will they be after departing this incarnation in their dis-carnation, meaning entering in body of flesh and blood and departing from body of flesh and blood.

Entering into womb of the mother via the father is due to our existence even before reincarnation. What were the earliest incarnations? What name we carried? Were we males, females, Americans, Europeans, native Indians of America? We don't know. So, how can we be satisfied about ourselves when we don't know about ourselves? And we move around with vanity with a false identity!

A great teacher in India posed some questions to his students: "From where have you come and where will you go after this form? Do you ever enquire? Do you know from where have you come? What were you before? For what have you come into this body? Where will you go after leaving this body? Who are you?" These are the questions we have to answer for ourselves. The ones we adore in the altar are the ones who found answer to these questions and has you do find answers, you'll find you have greater responsibility in this planet. They demonstrated, the Hierarchy demonstrated, responsibility. They feel responsible for the entire humanity. They feel responsible for the uplifting of animal and plant kingdoms. They feel responsible for the uplifting of this planet into a kingdom of beauty: In the morning prayer we say, "May the Avatar of Synthesis... may he lift up the earth to the kings of beauty".

We are here to make this planet beautiful, to make human life much more beautiful and make sure animals and plants live without fear of humans. Such is the responsibility wisdom bestows upon; and not wisdom for better economic conditions, better health, betterment of family, more property. That is not wisdom. It is all child's play. A child is allowed to play but you, as you grow, you are not so much allow to play. Do we want to be a child forever or to take responsibility? Parents, at certain point expect children to perform well in a responsible manner. If a child still seeks chocolate at 30 we will think, 'what stupid child is this?' As we continue seeking for personality, remember that personality is bound to change every incarnation.

You can take the example of Hollywood actor. In the different movies he plays different roles. A popular actor will have acted in more than thousand movies. In each movie he has different forms and names, but throughout, will not he remember who he is? In a number of movies an actor keeps playing, he plays one role in one movie, another role in another movie, and he knows he is in a role-play and he is not the role he is playing. The actor who plays the role of Moses in the movie The Ten Commandments, most of you most have seen it, it is a classic movie. The actor is called Charlton Heston, he plays the role of Moses. He also played in another movie the role of Ben Hur. Is he Ben Hur; is he Moses? He's not either. He knows himself as Charlton Heston. They play different roles in different movies, with different names and different attire.

In this movie of creation you also play the role of male sometimes and other times of female. In movies, generally male actors play male roles and female actresses play female roles. But in

creation we sometimes play male roles, sometimes female roles sometimes a role of farmer, other times of an industrialist, other of a doctor, other time a role of pilot, and other time, when we are unemployed we play the role of seeking employment. Isn't it? An unemployed situation is also a role-play. Losing jobs, looking for jobs, different roles in different lives. These are all role-plays and who is behind them is what it is intended to be known. Only those who have known can lead us to who we can be. That is why knowers can help us to know who we are and what are we to do and fulfill the Plan. Teachers are found handy only to fulfill not only our personality requirements. Kneeling down and asking for economic betterment, for health, so many things; that is not wisdom. It is an activity of dependents who keep on seeking, and call themselves devotees. All activity in the planet done in the name of God is only dependence, seeking all the time for personality requirements that terminate with this life and continue again next life. All starts all over again next life. We have to learn letters, numbers, only again to be a dependent. That is not what is intended by wisdom. Wisdom is to know thy self. To know ourselves as the soul, to know who we are, from where we have come, and how to fulfill the Plan

In olden times theatrical performances, a male played a female role and vice-versa, they play all kinds of roles only to know that this personality life is a role-play and concludes with this life. In playing this role you gain related experience to perform well for the benefit of the whole. Knowing about software for the new generation started in earlier lives. What it is that we are today is not what we will be forever and what we are today is not necessarily what we were in past. What is constant is I AM. I am a software engineer is temporary, I AM is permanent. Be it male or females what is common is I AM. I AM is a common factor and is eternally there beyond incarnations. That knowledge comes from those who have owned it.

The first time I visited Venezuela I explained a stanza from Bhagavad Gita that is what we sing every time, "Imam" meaning, 'high initiates from God'. God initiated Manu, Manu the solar king after that transmitted Yoga on to the entire planet. Who initiated the Sun God? It is from the source that enlightenment happens in a hierarchical manner. The I exists, the son of God exists, Manu exists and the Solar King exists. In Sahasrara we have the original, called THAT. The son is I AM that exists in the Ajna center. THAT I AM and then the Light of the Soul exists as Manu in the Heart. When we are on earth we are in the solar plexus. There is where we are in the mind. When we are in Buddhi, wisdom, we are in heart. When our awareness reaches Sahasrara we know souls from which we have come and how we carry inherently our innate wisdom and use it to manifest things in the planet, like Solar King initiated the Solar Kings ruling the planet. We are solar kings ruling the planet earth, which is nothing but your own body. You receive light from Manu, which placement is in the Heart and Manu is descended from the Sun placed in Ana and the Sun itself is present in Sahasrara. If we wish to know who we are we need to turn inward and relate to the heart center and later ascend to Ajna center and later further and finally ascend to Sahasrara. Then we will know what we are and what we are here for and what are we to do here.

There are beings in the planet who help us to know, we call them the Hierarchy. For the Hierarchy, as far as planet is concerned, we must first recollect the foremost ONE, the most ancient ONE, called the ruler of this planet, Sanat Kumara. Sanat Kumara is the lord of this planet and he is deposited in Shambhala, a center you know thanks to the writings of HPB and Alice Bailey in the West. Shambhala is an ethereal city that till date people search for it. In fact in the mid-20th century, Hitler he sent intelligent forces to search for Shambhala, he sent a team of intelligent warriors into Asia and the Gobi desert. They could find some semblances of Shambhala but could not find Shambhala. Shambhala is the seed from where the whole planet is ruled and the one residing in Shambhala is called Lord Sanat Kumara. This Sanat Kumara is the foremost one in the planet and has a hierarchy of knowers. He has as immediates Lord Maitreya, the World Teacher and Gautama the Buddha, one Buddha and one Christ to reach the truth in us. The path of Buddha is the path of the head; the path of Christ is the path of the heart. Even in us there are persons that are head oriented, there are persons who are heart oriented. There is a Hierarchy with Buddha and Christ. Buddha in a cycle has been Gautama and Christ in a cycle has been Maitreya. The original Christ in the planet is whom we call lord Maitreya. Sanat Kumara, Gautama the Buddha, and lord Maitreya the Christ constitute a fundamental triangle in relation to knowledge imparted in the

planet. Buddha works as an intermediary between Sanat Kumara and Maitreya. Maitreya has is abode in the Himalayas, the Trans Himalayan region, called Sravasti, There are mysterious caves in Trans Himalayan region where lord Maitreya, the World Teacher resides and blesses the planet every dawn and dusk hours. Relating to those hours will help us supplement our effort to enter the realm of wisdom.

There are also ranks around mount Kailash caves of Kalapa where you have residences of lord Koot Hoomi and Morya. They have an assistant as Master Djwhal Khul whose ashram is in the Kulu valley near Darjeeling. I mentioned these centers and noble names because these are the ones who have known who they are and what they have been doing and are there to helps those who want to know who they are. They have branches all over world. The branch of Shambhala in USA is Mount Shasta. Shasta is one of many names of Sanat Kumara. Sanat Kumara's energy is present in the western hemisphere in Shasta but Sanat Kumara original abode is in the Gobi desert, Mongolia region. The Scriptures talk about this.

There are beings who have been witness to this, like Madam HPB and Nicolas Roerich who were blessed to gain access to these ashrams and to narrate these ashrams and picture them into vibrant paintings.

I thought we should first recollect the grand Hierarchy of teachers who have been in the planet to help humanity to relate to wisdom and to know who they are. Pythagoras said: "Man know thyself" Lord Koot Hoomi, according to Theosophical writings, said, "unless we know ourselves, we cannot feel satisfied about ourselves". If someone is into depression they forget many things, isn't it? We feel he's turning to be mad. If I ask you what is my name you raise your eyebrows and think, 'this man is going crazy', isn't it? Bu the truth is that we all have lost our name and identity and we need to gain it through wisdom and that wisdom comes to us through teachers who have been in the planet right from the Lemurian times. With the externalization of the Hierarchy we are entitled to receive the knowledge, the ones who have this knowledge they were here since very initial states of this planet. Sanat Kumara descended as early as Lemurian times. Imagine someone staying in the planet since Lemurian times to help humans in planet! Lemurian times precede Atlantean times and we are now in Arian times. From Arian times standing back come Atlantean times and then Lemurian. It is in Lemuria that the grand wisdom and teachers of wisdom descended, like Kapila, Dattatreya, Sanat Kumara, Ganesha. Some of those names are known in the West; and the 7 seers presided upon the 7 ethereal centers in our body, they are all there since the beginning. They know who they are regardless the incarnation they take to. They go to so many incarnations to continue in the planet and inform the being. It is them whom we call Eternal Beings. They are eternal beings of the planet who will help us to regain the essential state of eternity. Each one of us is an eternal being but we have somehow set ourselves into an illusion and gained illusory identities.

Once I met a person. When I saw him I felt, 'this man, the way he vibrates is different'. I approached him and said: 'Who are you sir?' He said, 'I am called Raul'. I am Kumar, I am Rosy I am Alex I am Dona, knowers don't say that. They know they function with that name but they are not the name. You are functioning with a name but don't think you are that name. When I asked him he said 'I am called Raul'. I said, 'you must be a mason' and we shook hands. 'How do you know I am a mason?' he said. Mason means he is a Master, Master Mason doesn't identify with worldly personality. Worldly personality is only a means to fulfill in this world. If there is no personality there is no activity. Remember with divine personality we can do divine deeds; with diabolic personality we do diabolic deeds; with human personality you can do human activity; with beastly personality you can do beastly things. It is all about how we build the personality but we are not the personality. We develop it for specific purposes. An astronaut develops needed skills to move into other spheres. We develop needed personalities to fulfill purposes but we are not those personalities, much less our form and much, much less, our name. Different personalities are meant for different purposes and have different forms and names. Personalities keep changing according to experience. The form keeps changing even during one life. Name changes after every life.

There are many different beautiful things in life but an immutable ONE. This immutable ONE we must work out by constant recollection of who we are. The Insider, when Rosy asked for the topic I said, 'the Insider is THAT I AM in us'. The personality has a form and a name. Basically we should see personality, form and name as facilities to function. Don't get too enamored of your form. Form keeps changing after sometime; it can lose hair, isn't it? Can develop gray hair, can develop wrinkles on the skin, a dancing walk with heap and knee joints going on some trouble. This is how it will be as we age. If we see an aged person it only indicates the future.

I used to come by myself up here, now I come with help of these guys. You should know the form has a time period. You are bound to depart from this form one way or another. How many of us carry this knowledge? Do we carry this basic knowledge that we are in this form for a while? We don't think so because we have the illusion that we are always there, isn't it? Even if one in family member, or among relatives or friends or neighbors departs, for a moment we recollect we will depart one day. When you go to a ceremony of cremation what do you do? You go to the cemetery to set the body at rest. For a while you get the idea that one day you also will reach that place but next day you don't remember it. You think you don't carry the knowledge that one day we will depart from this body. Make note of the fundamental truth: every night when going to sleep we should be ready to depart. Are you ready to depart? If the angel of death approaches you and says 'hi, how are you? I have come with visa and ticket, the flight is in 1 hour time' are we ready? If you think you are working for discipleship, if you think you are a yoga student you should say 'I am ready'. I informed earlier about a Hollywood movie. "Mr. Joe Black" today being Saturday we can speak about death, tomorrow I will not =)

If we are asked to depart, how ready are we? If we are really a person of wisdom we can say, 'I am ready because I know I have to depart one day and I am ready'. This readiness is the fundamental of wisdom.

Seldom we realize we will pass over. This knowledge of departure should always be entertained in one's own being. Second step to follow: every night on getting to bed, note it as a place of departure. There is an occult meditation by Master CVV where he says: "my bedroom is my death room". As we get into sleep mostly we are out of the body but as we awake in the morning we re-enter into the body and awaken in the body. Is a truth we don't know because we don't know what is happening in sleep. In sleep you are not in this world. This world is not for you during sleep hours, only when you are awake. What happens during sleep? We take sleep for granted. Wisdom says, 'don't take sleep for granted'. Sleep is a means to depart from this world for a while. Death is a means to depart from this world for a longer duration. Sleep is departure for shorter duration happening on a daily basis. Sleeping 6-7 hours we are inculcating a habit of departure from this world, where we go is another subject.

How should we see our bedroom? As an airport and your bed should be seen as the runway from where you depart into different worlds and again in the morning you land in same runway. In poor countries the same runway is used for landing and departure; not in Miami where you have one runway for departure and one runway for landing. But in nature, the runway is the same. Runway from where you depart is the same as the one in which you arrive.

Practice you are departing when getting into sleep so when the final departure comes you are not afraid. With daily practice it will become familiar to you; otherwise it becomes a nightmare. These days it is such a nightmare to depart, people keep clinging and clinging. There are many beings in the body unconsciously but yet not able to depart, because something unconsciously clings and they cannot function from it.

There are so many in hospitals who are not here, not there. They are stuck in their body because of fear of departure. It is a crisis in hospitals. But practicing daily it is like a mock departure; every night you make an effort so when real departure comes you know how to depart.

Why I am saying this is for us have to remember constantly that this form is a facility to you and has a duration. It is like a journey in which we keep changing forms. This understanding, without it, we cannot call ourselves students of wisdom. Wisdom tells us we are here for a while to perform

and depart when time comes. So we don't have to develop too much emotion about the form. We get into cosmetics, health products, programs' it's a huge business happening in the planet because there is a weakness in us to retain this body. But the body can be maintained with minimal food and water, for fairly long duration, doesn't need so much attention. What it needs is time for work, time for rest and time for food.

Persons with terminal illnesses know that soon will depart but they are not afraid. One day or another I have to depart. If the announcement comes that I have to depart, let me just finish my job and then depart.

When Madam HPB received a message that time to depart had come she made haste to complete Secret Doctrine, she didn't run to doctor or hospital for how to stay in body. When is time to depart make sure you have done your work.

Stories of great ones, Rama Krishna Paramahansa, he had cancer in the throat so his disciples were all agitated, 'How can a master of wisdom have cancer in his body?' Why not? They were looking for Drs. In Calcutta but Ramakrishna said, "Cancer in the throat is a message that I need to finish my work and move into other planes. You don't worry and just do your work". He departed peacefully when the time came. Better live validly and gracefully than living as an invalid. This is possible only when you know you have a form

Learning wisdom can be a fancy. Normally we gather here and have the fancy of group life, do the prayers and listen about the Masters. But we have to live it.

A person from the group said: 'Life should be a living book'. All books are beings. Books coming from the Masters are all beings and they give the touch of the author. If you read books of the Tibetan master you receive the touch from the Tibetan. When a great initiate writes and you read that book you also have the presence of the Master. The book gives you that presence and life transmission of the teaching. The immediate impact then is, knowing we are not our form. Forms can come and go. If this form collapses and work is still pending, one can take another form and start working. If on the way in a journey the vehicle breaks what will you do? Take another one and move on. We try to complete our journey with the vehicle but if there is a breakdown we don't worry, we take another vehicle and move forward.

One of the highest tenets of wisdom is to realize the Insider, it is to know you are not the form. Books of Master Tibetan very frequently instruct: "look for the life aspect not so much to the form aspect. The life aspect is better seen through the eyes. The form aspect is better seen through the form". When we look to each other we should look to the eyes and not to the form. Look to the being. The being can be contacted not through any part of body but only through the eyes. Only through the eyes you can contact the being, not by looking at the hair, by looking at the ear; you cannot contact through looking at the upper or lower torso. If someone looks at parts of your body know that he is not a knower. Even if you have a large tummy if the other person looks into your eyes, he is the person you can relate.

What I am saying is that eyes always carry the Light of the Soul. Meeting of the eye is meeting of the soul. If a person is looking at other person's body, it is groping in darkness; that should not happen.

Coming back to point, forms should not be seen as Being. The form is an expression from the Being. Like a snail builds its shell from secretions, likewise secretions from the body build the body. But the one secreting is the Being. "Relate to the Being but not to the form" it is the fundamental teaching of Bhagavad Gita.

No matter what the form looks like, there are many varieties, brands of vehicles; but whatever enables to travel is the vehicle. If it doesn't move is not a vehicle. As long as the vehicle allows you to move it is ok; it doesn't matter if it is an Indian, or an American brand.

"Brotherhood of Souls, Fatherhood of God" is true only at a soul level, at the level of Beings. As beings we are all brothers but have different personalities and forms. When it comes to the form, it has shorter duration compared to the personality. The form keeps changing; the personality also keeps changing according to exposure. It keeps receiving, but also changes. At some point we

may have many fears, wisdom helps us to have less degree of fear. If we continue to have the same fear, the same anger, the same degree of worry, anxiety, etc. it means that wisdom is not helping us. These keep changing as we relate more and more to wisdom and we have less emotions and cleaner waters, which allows a cleaner experience. It is a different quality of personality.

Whatever we have been when we go to sleep has the same quality when we wake up. If the next day you have a change of personality, when you go to sleep you will have a changed personality which in turn will change by next morning.

If you know yourself only to be a form you don't seek again when you come back. Form once gone it is gone, personality continues. This we should know. Whatever traits you have before you go to sleep you wake up with the same ones. What you work on during the day should enable you to improve and transform your personality. The personality can be transformed. A very beastly personality can be transformed to a human personality and further into a Divine personality. Being with the Divine personality will carry out Divine acts. Being with a human personality will carry out humanitarian deeds. Being with beastly personality will carry out beastly acts.

That is the phantom we have to train. Like training the dragon. Don't kill the dragon, killing its ignorant. You have to train it to be a White Dragon, train a horse into a galloping horse; tame it, train it. That is why we depict angels mounting on horses, bulls, flying birds, flying serpents. There are so many things given in mythology. The vehicle they carry is the personality. The creator is set to be moving on a White Swan, indicating complete knowledge; and he continues giving this knowledge.

The second logos is said to be moving on a white eagle, capable of moving in all 67 planes of existence. The third logos moves on a White Bull. The Divine bull is the bull that can impact and magnetize everyone. It exists in the throat center and functions as the voice. If you have bull functioning well your voice is so magnetic that people is positively impacted by it. The two lungs are the two wings; they can lead you to Sahasrara. The Hamsa, the Swan, enables to dwell deep into your own being and gain wisdom. Every deity and angel has a vehicle and they are all symbolic, representing personality. Our personality can be trained for years, can be trained over incarnations because it follows you as a phantom, it can be a facilitating phantom or a hindering one.

In the story of Ali Baba, he finds a lamp and robs it 3 times, a phantom appears and he does super human deeds. Don't think of killing or getting rid of the phantom; don't kill him, it is ignorance. Tame it and gain friendliness of the phantom, of the dragon, that is wisdom.

The fundamental key of wisdom is friendliness. If you have a powerful associate instead of you fearing him, if you befriend him, what a facility you have!

It is a facility if you have a great dragon as friend. All men of wisdom are said to have white dragons. Varuna moves in skies with a white dragon.

Our understanding of personality has to go through a sea change, not suppress it, don't oppress it, don't deny it, don't become slave of it, don't enslave it, don't exercise power over it, exercise friendliness. Like in Ramayana with Rama and Hanuman as his friend. Hanuman is the one who accomplishes everything for Rama. In Mahabharata Krishna accomplishes everything for Arjuna and Arjuna accomplishes everything for Krishna with friendliness. Friendliness is the key, not one killing the other. The killing concept doesn't exist in wisdom. So, personality has to be looked into. Don't look into other's personality. We are too anxious and curious to look into other's personality. Wisdom says look into yours, how to set it into order.

Will continue into afternoon. This is just an introduction into the subject.

The Insider is covered by form, covered by personality; the soul is hidden within. Is like a wrapped gift. You get rid of the wrap to find the gift. But don't get rid of the wrap, don't throw it away!

Thank you, Namaskaram

Saturday February 17, 2018 evening

Discourse 3

I request sister Juli to come here and light the candle.
Medhame...

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

The soul in relation to the body develops the personality to relate to the objectivity and to experience. Unless the constitution of the human body is known one cannot relate well with the human body and when he doesn't know the very dwelling place in which he is, he cannot perform well and therefore causes mistakes. The human body is a very sophisticated machine, is considered the most sophisticated form in the entire universe. Even angels envy the human form. A human who is knowledgeable can move in the higher most circles and can also move into the lower most circles. He can be in the highest plane and he can be in the lowest plane. He can be anywhere according to the purpose. That facility is available only to the human form. The angels cannot touch down. The animals cannot ascend into the angelic planes. It is only the human who can ascend, who can also descend. The human form is the most complete form to experience the universe. That is why it is said, when the human form is finally prepared, the work of the third logos is complete prophecy is fulfilled. That image of God is well prepared and human can be as much as God himself in relating to the universe.

Therefore, understand what this human form is made of. Our performance with it is childish, is like if you are given a sophisticated machine and you are also given a manual as to how to use that machine. If you do not follow the manual and you start to use the machine it will bring problems to you and to the machine. That is how we are. We are given a very sophisticated machine and we are not given to our education the related knowledge as to how to function with it. Therefore we go on learning in our own way causing damage to us and causing damage to the form. Imagine when we do not know how to operate and equipment like this, a camera or a computer or a laptop, to transfer this teaching through YouTube and we don't know how to do it we will not be doing it as it should be done. Likewise the humans since ancient most times are not inclined to know what is the equipment that is given and start using it without knowing what to do. Shouldn't we know? If we buy a very sophisticated automobile, don't we read the manual before we use it?

Generally those who are attentive, they read the manual, they know how to use it and then they use it. But there are many who do not read the manual. With the little knowledge that they have they wish to operate the whole machine. Consequently there is error in usage and bringing consequences to the indweller and also bringing consequences to the human body.

If you study medicine they teach you about anatomy. Anatomy is not only for those who study medicine. For those who don't know what the human parts are and how they function, even the anatomy they are taught is not complete anatomy. There is an occult anatomy, which is contained in the etheric centers in the body which function on the basis of the quality of our action and it is the quality of our action, which enables secretion in the glands. Otherwise there can be excessive secretions; there can be deficient secretions, for not knowing how to function with the human form. If we function it gives us trouble, it gives us sorrow, it gives us suffering and pain. We should know what is suitable for the human stomach and intestines. Human stomach and intestines are much more delicate than that of the animals, so we should know what is suitable for human stomach and human intestines. For each person it is different. What is digestible to one is not digestible to other. It is therefore fundamental that we try to know the equipment that we are given and then after a fairly good knowledge of the equipment we start functioning with it. The knowledge as how to function the 5 limbs of the body, we are losing that knowledge of our body. For how to sit, there is a knowledge. If you don't wish to have back pain, there is a way to sit. From childhood you should learn how to do it. If you sit however you like sometimes after a while back pains emerge. How to

sit, how to walk, how to get out of the bed, how to sleep is all knowledge given in the science of Ayurveda, which speaks of longevity of life and health. It's not taught, isn't it?

We are not taught how to use the senses. We just go after things we like; that is all. What we like through our senses we contact the objectivity and we keep on relating to them indiscreetly. How are we to utilize these intelligences called the five senses? It is knowledge by itself. Likewise, the speech; till date humanity has not learned how to speak. We just speak because we have the faculty to speak. The moment we close this talk or after every prayer there will be a lot of chirping of birds; for what? We do not know. It has become a habit with us, isn't it? We speak at the dining table; we speak at our leisure hours, we use the faculty of speech for nothing. Don't think that it is a spiritual practice to be quiet when you are not required to speak; it is a fundamental. The five senses and then the speech; how to use that?

Why the defecation channels are not functioning properly, like urination and defecation? Most of the problems of sickness that appear come from the inability to appropriately defecate. It is because we don't know what to eat, how to eat, how much to eat, with what attitude to eat. We think we are very progressive, very developed, but the basics are lost. Isn't it? So the wisdom science insists, "know the equipment well before you start using it"; how to use the eye, how to use the ear, how to use the smell, how to use the taste, how to use the touch. There is science about it. Likewise there is a science of how to use the hands, how to function with the legs, how to function with the speech, with the defecation and urination tracts.

There are 5 limbs of action and 5 senses and then the speech and then how to think. What for is the mind given and how we are to utilize it, this understanding has to be gained again. The indweller or the insider, who is the center theme of this form, expresses through mind senses and body and to expresses it also has a triple quality. He can be dynamic when required. He can be at inertia when not required to act and, he can balance the dynamism and the inertia in him so that he lives comfortably in the body. If you work in a hipper-active way, after a few years you are burned out. There are many cases in the United States where people are burned out by the forties. Isn't it? That is what they called executive monopaths.

All energies are gone and they look like squeezed tomatoes or oranges. It's all gone because they were over use and there can be a state of underuse, isn't it?

There are people who do not accept as much as required. Their inclination is towards rest, towards sleep, towards inaction more than towards action. That brings the consequential imbalances. Hipper activity and hypo activity; both bring consequences. So, therefore, a poised approach is needed. The human has the triple qualities, namely, poise, dynamism and inertia; that is the triangle and it has as a five-fold body which contains 5 pranic pulsations, and consists of 5 sensations, 5 senses, 5 elements and 5 limbs of action. Everything is five-fold when it comes to body. So there is a five-fold body filled by the energy, which can be dynamic, inert, or poised. So there is a triple and a quintuple. There is a 3 and there is a 5. The body has this kind of equipment.

As you wake up in the morning, do you start with hyper activity? Or do you start lazy with hypo activity? Or you start the day in a poised manner. How you let yourself through the system? We, the insiders, the souls, when we enter every morning when we wake up, there is an entry into the human machine. Just like you enter into an automobile, you enter into this human machine. There are people who when they switch into the automobile, at once they go very fast. They are very speedy, like Speedy Gonzalez, 'arriba, arriba'. There are some people who there are so very hipper active that they are in excessive vibration and they cause a kind of disturbing vibration all around, And there are others on the other side of activity they are hypo active. When you enter into the body in the morning, you enter into a triangle. The entry into that triangle should be through poise. You are neither speedy nor are you slow.

To know if your system is speedy or it is very slow you are given a technique to know. As you awake and sit on the bed you can observe which nostril of your nose is more open for passage of air. Sometimes is the left nostril, sometimes it is the right nostril. Except for a yogi, for all others, the nostrils are not always in equilibrium. One is more open than the other and the other is less

open than the one. So what are you to do? To balance the energy, in ancient times they recommended that as you wake up from sleep, you sit on the bed and breathe 3 times and then observe if the passage of air through the nostrils is balanced. If it is imbalance we have to bring it to balance. If the right nostril is very active you tend to be hipper active. If your left nostril is active it means you tend to be slower. The two have to be in an equal balance. So you can adjust your energy flow by observing the passage of air through the nostrils and set them to order. To set them to right order it is basically understood that you do not contact cold very frequently. There are many who always have cold. Isn't it?

The discipleship for yoga practice strongly recommends that you keep your respiratory tract completely clean and healthy. Let no mucus accumulate in it because that can cause tremendous disturbance to balance. Therefore if there is a slight cold either in the nose or in the throat or near the lungs you need to make sure it is cleared. You should take the right measures to set it in order. They have to be kept clean so that the energies are in balance. The energies can be better balanced in that manner.

A balanced approach very early in the morning is important. See how poised it is the sunrise; and the sunset is equally poised. If you see in nature, the happening of events is very poised. Except in exceptional situations such a hurricane, etc. does not regularly happen. So therefore, every day as we wake up we should know we are entering into a triangle and through the triangle we enter into the 5-fold body; and if the very entry is poised, we stand a chance to function in the body in a poised manner. Whenever the entry is in haste because you wake up late you tend to be speedy or in a hurry. You have the anxiety to catch up to the time frame.

Once we start in anxiety or hurry, then the whole day is disturbed. That is what they say, you should start the day setting the right foot, meaning the right pace. Start the day setting the right foot on the floor symbolically means start the day in poise.

Therefore, in the morning as you wake up you are asked to relate to the breathing in you. Set the balance in you and then get into the state of the will. Before you take to the will there is a program as we wake up we immediately step into will, what to do, isn't it? Before you sleep is what is called the will to do, the knowledge to do and the doing. As you wake up this is all we do; the will to do and then gain the related knowledge and keep doing it. When the task is over then again take to the will, take to the related knowledge and keep doing it. As you wake up, you get the will. Let us say that we have a cup of coffee just as an example, or that we go to the washing basin to do the daily cleaning of the mouth. Whatever thought you get, the related activity is there. Whatever will is generated the related activity is there. But that activity has to be with knowledge, isn't it? If we do it without knowledge the activity will not give the right experience.

So in everything, there is this triangle from morning until evening. We work with the triangle. For example when we do this talk, there is will to talk and there is a will to listen. When there is a will to speak, you should also know what to speak. If I speak anything and everything only I remain in the hall. You just quietly will exist from the hall. So, I should know what to speak with the will to speak and also know when to conclude. For everything there is this triangle of beginning, continuity, and a conclusion. It can be in relation to your cleaning the teeth. It can be in relation to you drinking a cup of coffee. It can be in relation to your conversation with your spouse morning times. In anything you do, this triangle is there; and this triangle of commencement, continuity and conclusion, should have to be in poise. And you have to ensure that it is in poise. Otherwise you will either overdo or you will underdo.

We just sleep into this triangle we don't consciously enter into this triangle.

We, as units of pure consciousness, enter into a triangular activity as we awake in the morning and we are not awake, we are awakened. Something in us awakens us and we realize that we are here. During the sleep hours there is no awareness of I AM. During the sleep hours we don't know how we are sleeping. If you know how you are sleeping it is not sleep at all. In the sleep hours from a unconscious state, or a subconscious, or a super conscious state, people use different ways; from a super conscious state you enter a conscious state. When you come to the conscious state you know that 'you are' but even before you know that you are there, you are there. Do we, or do

we not know we exist in sleep? We know that we exist in sleep but, by inference, it is not a conscious experience. Isn't it? Because we are there we are awakened. If we are not there, is no awakening. So, awakening is a happening; likewise sleeping into sleep is also a happening. It is conducted for beings by nature. It is a kind of recovery of the being, recuperation of the being to set it right for the next day because by the evening with all the hypo or hipper activity we cause a lot of mutation to the system. Too much mutation happens and we get tired. So sleep hours are the hours for adjustments. A good sleep adjusts our energy for the next day. When we get out of sleep into awareness we should know we are entering into a triangular activity. Will to do, and then the related knowledge and then the related activity. The will is called, Iccha, the knowledge is called Jnana and the activity is called Kriya. These are the three that keep us rotating throughout the day.

All activity is triangular. It is so with the logos and it is also so with us. There is an impulse to do, and then we gain the related knowledge and we keep doing it. When we wake up what are we before we get into this triangle? What are we? We are pure consciousness, not even entering into the personality of the being. I spoke to you in the am about personality. The person every morning enters into the personality, decides what he has to do, and does things according to his knowledge. Then again, in the evening, he retreats from the five-fold body and he also retreats from the triple activity of the nature. The activity is a triple one and we function through a five-fold body. So there is a triple and there is a quintuple. The triple and the quintuple together are called the Nature. It is said that there is an eight-fold nature, Ashta Prakruti; the nature is eight-fold. There is a triangular activity that is conducted with the five-fold body. The five-fold body is what we call the Dragon. How do we utilize this dragon depends upon the triangle with which you enter into the body. So what to do is the fundamental. What am I to do? Then if you know what are you to do, how are you to do it? What am I to do, how it should be done and then, doing it. There is a triple and then there is a quintuple. These two are fundamentally with us. We are pure consciousness as the ninth one. We have emerged from the ten.

We have emerged from the ten as the ninth one. Enter into a triangle and further enter into a five-fold body, which is called a Dragon or Makara. Makara means, the five-fold one. We step down from being a pure consciousness. The quality of experience depends upon the quality of the will. Pure consciousness when it enters into the triangular system, the first entry point is the will. As you wake up there is a will to do and you exercise that will in tune with the knowledge you have. The quality of the will decides the quality of action and the quality of experience. So, know and understand the 10 aspects. We emerge from the tenth as the ninth one and enter into the eight-fold nature of the body. The eight-fold nature of the body is a triangle and an pentagram. So you descend from being a pure consciousness into the will, pick up the knowledge and start the action with the help of the body. For action you need the body. Therefore, what are you to will? If you will for general good, it is in tune with the plan. If you will for yourself, for your own sake that will degenerates into desire.

When I wake up 'what am I to do' can be of two different categories. What is it that I can offer myself to the surroundings? What am I to offer to the surrounding life or what am I to get from the surrounding life. Isn't it? If it is will related to general good it is called Goodwill. Goodwill is nothing but the will to do good to the surroundings. That is what the scriptures called as Yagna, sacrifice. A life can be a life of sacrifice for the good of others. A life can be the counterpart of fate; that is self-seeking. It can be a self-seeking life or can be a self-offering life. A self-seeking life it destroys the will into desire. Will, when it degenerates, becomes a desire. So, do not let the desire take over you. That is why Buddha says, "Kill out the instinct of self-seeking. Kill out the desire". If you desire for general good it is will. If you desire for yourself only and you desire it at the cost of others, 'I don't care about others, I care about myself', it is a much more selfish desire. So, seeking for self is a misuse of the will. From the standpoint of wisdom you are bound to cause bondage to yourself by such attitude. The more and more you seek the more and more you bound yourself. Man creates his fate at that point. The man, every man, creates his fate according to this particular dimension.

Are you for others? Are you for yourself? If you are for yourself there is a binding in process. The energies bind you. Just like a python binds up the being from head to foot, bound, it becomes very

limited, constricted, life becomes very difficult. Everything becomes difficult and you keep on fighting for self-seeking and it is a life of fighting all the time. It is such a fight. Is like moving in a conveyor belt. When the belt is running you keep on running over the belt. You are running in the other direction of the belt, a backwards direction. So, you run, run, run, run, run and run. Therefore, every day is a great opportunity as you wake up. There are people who wake up very early in the morning and look at the window into the nature. Depending on each person, they may say, 'what is it that I can offer today?' Or you can also think, 'what is it that I can gain today?' I have gained some by now, I will try to gain more and then again I will try to gain a little more and a little more and a little more. Through such gaining you get into a kind of suffocation and death because it is a process of self-binding. The other process is a process of self-unbinding. The energies that are entering into you when they are offered to the surroundings there is a process of unbinding happening. When you are seeking in every which way only towards you; towards what you think is yours, 'me, mine, and my things'. 'I have to protect my bank balances, I have to protect my property; I have to protect my people; I have to protect me'. You can never do that.

There is another way of working that I am for others. 'I work for others. I care for others. I not only care for what we think as ours. I care generally for all. The sunrays are for all, isn't it? The sunray is for all. The air is for all. The water is for all. The fire is for all. The planets are for all. If you see nature, it is for all. When a tree gives fruits there is no choice that the fruits are only for males and not for females, isn't it? Can it be like that, that my discourses are only for Americans and not for Africans? Can it be like that? The tree is for all. It gives shade to a man of goodwill and also to a man of evil will, because it is for all. The creation is for all. If you wish to attune for the creation, you too be for all. What you make choices? As long as one is for all he unbinds to be a free spirit. When he thinks only about himself, his people, his clan, his nation, his race, then he is binding to bind himself. This is the fundamental principle in the creation; that the creation is for all. Therefore you too work for all and joyfully experience the creation But the moment you think of yourself regardless of others you create fate.

This dimension must be known when we wish to work with wisdom. Wisdom is a means through which we liberate ourselves from the bondages that we have created for ourselves. There is no bondage in creation. It is through wrong application we create our own bondages otherwise there is no bondage. The creation is for all and it is always one for the other. The tree is for the animal and for the human. The animal is for the tree and for the human. Only the human is for himself. He uses the plant for himself. He uses the animal for himself; he uses the planet for himself. He uses every resource in the planet for himself. Everything is for himself, himself. That is why the basic sickness sets in. Sick is the one who thinks of himself. Healthy is the one who thinks of others welfare. That is how the scheme of things is. When we do not know this and enter into the system we lose our original glory, our original shine, our original potential.

As a soul, the soul is essentially divine. It can express the divine will, it can express the divine love; it can express the skillful action like the divine because the soul is but an image of THAT which we call the Divine. The divine in all theologies is the male-female God; sense and cosmic nature. That is the male-female God in all theologies. By manipulation the divine is being address as a he. It is man's manipulation of the understanding of divine. They say god is a he. God is neither a he nor a she. It is both. If we say 'she' there is a 'he' in it. Isn't it? If we say 'he' there is no 'she' in it. There are so many fights in the planet defending God in different ways but it is a male-female energy and we are a projection of that energy; a wave from the same ocean, a chip from the same block, as we say. From a mass of gold if we cut out a piece of gold, it has the same quality and vibration as the mass of gold. So we, as individual souls, we are individualized because we enter into the form. When we are not individualized there is no such thing as many-fold existence, there is not separated existence. To the waters of Mississippi and Missouri they join the same ocean, isn't it? When they join the ocean, can you tell which one is the Mississippi and which one is the Missouri? And these waters of ocean through summer they ascend into the sky and through rainy season they descend. Even if they descend there is no Mississippi not Missouri. Isn't it? Only by entering in a particular stream through rain, we call them, Mississippi or Missouri.

When the pure consciousness enters into your form it takes a separate identity. Just A wave is seemingly carrying a separate identity but it is nothing but the ocean. Ocean only has the wave. Gold has only the ring, has the necklace, has a bangle, has a chain; it is all gold. Different identity is a facility but it is not absolute truth. Gold remains gold in whichever ornament it is. Soul is souls in which your form is residing. But this soul gets into a kind of illusion when it relates to this form. The illusion is 'mine and others'. This is mine, isn't it? A bird that flies in the sky and thinks, 'this is my sky' it looks funny, no? Likewise, the very entry into the form inherently there is an illusion built into it. If you carry the knowledge you don't fall into illusion but if you don't carry the knowledge you fall into the illusion. We are all humans but we fall into the illusion of separated consciousness, the east and the west; as I said this morning, the Asians, the Arabians, the Americans the Africans, the Australians; we are all human souls, different forms gaining different identity. But essentially, when we wake up in the morning we are pure consciousness, no name. We enter into this form and function throughout the day. We enter into this human machine, which is the most sophisticated one, and function. And we exist from it even during siesta; and again we exist from this during the sleep hours. So we frequently enter and exit. Only when we enter we gain a different identity but we have different jobs to do. But we should know that only when we are during the wakeful hours we are playing different roles.

As I told you in the morning you are in a different movie but you are the same all the time. Sometimes you play the role of the son when you meet your parents; you play the role of son but when you meet your children you play the role of a parent. How can you play the role of a parent and also the son? It's relative.

When you meet a friend you become a friend. Isn't it? When you meet your spouse you become a spouse. When you meet siblings you become a brother or a sister. So, this becoming is temporary, it is relative; but the being is essentially pure pulsating consciousness. Each one of us is an effulgent being ever pulsating. Even out of this body we pulsate. When we are out of the body we are subtly pulsating. When we are in the body we are grossly pulsating. As we enter we play the role. We play the role in a place according to time. The time and place are the coordinates in which we have a role to play; but if we know that we have come to play a role, then we just play the role. If you are given a role in a movie, in a setting in a particular scene, you have to say certain things; you have to do certain things. If you don't they don't let you. If you underdo they don't like you. When you are out of the movie you are not the same. Isn't it? The one who plays the role of Jesus Christ in the movie, when he is out of the movie and moving in the streets of Miami if he tries to act like Jesus, would that be acceptable? Keep on blessing people! Then someone will come, "Master, raise this dead to life" because Jesus raised Lazarus to life. Then he's in trouble. So, there is a role to play for each one of us.

There is a movie called A Monkey King. Very beautifully taken movie. There is a man who plays the role of a monkey. Exactly he behaves like a monkey in the movie. He is given that kind of make up to look like a monkey. He looks like a monkey, he sees like a monkey, he moves like a monkey, he moves his hands like a monkey, he jumps from place to place. Out of the movie, in the society, can he be a monkey? He knows he is not. He is playing the role of a monkey. The moment he puts out that make up, comes out of the studio, he behaves like a normal person. Likewise we enter into a variety of roles throughout the day but we are not all those roles we play. We are neither father nor are we sons. Are we brothers or uncles or nephews or friends or foes? This understanding comes when you remember your original identity as a pure pulsating being. A pure pulsating being is entering into the field with a role, fulfill the role and come back. Is like getting into a football ground. You have a role to play in a football ground. If you are a forward player or a backward player or a central one, or a goal keeper, you play the role and come back. So, identifying with the role is the illusion that we suffer when we enter into this form.

We have to remember that 'I am not the role I am playing. It is just a role'. I play for example the role of a teacher with the groups. When I am traveling I cannot feel that I am a teacher. When I am traveling I am a traveler. Isn't it? When I am teaching I am a teacher. Each time you play a different role; but who are you without these roles? That is what you have to ask yourself. Without these roles, you are neither male nor female; and if there is no role set to me, for example after the class,

after the prayer, when I return to my room, who am I? When there is no role for us, who are we? The answer is THAT I AM. That is what the heart trumpets. THAT I AM is the eternal truth. Moses went to Mount Sinai and he realized this very same principle, "I am not Moses. I am not Jewish, much less I am adopted by the pharaoh of Egypt". All of this is role play". What is that he realized? I AM THAT I AM. I AM THAT I AM is the truth, the rest is a play according to time and according to place. The beauty is that however much you chose all of this, the moment you enter into this eight-fold machine called the human form, you forget. That is the wonder. That is the wonder of the wonders. So, how are we to go about? by recollection. Since we take so much identity to the form and so much identity to the roles we play, we forget who we are. We forget who we are essentially. Essentially we are souls emerging from the super soul. We enter into different roles and pick up different forms to do different jobs for the good of all. That is the bottom line. Is not worthy to be in this form if you are living for yourself.

A Master of Wisdom says, "Every breath is wastefully spent when you live for yourself". So, as long as you have breath keep working for others is the best ideal, which they are all demonstrated without fail. That is why they have become Grand Masters of wisdom. They are a good example to us. Therefore to establish in ourselves that we are the souls that we reside in this body we reside inside the body so we can be called residents and also be called insiders because we take to a personality, a form, and work out. Identity with personality and with the form is a mistake in identity. We tend to drift away from the plan from which we have come. Each one of us there is a plan intended to be fulfilled by us. And that plan reveals itself to us when we work in daily life through our own vocations whatever we do. Can be being a software engineer, it can be a yoga teacher, it can be a doctor, it can be an advocate; any profession is a means to serve the larger life. Be it a potter, be it a carpenter, you are meant for others. When this knowledge is missing ignorance sets in. Ignorance is to forget that we are for others. 'One for all' is knowledge; 'all for one' is ignorance. A householder thinks that the members in the house they should all be subservient to him because he is feeding him. Isn't it? A householder thinks he is the master of the house. Why such an attitude? By that you build the needed ignorance and egoism. When you find a slight mistake from any family member you are already very wild like a beast. Isn't it? If you don't get your cup of coffee on time you are disturbed. Is it not a sickness? That is why 'one for all' is the basic theme 'all for one' is the basic ignorance. To learn this 'one for all' there are people that have learned it and are following it. Till date, even today at the height of knowledge the masters of wisdom continue to serve throughout the day with the physical body and they serve throughout the night with their subtle or causal bodies; because to them that is the only way to live, to deserve living in the creation. This is the field of action where this offering has to be the basic principle.

We, every morning, as we enter into the form we are entering into the personality and taking hold of the body and we are functioning and in doing so we shouldn't forget about our ninth state. If we forget our ninth state we are disconnected for the tenth. When you associate the 8 but also associate with the 10, then you are intact. $10+9=19$. Nineteen is again 10. But if 9 disassociates with 10 and associates with the eight, $9+8=17$, seventeen is $1+7=8$. You stand in the 8 when you forget your original identity as the basic insider, who is connected to the outsider. The omnipresent, omnipotent and omniscient God, you can be in connection with him; then the number is $10+9=19$. You remain intact. But, if this nine associates with eight, $9+8$ becomes 17 and you are reduced into an individual disconnected with the whole. When you are disconnected with the whole you are bound by number 8. This is the limitation you cause for yourself. How did it happen? by loss of recollection. So, when you stop recollecting you get into limitation. When you stand in recollection you ascend into liberation. That is why number 8 is given to Saturn in astrology. Saturn binds you like that. Nature binds you only when you forget your original identity. You get more digressed, distorted, and you drift away and bind yourself more and more. So, the personality by itself cannot be fulfilled unless it is connected with the soul, which is connected with the super soul. This disconnection is what we try to reconnect and there are methods with which it can be done. The personality is ruled by number 8, the soul is ruled by number 9, and the super soul is 10. The number of God is 10 and you, the descendant of the 10 is number 9. In association with 8 you remain intact only when you remember that you are the soul, a descendant of the super soul.

The name given for super soul is THAT and the name given for the soul is I AM. So, THAT I AM as long as you remember, you stay in good stead in the 8-fold nature. Otherwise, the beauty of nature is such that you fall into illusion. It is not the nature that puts you to illusion, please remember; it is only your forgetfulness that leads you into the illusion. The 8-fold nature is so very beautiful and when you remember who you are and relate to it, you don't fall into illusion; you experience it. Otherwise you get lost into nature. We are to ensure that the super soul and the soul continue to be working through the personality and the form; so there is a thread of super soul, soul, personality and form. That is the theme by which you experience best of both sides. At will you can relate to super soul; at will you can relate to nature. You can be in the world; you can be beyond the world. It is working either way. That is the state of a Yogi. It is not denying all this and trying to be somewhere else. You are here; you are there, that is the beauty of Yoga. That is the beauty of discipleship.

We will continue tomorrow with the theme.

THANK YOU.

Sunday February 18, morning

Discourse 4

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

We have been concerning about the functioning of the soul with the personality and the body to enable the fulfillment of the soul. The soul emerges from the super soul to experience on the planet and to fulfill itself. In doing so, knowledge becomes essential for appropriate fulfillment of the soul. When knowledge does not prevail, ignorance prevails. When ignorance prevails we tend to be gaining the false identity of personality. Knowledge is to recollect we are the souls and we are functioning through the personality. When this knowledge is lost, ignorance prevails. When ignorance prevails, the false identity of personality gains predominance. That is why it is said that ignorance leads to egoism. Egoism means personal identity. I AM as soul degrades into I am as personality. I AM as personality, stands disconnected with the Soul and the Super Soul. I AM as soul is connected to the super soul and when this is remembered, the personality gets connected to the soul and with the medium of the personality the soul fulfills. If not, the personality starts growing predominant developing the needed ego and desire.

When desire is develops, aversion is also developed. When we like something we start disliking something else. We fall into duality when we slip from the state of being a soul. When we fall into personality we live in a world of duality with likes and dislikes, comforts and discomforts, gains and losses, pleasures and displeasures. So we toss between dualities. When there is a liking there is also a disliking. When there is a desire there is also negative desire, which is also a desire. When we think we want this we also think we don't want this. Normally in life, even those who you don't want coming to you, they do. What we want may or may not come, but what we don't want keeps surely coming. Isn't it? So whether we want it or not, events keep coming. When we do fire ritual outside there is not guarantee it won't rain. We don't want the sound of air conditioning but we want air conditioning. So, if we want air conditioning the sound also comes to us. So wanting or not wanting is not really helpful.

We all want health but we get sickness. We don't want weight for our body but the more it comes. We don't want to lose hair on the head isn't it? But in many cases the hair is lost. So, wanting or not wanting is not at all a field of wisdom. In duality you are always in a fight. People don't want to age but age comes to them. As much as we make an effort, age shows up whether we want it or not.

This field of wanting or not wanting is a field of ignorance. We fall into it when we forget knowledge. The knowledge is that in creation there are alternating currents functioning. When there is summer it is followed by winter. When there is a rainy season it is followed by a windy season. When there is night there is a day. When we have full moon, we will have new moon. So everything happens alternatingly. When we know the movement of things in creation as it happens through time we see

our fate and accordingly adjust to it. If we wish to go outside there is the feeling that we shouldn't have rain outside. We better carry an umbrella with us so the rain doesn't affect us. So, wisdom talks about how to relate to alternating currents.

When you step down from knowledge you step down from dualities. When you don't carry knowledge you are always in conflict and everything we don't want keeps happening and what we want doesn't. By our wanting or not wanting things don't change. There is a moment where you have to observe and, accordingly sail. A sailor sets sail in tune with the currents of the river. You can't determine the river currents but can accordingly adjust the sail in such manner that you continue to sail in the direction you wish. This knowledge comes by accepting dualities. Accepting dualities is possible when we don't stand in the personality. When we stand in the personality we are bound to have viewpoints and then we lose vision.

Master DK defines vision as a "complete viewpoint". When all the viewpoints are complete there is complete vision. In the image is climbing a mountain from the east you may think it is the only way to climb it. The one climbing from west thinks it is the only way to climb it. Other climbing from the north think it is the only way. Another climbing from the south thinks it is the only way. Around the mount that can be 360 degrees and from any degree you can climb mountain. To say, "This is the only way to truth" is the narrow viewpoint. The Upanishads say, "The one truth is presented by the knowers in thousand ways". This is because a knower is the one who has a vision and vision comes to the knower when he only functions as a soul and not when he functions as personality.

The personality has angles, the soul doesn't; it is round. A rounded personality is a personality that is inclusive of all viewpoints and never exclusive of any viewpoint.

If you wish to preside over your personality you must include all viewpoints and from the higher point you can see how to include the lower point. From a mountain peak you can see all directions, you can see east, west, northeast, northwest, south, southeast, southwest. You know there are many ways, not a single way.

This is possible only when vision is gained. That vision is knowledge of the soul

The personality gives a limited understanding; the soul gives complete understanding.

When you don't recollect I AM SOUL, I AM THAT I AM; when this is lost sight of, we stand in our personality and feel our viewpoint is right. 'This is the only way', we say. When we feel 'this is the only way' it means we have narrowed our understanding. 'This is the only son of god' is an extreme state of ignorance. There are as many sons of God as souls are. Souls are those who realize 'I am the son of God'.

Coming to the point, when we are in viewpoints, we should learn to be inclusive, to find the beauty of the soul. It is like a person who catches a rabbit by the foot, then he says, 'see? I have rabbit in my hand' and he says, 'the rabbit has three legs'; why? Because his hand is grabbing the 4th leg and it is not visible to him. When someone says it has 4 legs you cannot believe it because you are stuck in your viewpoint. Unless you release and let go of the rabbit you cannot see the 4th leg. We don't have complete understanding unless we let go of our viewpoint.

There is a beautiful story in the Upanishads:

A teacher had 9 students living by the riverside learning things from the teacher. The teacher counted the number of students starting from him and then he said, "We are 10 in number". The teacher used to send students every morning and evening to the riverside to refresh themselves with a river bath. He told them, "As you go to the river, after taking bath, ensure you are all intact, no one is lost in the currents of the river". Nine of them used to go to the river, take bath, come out, and count themselves. When they counted they only found the 8th one was missing but they didn't know who was missing. They didn't understand how they could be only 8. They went to the teacher and said, "We have lost one student Master and we don't know who is lost". The teacher said, "let us count again". He started counting from himself 1, 2, 3, 4, 5 10. "With me you are 10. So, without me how many are you? Nine.

Again, go tomorrow to river, take bath and count again". Again, they counted number 8, they didn't know. "Yesterday I told you to be with the 10. With the 10, if the 9 are associated with it, it becomes $1+9=10$ ".

So again they went to river and took bath came out and counted again as 8; but with the teacher they were 10! When they were by themselves they were only 8 all the time but with teacher they are 10. They thought the teacher was doing magic. Otherwise they were 8!

The 3 qualities and 5 elements, the eight-fold nature is what the personality is. The personality its number is 8. The Soul's number is 9. When you don't start counting from the soul you are 8. Ultimately the teacher told them to start to learn to count from the Self. Every student was counting all others but himself. Starting with oneself is number 9. This story is given to indicate we forget ourselves as souls as sons of God and we tend to be sons of man when we do not recollect we are the soul. When we don't recollect, we reduce ourselves to number 8, meaning we are bound to nature of 3 qualities and 5 elements. Counting from ourselves and with the super soul we are 10.

This is given in school of thought to remind students to never lose sight of the truth that they are the souls and have a personality. If we forget we are souls we take to the wrong identity, like I am Indian, my name is Kumar, etc. But these are partial truths.

The original truth is I AM THAT I AM. Status, nationality, etc., is what personality defines as truths. You are not your name, not your form, not your social status you enjoy, nor your gender your body has. Who are you? I AM THAT I AM is the truth and when we forget this truth we gain only personal identity and it is bound to always see differences. When we see the soul within us we also can see it outside. The one who sees recollects the soul within and can also recollect the soul in the other. What you recollect within you recollect in others. If you recollect you are hungry you recollect also that others are hungry. When we are late for breakfast we ask others around us, 'don't you feel hungry?' especially today, when we had later breakfast on account of the fire ritual. You ask, 'don't you feel hungry, thirsty, meaning you are hungry, thirsty, you can see other are hungry when you are hungry.

When you see the soul in yourself, you see the soul in others. If you see light in yourself, you can see it in others, "May the light in me be the light before me". If you don't see it in yourself, you cannot see it outside. When you see the light in yourself, you can even see it in a mosquito. You can see the soul even in the ant; you can see the soul even in an insect, when you see it inside you. If you don't see it inside of you, you will not stand a chance to see it outside. That is why recollecting from the Soul as being is the fundamental instruction to every student who would like to see the beauty of creation and splendor of the Divine that has made all this, what it is.

As we wake up in the morning we have to recollect, 'I have emerged as THAT and THAT HAS emerged as I AM. THAT I AM, THAT I AM, that is what the pulsating principle reminds us of. The centripetal and centrifugal functioning of the life principle reminds us THAT I AM, THAT I AM, THAT I AM, that is why it is called: "the heart trumpets the truth"; the brain does not. The heart trumpets the truth THAT I AM, THAT I AM, THAT I AM. A true Master of wisdom is considered a Master of wisdom when he remembers himself as an expression of THAT as I AM. Then he realizes he is an image of God; when he has realized that he also realizes THAT in others, that he also sees THAT I AM in others, which are another manifestation of I AM.

If you ask a Master of Wisdom, "are you a son of God?" he says, "yes, I am; but you also are a son of God". If someone asks you, "are you a son of God?" Don't feel modest and say, 'oh no, no, I am not that'; don't say that. The truth is, each one of us is a son of God. As much as you are son of God, so is the one who is before you. When someone says, "Are you a son of God?" the answer is Yes, 'coma', you too! So Jesus answered; he didn't say, "I am the only son of God". Did he say that? He said, "I am a son of God". Only his jealous followers said it. Jesus never said, "I am the only son of God" because he knows that already many sons of God were functioning even before he became a son of God. He knows that many sons of God function on the planet and he too has joined them through knowledge. So, he never said, "I am the only son of God". It is all the business of the religion, which we don't need to get into.

We get to the truth; we don't get into the religion. The truth is with all. It is around the truth that all is formed

Therefore, we have to constantly recollect THAT I AM, THAT I AM. Especially in the morning as we get into the field, we should remember THAT I AM. When you say, "THAT I AM" you are already linked to the Super Soul. That is the Super Soul, I AM is its image. So the link happens between the Super Soul and the Soul. Then, what happens? Then, the Will flows from the Super Soul to the Soul. It is said that every day in the morning Jesus would kneel down seeking the Will of God. Isn't it? His prayer was. "Father, thy Will be done; whatever you will let that Will happen through me". That is the major consecration of any man of wisdom, he has no personal programs, he fulfill the plan of God and in such fulfilling of the plan of God he is also fulfilled because the plan of God is for all, as I said yesterday. The Creation is for all. The work of God is for all; so too your work let it be for as many people as possible and you render whatever service you can with the abilities you carry. You render service for all not for you. That is what I explained yesterday. When you say, "Thy Will be done", that will is nothing but Goodwill. Goodwill is welfare to all. Welfare to all should be our thought: "I wake up every morning to work for the welfare of the surroundings". That is it.

If I go to the office I do the work only to help ultimately the beneficiaries through the work I do. Every bureau, organization, business, ultimately works for the ultimate customer. Keeping the ultimate customer in view you do the work. Any work in its ultimate sense is a contribution to the life at large so therefore, when you have this attitude that you are working for the general good, then you are in tune with God's plan which in turn fulfills you and enables you to realize what you are as soul. But if you do your work with the attitude of remuneration, 'what do I get from this, what do I get from that, what do I get doing this', then you completely degenerate the noble dimension of work. If I am a counselor I should share my knowledge in counseling others. If I always think 'what this man will pay me?' all the time, I won't be doing the right counseling. To link your action with remuneration is ignorance. You keep on doing with the heart whatever is to be done because you are meant to do what's good.

Be it a carpenter, a cobbler, a potter, a gardener, an engineer or doctor, or lawyer, or an accountant, or a policeman, or a teacher, a professor, whatever it is, whatever he does is for society at large. Do it with full heart with the intent that your work should ultimately benefit. Then such work is called goodwill. In that work service is already embedded. When your work is done with an attitude to help so many through what you do, that itself includes service. You don't have to separately do some service. A gardener when caring for the garden is already devoting himself to it. He doesn't care how much he's getting for it. Isn't it? Or if you are a person who takes care of dogs; in big cities there is a new job collecting dogs from each house and take them around and ensure the dogs complete their natural calls and move around and offer them food and then bring them back. When you have helped those dogs you have already served. That is how nature is. Likewise, everything and anything we do has another dimension. We unfortunately in Kali Yuga always see what it is for us and don't see what it is for others. When it is for others you are in God's plan, but when it is for you, you are out of God's plan. When you are only thinking of working for you, and for your people, for your welfare, then is when you build your fate; that is what I explained yesterday.

So, that is why when you recollect THAT I AM, I AM THAT I AM, then you are linked, and you get the goodwill. Goodwill is a name conceived by Master Djwhal Khul.

It means the Truth, the Will of the Truth, the Will of God. The will of god when it is in action, the soul and personality are all in alignment. But if personality walks away from the soul, the soul tends to be dormant and it becomes hidden. That is why most people don't even think of the soul, they are just their personality. Most of people are just their personality, they don't realize they are the soul and each one of them is as much a Son of God, but since most ancient times the wisdom speaks that every soul is but a son of God. That is why there is the brotherhood of God and the brotherhood of beings but that is lost side of when we turn tables upside down, when we turn everything upside down. Instead of you being for other you tend to seek your being from others. That is why examples of sun are given, be a sun, be a giver. The sun continuously gives rays of life

and light; the planets, they continue to give the vibrations to planets and beings. What do they get from it? They don't think of it. The rivers flow and many are benefited by the waters of the river. Are we benefiting rivers? Nothing! Will the river think, 'what is it that this man will give me if I offer water to him?' The plant, the animal, and the humans are regularly benefited by the rivers. But do rivers ever think, 'what benefit do I receive from these beings?' They don't. The sun, the planets, the rivers, the plants, the trees, the animals, the 5 elements, no one in creation thinks of self-benefit. The air doesn't think, 'what do I get if I enter into this man's nostril? We have nostrils through which we breathe air. If air thinks 'what is it that I get from this man?' What benefit does air get? What is the benefit water gets? Nothing from us! We are just what we call the only enigma of the entire creation. We are the enigma. The mineral is OK, the plant is OK, the animal is OK, the planet is OK, the solar system is OK, the seasons are OK. We are not OK. And we say that everything is not OK. Since we are not OK, for us everything is not OK.

We are the problem because we have forgotten we are the souls and are here upon earth to fulfill God's plan. We have a responsibility towards the fellow beings, towards the plants, towards the animals, the minerals, toward planets, towards the elements. As much as we recruit ourselves from the responsibility as much the soul emerges from us and we realize that we are the souls and we are not the personality. That is why we multiply the pictures of grand masters of wisdom and worship them because they are examples of it. But we have the habit of seeking from every source.

From every master we want to seek, isn't it? But master says, 'I am here to teach you, to serve not to seek'. Every master teaches how to offer yourself because their life is a demonstration of offering and not a demonstration of seeking from the surroundings. They are not the ones who have the most wealth in the planet or the ones who have amassed power in the planet. On the contrary, they shine forth. Is it not a paradox that we set Masters of Wisdom as our role models and do the contrary? We seek everything from the Master. The Master says, "you fool, don't look to me if you seek for yourself. Look to me if you offer yourself. Don't look to me otherwise". We have been looking for so many things for us. You look to the tree seeking something from it. Isn't it? We also have wish trees. Every tradition has a wish tree. You tie something to the tree and make a wish, isn't it? You go to a stone and make it a wish stone meaning you express your wish there. You go to a stone and seek something, go to a tree and seek something; you make symbols of animals and seek something. How long will you seek, seek, seek?

A true master of wisdom says, "Do not be a beggar, do not seek". As much as you seek, as much you are a beggar, isn't it? When your hand is like this (begging) what is it? Your hand is toward the Divine but you are begging, isn't it? The masters of wisdom and the Divine would like us all to be princes who can give. Be a king, be a giver. Don't be a beggar, seeking, seeking, seeking. Seeking wisdom is also not recommended by the Masters. You know? The more and more and more you offer, the wisdom reveals from within; that is the beauty. That is the key of the 4th chapter of Bhagavad Gita. Arjuna asks Krishna what is the way to gain wisdom, Krishna gives a key to wisdom: 'keep offering'. Offer your body for other's benefit. Do some physical work for others instead of seeking physical help from others. Use your body for physical work to benefit others. Help others with your senses, help others with your mind, help others with your abilities, help others with your resources, help others how to breathe well. So there are thousand ways to help others if you see how to help. It is like we in thousand ways seek from others. Krishna says, 'if you wish fresh original wisdom but not some copy lessons from books and reproductions of those books', he says, "You offer yourself as much as you can, that is it". The moment you offer, your energies are transmitted from within to the surroundings; and from within, the light also transmits to the surroundings. That is the key of wisdom given in 4th chapter of Bhagavad Gita which people seldom understands. The 3rd chapter says, "Do your work as an offering; do what is to be done as an offering to others". Don't do your work for promotions, for gaining more money.

All our attitudes with work are about 'how much we get'. But the wisdom says, 'how much you give'. If you keep on giving out like this the light comes out from you, the love comes from you and the soul also emerges because the soul is the core of your being and you emerge when everything around you is unfolded, isn't it? When the lotus is fully unfolded, what is in the basis, the peduncle,

is not seen. You see the lotus but you don't see the peduncle. When all the petals of flower are open you see the very source from which the petals are opened. Likewise, the soul becomes visible.

Therefore, to find the insider the key given in the Scriptures is "self-propagate". The statement from the Sanskrit means, 'as much as you offer, so much you tend to be immortal'. So, they became immortal and they have been there for thousands of years. They are examples to be followed by others. They are not to be followed by crazy worshippers. Remember you are not meant for crazy worship. They demonstrate a life of offering and they would like us to live such a life of offering. As much as you offer so much there is enfoldment of soul from within.

Therefore, when you get up every morning before you start from the triangle, which I explained yesterday, think, THAT I AM, THAT I AM. Then you link up firmly with THAT I AM and you get the impulse of what to do for others, you get to offer to others. Otherwise, the old habit of what to get from others will come from the personality. The personality is only for self-seeking; the soul is for self-offering. So you have to transform this personality into a self-offering personality then, it is considered to be a personality in cooperation with the soul. When the personality cooperates with the soul, the soul infuses the personality. The inherent quality of the soul is that it has the Divine Will, it has all permeating love and it has the skill to do things. From the soul you receive into the personality these 3 Divine qualities, Will, Knowledge and Action. That is why every morning you are required to recollect and align with the super soul, which is in you, with the soul, and with the personality.

The super soul, the soul and the personality, they should fall into line.

In Bhagavad Gita Lord Krishna says, "Let all be so and then they will remain in one line".

What is meditation about? Meditation is but alignment of the Divine in you and with your personality; the 3 in one line. When that happens, the soul becomes visible. When this recollection does not happen we act as a personality, the soul is missing. When we are personalities, we are just moving around to grab from the personality.

We tend to be grabbers. Grow long nails and keep grabbing and grabbing. That is the quality of the personality, it grows and grabs from everywhere. It goes earlier than others to breakfast table and quickly collects all items in the plate and eats fast before others eat; that is the personality. Letting all others come and letting them have and then take if there is something remaining, that is soul. The beauty of the personality is that it is a pilferer, personality knows how to pilfer, a bit from here, a bit from there; it is like a rat. The soul is like Ganesh. That is why we say, "Upon the rat Ganesh should mount". Ganesh stands for Jupiter. Jupiter means knowledge, wisdom; and when wisdom prevails, the soul prevails. When soul prevails the grabber no longer works, instead the offering takes place. That is why we have the symbol of a huge Ganesh, an elephant headed God sitting over the rat. That means that unless Jupiter presides over your Mercury your Mercury can be very dangerous. The planet Mercury is skillful, knows how to get what from where, like the rat. But if this Mercury is also seated with the Jupiter, it is the other way; it is about how best to do things for others. Is equally skillful to do things for others. What is needed for each one you will very quickly know when you render your service to them. That is the beauty.

Therefore, between the personality and the super soul you do exist and the soul within you is not in action unless you regularly recollect. The more you recollect the more you offer and the insider tends to be visible. If not, the insider is not visible. It remains dormant and the personality cooks its own soup. Cooking one's own soup, that is what the difference is. We cook our own soup of life and we fall in it.

Just like a fly that falls in the syrup. A fly that falls into the syrup can never get out of it. Then, we ask someone with some kind of spoon or fork to lift it up. That is why we need someone to lift us up. That someone who lifts us up is what we call, 'a personality teacher'. That is the relevance of the teacher. The teacher is the one who always functions as soul. He never lets his personality ride over his soul. He always rides over the personality and conducts the Will of God and his job is to help all those around. As much as possible he keeps on helping.

That is why to realize the insider within us there is an age-old practice, to relate to the teacher, which is given also in one of the books of the Tibetan. In the book Letters on Occult Meditation, Master Djwhal Khul gives a technique of forming a triangle between the Soul, the Super Soul and the teacher. You relate to the teacher and to the Super Soul to form a triangle so that the teacher helps you to live better with the super soul. He says, "When you do your morning and evening meditation do not meditate all by yourself, think that your teacher is with you during your meditation".

Think that your teacher is with you by your meditating upon the Divine. Then, you become a triangle. When you make such a triangle, manifestation is easy. All manifestations are possible only through the triangle. Therefore, you relate to the teacher, you relate to the Super Soul, to the Master in you and then, seek the teacher to help you in standing in a very firm alignment with the super soul. So never meditate without invoking the teacher. That is why every morning and evening, or every time when we do prayer, we invariably invoke the teacher: "Guru Brahma, Guru Vishnu, Guru Devo Mahesvara, Guru Sakshat, Param Bramha Tasmai Sri Gurave Namaha" By saying so, what are we saying? We are saying, "My dear, beloved, respected teacher, you are my first logos, you are my second logos, you are my third logos, you are verily that which is beyond. Help me to reach that which is beyond." 'Guru Brahma', meaning, my teacher is the 1st logos, 'Guru Vishnu', my teacher is the 2 logos, 'Guru Devo Mahesvara', my guru is the 3rd logos; that is Shiva. 'Guru Sakshat Param Bramha', meaning, 'verily my Guru is the one beyond'. So he can bring you the link to the triangle and also to that which is beyond the triangle. How he does it? He has realized all that in him.

A teacher is one in whom the absolute is realized and the 3 logos are realized. The will, the knowledge, and the activity, are realized in him so he moves around to help people who would like to relate and deliberate; therefore, a specific practice is given by Master Tibetan in the book Letters of Occult Meditation. Imagine yourself sitting in the heart lotus. You are sitting in the cave of your heart, let us say. Imagine that you are sitting in the cave of your heart and imagine there is an altar in the cave. Further imagine, through invocation of the World teacher, Namaskarams Master we say, there are many ways of saying it, you imagine that there in the altar your teacher has come. He is there in the altar; you are there in the floor and you seek his cooperation and meditate upon the Divine, which descends from higher circles. So, you and your teacher on the altar and then the Divine who descends through your Sahasrara; and you keep on relating. If you do that, one day it becomes a reality to you. What is that reality? You can envision your teacher; you can envision yourself as the soul. You also imagine that you are there in a thumb size, he says, He further says, "Imagine yourself being in the cave. Imagine yourself being in the cave of your heart in thumb size. Imagine your teacher who is four sizes bigger than you". That is what he says, that he is bigger than you four times in size; that is so big! And you are sitting at his feet, a thumb size. Then you see yourself you see the teacher and together you make an effort for reception of the Divine into you. He helps you as a medium. He helps you as a medium to receive the Divine and enlighten yourself and realize your own being as an effulgent being. This is a meditation, one of the techniques of meditation given in the book Letters of Occult Meditation. You can go through around 180 pages, something like that; it is there.

This technique is given. Why? Because a realized one can help us to realize. With a light you can light another light; you can kindle a candle with another candle. So a Master of Wisdom is a kindled candle. So when you seek, he gives you his cooperation and also helps you to kindle yourself. That is why, to realize the inside the first technique is to regularly recollect THAT I AM and that can be supplemented with the presence of the teacher as a second step. It is very important that we relate to the super soul and realize that we are souls in association with a master of wisdom. That is how it is done with the most ancient tradition. When you do that your ego doesn't pup up. You know how one pups up when one speaks of himself. A knower never speaks of himself. A personality-oriented person only speaks of himself because he loves his personality so much that he keeps on speaking about himself, but the others, may or may not be interested. We don't care. We should realize that others are also interested in speaking about themselves, isn't it? As much as you love to speak to talk about yourself the other is also interested in speaking about himself or herself. That is all a personality game. It is like, that is why I praise you so that you praise me. Isn't

it? If I said to Srikanth, 'your t-shirt is very beautiful', then Srikanth will say, 'your vest is very beautiful'. This personality-to-personality activity is very high on the planet.

'I scratch your back, you scratch my back'. But with that the backs become bruised! Isn't it? Speaking of self is seen as ignorance. For those who get into the practice of realizing the inside, the soul, speaking of self is not interesting. Not only speaking but boasting about us. 'You know I have done this', 'you know I have done that', it is all boasting people. It is a hindrance speaking of oneself much more boasting about oneself is seen as a hindrance to realization of the soul. That means we are more oriented to the personality than to the soul that you are. The one who is oriented to personality he always speaks in terms of I, I, I. 'I did this, I did that, I went there'. Everything comes with 'I'. There is not passive voice in their statement. They are all active voices. 'I went to the seminar, I gave the seminar'. But a man with the knowledge will not speak in active voice. 'It so happened that I was able to attend to the seminar. It so happened that I was able to share my parts with others'. I shared the thoughts is one thing, thoughts are shared is another thing. Discourse happen is one thing, I have discourse is another thing. In the very speech of the people what one can see is, is it the personality speaking or is it the soul that is speaking? For everything, if we start with I, it is the personality.

I have given you all of the four techniques to unfold the soul that we are.

One is to relate to THAT I AM. The second one is to take to the assistance of a teacher and realize THAT I AM. The third is, never speak of yourself.

It is said that in USA you have to sell yourself, isn't it? Which is truly a very ignorant statement. To sell yourself you have to market yourself. It is cheap to market yourself. You publicize yourself. You market yourself. It is all personality activity.

A fragrant rose whatever it is, people are attracted to it because the fragrance brings them towards the rose. But if it is a proper rose we have to sell it. Isn't it? You have to spread here and there. These days even the normal, natural fragrant roses are not very fragrant. That is why when we go to the airport to receive someone we offer a rose and we spray it a bit, so that it leaves some fragrance in there; isn't it? But a rose is a rose forever, isn't it? It has a natural fragrance. If you are a man of knowledge that fragrance is there already. Why are you so anxious to sell yourself? Why are you anxious to market yourself. Why are you anxious to publicize yourself? There are so many who are anxious to market themselves, publicize themselves, put themselves in the television. Valuable things are not for market places. If you find some items being sold on the pavement of a road, they are cheap articles. Isn't it? They are cheap articles, which are set out on the pavement. If you want a little more quality articles you have to stop into the shop. Isn't it? If you wish much more valuable things, the shopkeeper will bring them from within the shop, they are not even displayed in the shop, isn't it? You go for a diamond, there can be a diamond shop but if you want the special diamond, he says, 'please wait' and he goes deeper into the chambers and brings you the special diamond, isn't it? That is why wisdom has never been on the streets. Wisdom is normally not available in the streets. It is available when the seeker is deeply interested in seeking. It's just like the most valuable things are kept closer to the chest. Between a couple, between a man and a woman who live together, there are so many things they share. Would they share it outside? They don't. So is the relation between a teacher and a student. It is such a stretch close relation, such a valuable thing that is not generally spoken of.

Coming back to the point. Aggrandizement attitude is of personality and is not of the soul. Lord Krishna says in the third chapter of Bhagavad Gita, "If you wish to realize you are a son of God, don't get into these cheap business of selling yourself. Don't get into this cheap activity of marketing yourself." You keep on offering and offering and offering. What marketing do they do? Those who are setting upon the altar, what is the marketing that they did? They have grown global. Today these Grand Masters they have grown globally. Are they involved in marketing? Are they involved in publicity?

The truth requires no publicity. Only untruth requires publicity. Untruth is always there all around while truth hides.

There is a beautiful story by Khalil Gibran, the one who wrote The Prophet. In one of his writing he gives a story. There were 2 sisters, one was Truth the other was Untruth. The 2 sisters went into a fresh water lake for a bath. They left their vestures on the banks of the lake and went to take the bath. The untruth sister came back faster from the lake and put on the vestures of truth and went all around. What would the poor truth do if she had no vestures of hers? She hid here and there because she didn't have any vestures. Truth is naked. Therefore it is shy, it always hides. It is for us to find it. That is how it is in the world.

Therefore, look out for the truth in you; and the way to look for that truth in you is entering into the pulsating principle. On the other side of the pulsation, the truth exists naked. On this side, oh, there is so much noise, so much humdrum. Exterior pulsation has so much humdrum. But within, it is silent, naked, all embracing truth. That is what we have to find by tending to be simple in life. It is not easy to be simple, you know? There is a saying, "Truth is simple but it is difficult to be simple". Why? Because the being, posited in personality always looks for a lot of what we call show business. It likes complexities. It likes to show it doesn't like simplicity. Only the soul one who is tending to be a soul those ones like simplicity. There is no show of things but simplicity. Simplicity has its own fragrance. Simplicity has its own rays. Simplicity has its own vibration. So that vibrant, radiating simplicity directly impacts the beings that are looking for it. That is how the characteristics of soul are given in the Scriptures.

We will continue in the afternoon to conclude.

THANK YOU.

Sunday February 18 evening Discourse 5

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

Recollection of THAT I AM shall have to be practiced to ascend from personality into the soul. This recollection is not there, it is by habit we slip into the personality. The human being is mainly in the mind, stays in the personality and by effort it has to ascend to his original state of being the Soul. As personalities, we reside anywhere between Solar Plexus and Base Center. As human beings who are generally mind oriented our residency is in the lower torso. This is how we relate to the objective world, by being in the mind, by being in the senses, and by being into the objectivity. So, effort as to be made to lift up ourselves from the state of mind, which is a state of personality, to the state of the Soul, which we are. Staying in the mind is staying into the objectivity. We do not always have to live in the objectivity. We don't have to be always in the market places. So we have to come back after the work done from objectivity into subjectivity. Turning from objectivity to subjectivity we tend towards internal mind or subjective mind.

To turn subjective we have to associate with the activity of respiration in us. The activity of respiration is an activity carried out not by our mind, but by a intelligence, which is superior to the mind. We do not remember that we are respiring but respiration is happening. Respiration and pulsation are the activities that happen in us, the thought of doing. Mind believes in doing, but there is something in man where mind is not involved but still it is happening. Normally we believe we will have to make things happen. 'I will make it happen', this is how the mind speaks. It is normal to say, 'I will make it happen'. That you are making it happen is true when you are below the diaphragm in the lower torso. But if you just observe the upper torso there is something happening without our doing. We are not consciously doing respiration. And I say consciously, mentally, because our consciousness is posited in mind and therefore, we believe in doing things. This believe in doing things is one dimension. But the believe in things happening is another dimension. Sometimes when we wish to do them, they don't happen, isn't it? Man realizes that not all things he does do happen. Many times they don't. That they happen or not happen is an event of certain order of known factors.

So when he observes within its own being he finds, even within him, there is something happening without his doing. Within him there is a regular happening 24/7 by day, by night throughout life that is the happening of pulsation and respiration, which can be noticed in the heart, which is posited in the upper part of the torso, upper part of the diaphragm. The Veda says the upper torso is air and then the head is light. The lower torso is Agni. As we say in the fire ritual, 'Agni... namaha', meaning, the air; 'Surya... namaha', meaning, the sunlight. The head is full of light. The light comes from the source. Even to the sun there is a light source from which, the sun receives. The light of the sunrays is the light belonging to the patriarchs, called in the Scriptures Prajapatis. In the fire ritual we relate to the Prajapati... i.e., one of the seven stars of the Great Bear. One of the seven stars links to our sun and from the sun we receive it. So there is an order in the human constitution in which, the lower torso relates to fire, the upper torso relates to air, and the head relates to light; and that is the Light of the Soul. When you are in Agna you are in the field of the light, when you are in the heart you are in the field of knowledge relating to the soul and its activity. When you are in the solar plexus you are in the mind. When you are in the sacral you are in emotions. When you are in the base center you relate to the gross physical world. That is how it is.

Essentially, there are three parts in us: the head, the upper torso, and the lower torso. The head is called Siras in Sanskrit, the upper torso is called Uras, and the lower torso is called Budhara. These names stand for these three parts; the part where there is the head, where there is activity of light in the head; activity of air in the upper torso, activity of fire in the lower torso. So when we constantly recollect THAT I AM, what do we do? We are connecting light beyond to the light in the head and that light sets in order the air and the fire in us. That is how it happens. From the head to the heart, from heart to the solar plexus, there is an alignment that happens when we think of THAT I AM. Therefore for a student who would like to realize himself as soul, to function as soul, since ancient most times, THAT I AM is the mantra given. It has no religion. If you say it in Sanskrit, it is called SO HAM. If you say SO HAM in Sanskrit, we say THAT I AM. So THAT I AM in Sanskrit we say SO HAM. So by saying SO HAM you are only relating to the language. You may say the same thing in Telugu it is Nenu Unnanu (?), THAT I AM, THAT I AM. In English we say THAT I AM. In Spanish they say AQUELLO YO SOY, (THAT I AM).

So, Whatever it is, the important thing is that you are not other than THAT. THAT exists as this; that is why the Upanishads regularly say, 'This is verily THAT'.

Therefore, we have to regularly recollect THAT I AM and that is what exactly the sound of respiration keeps on reminding us. That is why we are required to relate to the heart because the regularly pulsating activity is going on in the Heart center. When you relate to it, you will immediately recollect your original state of being. Otherwise, you are reminded only of your personality. Staying in the heart enable us to recollect that 'I am the Soul and I have a personality'. As you relate to this pulsating principle regularly and rhythmically slowly, the pulsating principle has an upward movement that leads you to the Brow center; it is another topic by itself. It leads you to the Brow center. As it leads you to the Brow center you experience the light in the Brow center. The light, brilliant white light, is experienced in the forehead. When the pulsating principle is experienced in the Heart center, you experience the golden light.

Therefore, moving above the diaphragm is important to recollect that I am the Soul and I have a form and a personality. Otherwise we believe we are our personality and we think that we are our body. We mostly think we are our body. It is very true that we think we are our body. That is why if we get fever, what is that getting fever? The body is getting fever, not you. Isn't it? I say, 'I am sick', I AM is never sick. It is the body that is sick. 'I have headache is the wrong statement; the body has headache, the stomach has an ache, the body has fever. There are many who say, 'I have sugar'; you don't have sugar, the body has sugar. The body has fever, has headache, has blood pressure, it has pain; you don't have pain, the body has pain. That is the understanding of a knower because what he identifies with is different; therefore, he never says 'I am sick'. I AM can never be sick. The body is sick. Therefore, where is the identity when we say 'I am sick'? The identity is with the body. 'I am not feeling good', we say, then our identity is with the personality because I AM is beyond.

When you say I AM you are in that light where you can observe your personality, you can observe your body. When you are in the personality if you stay in the soul, in the light of the head, you can observe your personality and you can observe the body; if the body is aging, you are not worried. If your body is aging you are not worrying because it ages, it has an inherent quality that it ages, it contracts sickness, it decays, and it dies. So, what is it that it there that dies in the body? Only the body dies, but not the personality. The personality, as I said in the morning, it associates with your lower self. Personality is the lower self, you are the Self, and THAT is the Super Self. Super Self, Self and lower self. You can also have dealings with the lower self of the personality at an advanced state. At an advance state you can be dealing with personality and don't think you are the personality.

From this body of flesh and blood we can carry out certain activity of personality. From this body you can build another body, which is called the Golden body or the Subtle body, with which you can function in the subtle plain and then from there you can build a causal body, which is a body of Light. This is a facility of the personality.

Every man of wisdom needs three bodies, a causal body, a subtle body, and a physical body. With these three bodies they functions in three different planes, mental, vital and physical planes; and at will they can drop their body; at will they drop their body. When you can drop your body from the state of the world, at will you get up, at will you ____ When you drop it, you can again re-get it, re-create it. That is why Master DK says in his books 'you have to die 3 times'; die to the physical, die to the subtle and die to the causal body to be absolutely free from personality. Then we don't worry if we drop the body. We are not worry to drop our personality.

We can refine this body so it vibrates, it radiates and it can thrive in the physical plane. It can also be refined further so that it yields from within a body of Golden Light. It can also yield from within a body of Diamond Light to conduct the work.

Thus, the personality is an essential associate of the Soul until the very last and advanced states of your being. When your personality verily has the three facilities then you function in three different planes. So your personality is not dropped until a very advanced state. What is dropped is the body. The physical body has a time cycle so, when it is aging, one needs not worry. When it is dying also one need not worry. That is what the Wisdom says. Why? Because we can once again we get a new physical body. When your vehicle is aging you already think of buying a new vehicle. Isn't it? When your vehicle is getting old you will think, what kind of vehicle to get, what model will you buy. There are so many different models, so many different colors. What is it that you buy? You buy what you can afford. You cannot buy a Rolls Royce. You buy what you can afford, isn't it? Likewise, the next body that we receive is on the basis of the kind of vibration that we have related to in the present body. A person of a high vibration and radiation when he lives that body, when he comes back he will get certain quality body. There will not be a higher body nor there will be a lower quality of body. We start working with a lower cost vehicle and slowly we are able to afford a better automobile based on better economics. Then, after some time we may be able to buy a better vehicle, a Ford let's say. Then later you may think of buying a BMW as you can afford a better car. Then you will not think of buying a lesser vehicle, you will buy what you can afford. Like that, according to your economics you keep improving your way. Likewise, according to the ability to vibrate and radiate in a positive manner the next body comes to you. That is what determines the bodies we have life after life.

So what is recommended when you relate to the soul is that you are the Soul in a personality that has a body. The body is the first thing that leaves you. The personality doesn't leave you. Many of us have seen the vehicles starting into space. How when it starts, the whole thing moves up. Thereafter, the rear part, which is the heavier part, falls and the other part enters into space beyond the orbit of the earth; isn't it? Even then, there can be extra dropping of parts. In any case, we drop just the physical body. It carries our traits; it carries our body traits, it carries our shape trait. So, next time we come back we continue to improve the positive traits and overcome the negative traits. That is the game. Each time we go to the football court we try to perform better, isn't it? Every time we enter into the field, the intention is to perform better. So, when we remember

we are the Soul we gain facility to observe the part. If we are the personality, if we are sitting in the personality, we cannot. If I want to observe the city it is better that I sit at a distance and observe, isn't it? Sitting in it is not so easy to observe. From a distance you observe better.

When you stand as Soul, you can, you can observe the personality; you can observe the body, in what state it is. You can observe how your personality is, what kind of abilities it has, what kind of debilities it has. With the help of the Light of the Soul, we examine the state of our personality. It's like when there is a light in the room you find the space in the room, how it is; you can observe what it is there. But if the light is off you don't see. Likewise, from the light we can see what the limitations in the personality are. But mostly we don't accept it when we find out. When someone tells us 'you speak too much', do you agree? If someone says, 'you are generally a very angry person'; do we agree? We don't see many things, which are within us. It is like your personality is a dark house. There can be scorpions in it; there can be snakes in it. How do you find out; only when there is light in the room.

That is why the symbol given in the Scriptures for the disciple to contemplate is, 'imagine a triangle and there is a sphere of crystal upon the triangle'. The beautiful round form is the crystal whose light reveals what is there in the personality. But this light has to be lighted. That is like a headlight. It's like if there is a light in the parlor it doesn't show the whole floor; but if there is a headlight, one is enough to show all there is. Then you see what are desirables and what are not desirables and then you take to the discipline of eliminating what is not desirable and promoting what is desirable. That is possible for persons who continue to recollect that they are the souls and have a personality. You can see how your personality is responding to objectivity. How does any man relate to a woman; what kind of thoughts generate when he looks at the female. When the male looks at the female, what kind of chemistry is happening? You can observe in the society, when a female is moving, the male automatically transits, automatically. It is a reflex action. It has nothing to do with her. It is a trait. It is a trait of the personality. Isn't it? Likewise, when there are advertisements, there is such a bombardment of advertisements all over streets, isn't it? You keep on seeing every sign board and you may get an accident on the road while driving and looking at all the sign boards. You have it in you that you want to look at the signs. Same, you have innate in you that you are automatically attracted to the other genre. There are so many traits in us. How do you react when you find so many items at the breakfast or lunch table? Automatically you are drawn to it isn't it?

The world is full of beauty but you don't have to relate to everything you need to relate only to that which is relevant to you. Just because there is an apple over there you don't have to eat it. Eating an apple is not a sin, you eating the apple without requirement is ignorance. Most of us eat what is available to us. We don't think of a biscuit but in the corner as we enter there are biscuits and chocolates. The very fact of finding the chocolate or biscuit you are drawn to it and start eating it. Do you need it? That is how the personality is. The personality is drawn to the objectivity due to the sense objects. The 5 senses keep drawing you, it is not the objects; the objects are no problem. If it is food, you have to eat everything there is; you have to see everything that comes that is beautiful. This is how the personality shows its behavior, which we can only see when you stand out of your personality and observe yourself.

How does your personality vibrate and from moment to moment? If there is someone you don't like, when he appears on the screen, there is agitation. If someone who you like very much appears on the screen, the agitation doesn't stop. For likes you agitate, for dislikes you agitate. Every agitating personality is a troublesome personality. If we see troubles outside in the world, there is no trouble in the outer world, the trouble is in the inner world. The inner world is reflected in the outer. So we, as souls, can observe the personality. Keep observing. Further, you have to align it with the soul. This personality continues with you with all its information. If you are a person with anger and you have left that be, when you come back you will be an angry person. The mother tells, 'this child is so angry'. He throws, he breaks, he cries, protests; isn't it? Some are peaceful, some are not peaceful; some are very agitated. It is so from your previous incarnations. That is why in India there is a tradition when the child turns one year, when the baby can crawl. They set

articles around the baby. They keep a cupcake, keep a book, keep a pen, they also keep a toy, and then they let the child move. According to his trade he picks up an object. What is that he picks up? If he picks up a cupcake he is food oriented; if he picks up a book he is learning oriented; if he picks up a toy he is play oriented. Like that we can see the traits of the children by setting different articles around. That is how the traits are with us. These are the traits of you lower self. Our lower self carries our traits. That is why they continue with us. That is why we say phantom, it moves around with us.

So, if they stay with us for so long, should we not repair them? To make our lives better, to make our lives joyful we have to repair our personalities. That is what Master CVV said, "I have come to repair your personalities. I have come to repair your personality so your journey becomes joyful". If your personality is very troublesome, in your journey generally there is no joy. We all know that hatred, anger, jealousy, suspicion, fear, doubt; those are the things that don't help us to move forward in life. But we cannot get rid of them. It requires a special technology to get rid of them. That is why I am saying, relate regularly to THAT by which you are to be a soul. That is why THAT I AM says, 'come out of it and see the personality in the objective world'. When you see the personality in the objective world, you can only bring it into order. We bring the personality from disorder to order. The soul requires no repair. The soul is essentially carrying the triple quality of will, knowledge and activity. It is the personality that distorts the soul's true quality. That is why in order for the personality to be set to certain order you have to know first you are not the personality. That is why I have been saying I am not Kumar, I am not male, I am not Indian, I am not a teacher. I play these roles but I AM THAT I AM. I AM THAT I AM is the state in which we are to posit ourselves.

To stay in the head is to stay in the state of THAT I AM. Then, you preside over the personality. When you preside over the personality you regulate your personality. That is the reason we associate with the teachings of the teachers who have found a permanent abode in the soul. At all times they stay as souls and they transform their personalities. We too can keep them as abode and keep the teachings at work. To bring order to the personality we necessarily need the wisdom of rhythm. Rhythm has become inevitable to set order because things set in order by rhythms. The moon has its rhythms. Our planets have their rhythms. A root of a plant has rhythm. In nature everything has rhythm. We too should gain that rhythm. If you offer certain food to an animal, after 3-4 hours he will not take food even if we offer again. If you draw an animal to a dish of food, it will eat and until after a certain amount of time it will not take food even if it is available. We request food even after we have eaten. Don't we take a piece of chocolate 10 min after eating, if someone offers it? There is no rhythm there. The body has to be given certain rhythm relating to all five senses. Rhythm in relation to speech, rhythm in relation to sex, it's important. The animals have rhythm in their sex. The human animal does not have it. So we are totally out of rhythm. That is why we necessarily need the energy of 7th Ray which theme is to come.

Many people complained when Master CVV gave regulations, to meditate at 6 in the morning and 6 in the evening, saying that it is not possible. Why is it not possible? because you are not rhythmic. If you are rhythmic and if you take that as your priority, when you set that rhythm, regular rhythm, will enable you to develop the needed abilities. Rhythm gives you abilities. It is only those who have rhythm the ones who have accomplished grand acts. The entire continent of South America it is only men of rhythm what has brought freedom to North and South America. From Argentina to the United States, who are the ones for liberation? It is the Freemasons. A mason is the one who is at utmost rhythm. There is rhythm in their walk; there is rhythm in their attire, there is rhythm in their movement, rhythm in their speech, there is rhythm in their thought. When you are rhythmic, the related magnetism sets in and when magnetism sets in the related balance also happen.

Therefore, rhythm function becomes an important dimension to reorganize the personality. That is the reason why in your house when you regularly pray, take to the same place. Don't sit in different places at different times; and orient to the same direction. One day to east, another day to north, doesn't work, because you have to set rhythm. You see how sunrise is always in the East. Isn't it?

Is it one day in the north, another day in the south, you don't see this, do you? Likewise, moonrise, moonset, everything has rhythms. That is the reason why every rhythm is important to set the personality into order. Once the rhythm is established in you, the intelligences in you they become very active.

The key to the angelic intelligences, which exist in us, is following a rhythm. Even the angels respect those who have rhythm. They do not respect those who don't have rhythm. By such and such a time you do such and such a thing, that is a rhythm. Otherwise, you are unpredictable, unreliable, isn't it? Unreliability puts you into uncertain states in life. Reliability in your functioning enables the response of the intelligences. Every day when you set a time to do something, the intelligences will also visit you at that particular time. The intelligences wait to see if you are consistent. If you are consistent they are willing to work with you. If you say, 'at 6 o'clock I'll relate to the east, the east is in your forehead, the intelligences of the east relate to you. If you are not consistent and one day you do it at 6 o'clock, another day at 7 o'clock, and another day you don't attend, then the intelligences feel, this person is not serious. Is like if you go to a bureau or you go to a shop, you know when the shop opens, isn't it? When every morning we go to the bakery to fetch our fresh bread, we know when the bakery opens. Isn't it? If one day it opens at 7, another day opens at 6 o'clock and one day opens at 5 o'clock, we don't believe in that bakery. We don't rely in that bakery. Do we? We are pretty sure that we know that when we go at such and such an hour to the bakery it is open. We are pretty sure what items will be available fresh at that bakery because if it is a bakery, it has a consistency. If there is not consistency you don't have visitors, you don't have customers. So, also with you when there is no rhythm there is not visitation of intelligences. This we should know.

Just because we invoke there is no obligation for the intelligences to respond to us. They care for rhythm. Therefore, for a rhythmic functioning with THAT I AM, set a time to observe your personality; how does it relate in different situations, how does it respond, is important. So, like that you have to observe your personality. That is why the entire Yoga is nothing but observing and witnessing. What are you observing? How this personality responds to the objectivity, how this personality responds to the subjectivity. It has the ability to relate to the objectivity; it has the ability to relate subjectively.

When you have that you have observed, how is it in different condition and how is the rhythm of your breath. The rhythm of your breath is an indicator of the rhythm that you carry. It is a very rhythmic activity that happens in us. When we disturb this rhythm, the health is disturbed. That is why in Yoga they do not speak so much about strenuous exercises. In Yoga they do not recommend exercises, which will disturb your normal rhythm. Your health is dependent upon your rhythm, rhythm of breathing. Suppose you do a lot of jogging, what are you doing? There is a disturbance to the rhythm, isn't it? For some time you breath more and later you breath less. Why that disturbance? That is why is recommended to do yoga asanas but not running, jugging, brisk walking because in yoga asanas the breath is not disturbed. Every asana is made in a poised state. In a slow, soft, uniform manner you bend the limbs of the body. The rhythm of the respiration is not disturbed. When you stretch you breathe in; when you contract you breathe out. When you bend to contract you breath out and when you stretch you breath in. This is how the work is in asanas. It is not just the body that you are bending; it is ensuring that you breath rhythm is undisturbed. Your inner rhythm depends upon the breathing and the related pulsation; when that is intact, it has the ability to set the mind in rhythm.

The mind is set to rhythm when the respiration is set to rhythm; because the mind is the doer; the respiration is even superior to it. It helps the mind to do well. If respiration is disturbed, mind is disturbed. If mind is disturbed it also disturbs the respiration. Therefore, accept this rhythm, which seem to be not very palatable to the modern man who believes in anarchism. Today the fashion is to be an anarchist. Don't come your hair don't put on your attire in an orderly manner. Do not sit in an orderly manner. Disorder is seen as fashion. If you don't know how to sit eventually you end up with back pain. Everything it has to be set in order. So, setting things to order by relating to THAT and by observing the personality you will gradually ascend from being a personality to being a soul.

Once you take position in the soul and then build your personality then, such a personality can be built into a personality of great service. That is how temple building commences. The inner temple has to be built to render greater service than normal. Then, ability to serve improves, as much as you build your personality into a rhythm. That is the reason why in temples and churches, they follow a rhythm. What service happens at what time in a temple or church is known. Isn't it? In a good temple, every three hours there is a different service and it keeps on happening in a very regular manner. The more the service happens in rhythm, the more the temple vibrates. Some temples and some churches are more vibrant than others. Why is the reason? The reason is rhythmic functioning in the church or temple. There are many churches in the city but some churches are much more magnetic and they give every beneficial impact while others don't. Is not the hugeness of the church, it is the implicit compliance to the rhythms.

So also your personality can be transformed into a temple when you adopt to rhythms. The outer life is such that it doesn't let you live a rhythmic life. Many people, they have no rhythms. There is no rhythm for sleep; there is no rhythm for food, there is no rhythm for work, there is no rhythm for rest. These are fundamental rhythms, which have to be set. When these rhythms are set, slowly your personality, which is in a disorder, tends to be an orderly personality through which a lot of energies can get transmitted. As it vibrates more and more, gradually it builds the other two temples; a temple within and the temple and a temple within the temple. That is how a triple temple can be built in us. The triple temple is what we call the Solomon's Temple. Solomon's temple is the temple in which the Cosmic energy, the Solar energy and the Planetary energy functions. When we say SOL OM ON, SOL is the Central Sun, OM is the Cosmic Sun, ON is the Planetary Sun.

The Cosmic Sun center in us is in Sahasrara. The Solar Sun center is our Ajna. The Planetary Sun center is in the heart. When these three centers are activated, only with one key of rhythm then, you can function like a triple temple. That is how the Soul can shine forth in all the three worlds and inspire; mostly it rejoices because it is connected. Secondly, it is in great service to help the surroundings. That is how the work is seen; and as much as the lower self is evolved into these three dimensions when the work is accomplished you gain that state of awareness where actively you drop the bodies and actively you pick up the body. That is the major dimension which is presented in recent times through the teachings coming from Master Djwhal Khul. He would like us to function as Soul and he would like us to re-organize our personality in tune with the 7th Ray energy, build the personality into a temple and render service. So that we know the myth of death, number one. When you shift your identity from body and personality to the Soul the myth of death is realized. The second dimension within the teachings is you are here to serve the surroundings and live for others. These are the basic dimensions that are presented through the new wave of teachings that have come to the west. This is what we all are capable of, provided we settle in our own being as the Soul but not in personality or in the body.

Thank you very much. NAMASKARAM

Monday February 19 morning

Discourse 6 – Q/A Session

Question 1: Is it too late to make changes in our bad habits at an old age? I feel the call, I love the teachings, and follow the Masters. How do I have to start?

Answer: The answer is, it is never too late. To undertake the change when the souls decides we can start working with it and that will enable us to get into the path of transformation and it will surely continue in the next life. It is not necessary that we accomplish in one life. Whatever is regularly practiced will stand by us even into the next life. When you love the teaching and you wish to follow please set a rhythm, which is convenient to you to regularly relate to THAT I AM. The Divine is in you and you relate to it and experience the I AM THE SOUL and I have a personality; and you also relate to the teacher. Relating to THAT and relating to the teacher in a rhythmic

manner enables the commencement of transformation. Once it starts it continues with you even into the next life. Therefore, for every path of transformation there is no such thing as late. It continues with us. In the next incarnation we start earlier and this enables much better accomplishment. So one need not get discouraged by the age. It can be picked up even at a very late stage. If we make it a habit it will continue with us into the next life and then once again encounter the teacher, encounter the teachings and proceed further. That is the answer.

Question 2: You talked about being balanced when doing the meditation in the morning. How can we balance ourselves at that moment?

Answer: in the morning as we wake up if you if the left nostril is more active than the right nostril. It means the system is seeking more rest. If the right nostril is more active than the left nostril the system is ready to jump into the world. By observing the functioning of the two nostrils we know that one nostril is more active than the other so therefore don't step out of the bed, and make sure that you make the breathing. Allow the breathing to pass through one nostril and release it from the other nostril and again, breathe in from the other nostril and release it from the first nostril. When we do it, normally with three breathings it balances or it may take 5 breathings or 7 breathings. But don't get into activity unless you find that the two nostrils are equally functioning. In fact today morning already it came up very early with two persons, which are very closely associated who meet me even before the prayer. Immediately both of them said, 'my left nostril is more active than the right nostril'. It is very obvious because when we need more rest and when we wake up by compulsion, the system says, 'you need a little bit more rest'. Vice versa.

So in such situations, work with this inhalation and exhalation, breath in with the right nostril, breath out with the left nostril; and again breath in with the left nostril and breath out with the right nostril. If you do it 2-3 times, normally you get balanced. It is a way to balance before we get into activity. Even during the day, in between to acts you can also from time to time balance it so that you have a poise approach to things. That is how it is.

Question 3: Regarding service to others. I want to serve and offer much more to others. I want to know what is the limit for giving and if I am doing the right thing.

Answer: I must share some good news with the ladies. Actually the ladies offer much more and they progress well because they serve the man, they serve the children in varieties of ways. In the modern times in the west they may not but in the east they also serve the parents in law and they are so busy in the house. So therefore, normally the lady tends to serve more and thereby in the next life they tend to be in a man's body. The man, who is accustomed to receive all the time service from the ladies, will eventually get into a female body next life. That is why whether it is a male or female, offering leads you to the North Pole in you; receiving leads you to the South Pole in you. So you don't have to set limit in your offering to the surrounding life. As long as is possible you keep on doing it by which you are ascending your energies. Limits need not be set. As much as you offer so much you move toward the North Pole; that pole is a distributive pole, South Pole is a gathering pole. So when you receive from others, you tend more and more towards Muladhara. The more and more you offer, you tend more and more to the North Pole or Sahasrara. That is why, in any life, be it male or female what is offered and what is received that decides the state of evolution for the next incarnation. Therefore, you don't have to set limits when offering service to the surroundings.

Question 4: Thank you for all the teachings you have been giving us. The question is about the way to your heart and staying in the heart. How can one do this?

Answer: we can relate to respiration daily. You set a time to relate to respiration. You mind when it relates to respiration it moves along with the inhalation into the point where the pulsation is happening and then again comes back as exhalation, so you move along with the exhalation and again you move in along with the inhalation. Each time you move in you come to the point where

the pulsation is. From there, again you move out with the exhalation. When you regularly practice this you find the resonance of pulsation around the Heart Center. The heart center is different from the physical heart. It is in the central part. Then, you feel the pulsating principle. You associate with it for a while and slowly, it becomes a habit that the mind goes into the chamber of the Heart and comes out from the chamber of the heart. The Heart is a center of magnetic energy, so the mind gets absorbed into it and let us reside there and we become much more peaceful. This is also what is called "coming home". When you are in the mind, you are in the bureau; the head is called the bureau. When you are in the Heart you are at home. So to reach the Heart, the best way suggested is to relate to respiration, reach the resonance of pulsation and keep listening to the resonance of pulsation. When you regularly practice it you gain the habit of being in the heart.

Question 5: Has to do with numerical theme. Yesterday we discussed that the 8-fold constitution of humanity and the 8-fold constitution of human form, the soul and the super soul equals 10. Friday in the talk we found out it came to 11. If my recollection is correct, in previous group livings it was said that the number symbolizing Master CVV is 11. Perhaps the recollection is incorrect. I was wondering what the significance of that number 11 means.

Answer: The one who reaches 10, I explained that the 10th is the Divine in you; you are the 9th one, when you reach the 10th one you relate to everything on a one-to-one basis. When you reach number 10, which is the number of perfection and the number of Master, you relate to everything on a one-to-one basis, you meet levels and you neither look down nor you look up. You meet on a one-to-one basis. So, relating to every being on a one-to-one basis is called Master Consciousness. Therefore, in numerology, number 11 is called a Master number. In CVV, the three letters, the C stands for 3, V stands for 4 and the other V stands for 4. So $3+4+4 = 11$. That is how 11 is a Master and incidentally he carries the Master Consciousness. The Master is one who relates to every being on a one-to-one basis. To say, on a one-to-one basis he relates it is called, 'the state of a Master' because he sees the one in all. That is how eleven has to be taken into account while ten is the perfect number. That it's all.

Question 6: It is about the constitution of the Hierarchy. There is Lord Sanat kumara, Lord Maitreya and there are 2 paths, 2 teachings, one is of the heart, the other one is of the mind You mentioned that Underneath Lord Maitreya the world teacher and the teacher of the heart there is a hierarchy of Masters some of which were mentioned. What was left sort of inconclusive was underneath the Buddha's path. What is the constitution of that one?

Answer: Actually in Maitreya there is synthesis of all paths. Maitreya, in him, all paths are synthesized, not only the path of the head and the path of the heart but also the path of music, the path of devotion, the path of art, the scientific path, the rhythmic path. All paths are included in Lord Maitreya. Therefore he is called the World Teacher. He is endowed with the responsibility of World Teacher because in him all paths culminate. So is the case with Buddha. Buddha is also a being of great synthesis but he is given a task. By a task all the Masters are into different lines but they are all of synthesis. This we should know because when you realize the truth in you, in you all paths get synthesized. But in the work of governing the planet, there is an inner government, the Hierarchy is an inner government each one takes a particular activity, which is in relation to each of the Seven Rays. So, the Seven Rays can be male-female. One, three, five, seven are considered to be male rays. Two, four, six, are considered to be female rays. But all rays culminate into a ONE White Ray. So, all Masters of Wisdom are all in synthesis. Some guide the head-oriented people, some guide the heart-oriented people. Some others guide the music-oriented people they are a musical Hierarchy. So, from all the Seven Rays, each one takes a different department but they all belong to one government and all are capable of working in any other department.

For example, Master Morya that in general is considered to be the Master of the First Ray is presently working with the Sixth Ray. Depending upon the need, to generate will in the sixth ray and to distill the emotions he is working with sixth ray. So, the Masters of Wisdom they are all being of great synthesis, basically. For a particular time each one takes to a different task to fulfill

certain dimensions related to the evolution of humanity. So, all are of synthesis. Kindly make note. That is how it is. No Master is stuck with one particular path. They are Masters of all paths but for a specific purpose they take to a particular direction and guidance. That is how it works. When we say Jesus is from the sixth ray, it is not so easy; he is equally a Master of Synthesis, a Master of Love, a Master of Will, a Master of Rhythm. That is how it is but, he works with devotion; that is another dimension. That is how it works.

Please don't categorize a Master of Wisdom into a particular ray. He may be functioning with a particular ray but he is not limited to that ray. He is as well capable to function in another ray.

Question 7: It was mentioned, in several occasions that we cannot sit correctly. Because we don't know how to sit correctly we suffer the consequences. For those of us that sit for a living most of the time and who don't know how to sit and who suffer from consequences, can you help us in that?

Answer: When in certain things you are compelled to say them it in an incorrect manner the choice is to remain silent. The first choice is, if you cannot say it in the correct manner, to remain silent. The second choice is when you are compelled to say it in an incorrect manner check out your motive. If in the motive there is no selfishness the incorrect utterance will not cause consequence. These are the two principles we can follow when in the motive there is charity, even if the utterance is not correct you have no consequences because what is counted is the motive. The second dimension is to ask as little as possible so we don't say incorrect things. Sometimes silence helps. You can experiment with silence. When we disagree with certain things, silence is good. When we feel that is hard to make these expressions, it helps to be silent. This is what we can practice.

Question 8: To be conscious every night before we go to sleep. Is there a simple way, with only the intention?

Answer: There is a practice before when we get into sleep. You can relate to respiration when you are in the bed and reach up to the pulsating part (higher heart center) of the principle and there you imagine that you are moving up with every pulsation, with every respiration, you are moving up. Is an imagination and then come out of the brow center. Visualize light at the brow center and let sleep comes when it comes. This is how it is recommended that you get into the sleep consciously that you just don't sleep without a direction. You are creating a direction that you reach and you stay consciously at the brow center, visualize a field of light and then, let sleep come when it comes. That is how you make yourself available to higher circles when you are here (brow center). Is like if you are at the departing lounge. Being at the forehead center is like being at the departing lounge. It is easy to depart during the sleep hours. There are invisible helpers that lead you into another world when sleep consciously at the forehead; this is regularly by Master Djwhal Khul in his teachings, and it is the fundamental that is said in the Bhagavad Gita in the eighth chapter. Visualize that when you sleep, make sure that your limbs are all set to rest, apply mind upon respiration and imagine you are following the respiration and reaching the forehead. Visualizing a light in the sky with the stars and just await for the sleep to come. Sleep coming is not in your hands. As it comes, you are available at the departure door (brow center). Just like when you wish to go out from this hotel to the airport now, you have to wait at the lounge where the taxi comes and picks you up; or when you go to the airport you have to be at the boarding gate so you catch the flight.

Likewise, every time when you go to sleep be here (brow) so that you are helped. When you are regularly over there you are helped to enter into certain subtle world where sometimes we can be in the Ashrams, sometimes we can be in the presence of noble beings, and you will have much better impact during the sleep hours. When you awake also, you get the awakening at the forehead. This should be consciously practiced. Kindly make it because it is considered most essential in the present times where the Masters of Wisdom are doing a lot of work through

impression teachings. That is what is called Impression Teachings so you can be lifted up into the ashram of a Master, where you can have certain teachings recorded in your subconscious, and you again, come back. You may not immediately remember but still the related knowledge remains in the background and slowly it reveals itself to you. That is how we have to consciously sleep.

Question 9: I have been asked by several people about what you have mentioned that we should soak the Rudraksha and change the water daily. The question is: should we drink or not drink that water?

Answer: Drink the water. A rudraksha carries vibrations. Rudra stands for vibration. The vibrations will rearrange the energies in you. That is the beauty of Rudra. There is a book on Rudra so you can look through. The Rudras, they destroy the darkness and build a field of light through their vibrations. A Rudraksha has the impact of these vibrations. That is why a lot of people wear these rudrakshas in the East. A tacha rudraksha daily is very very beneficial. Many people hold it like a chain with the rudrakshas touching their vibrating center at the heart. You daily touch a rudraksha and offer water to it, because it is a very vibrating energy, it is kept cool, kept in poise with water; and water is also electrical. The higher dimension of water is that it is electrical. That is how we originally produced hydro electricity because in the water there is electricity. So, it is electrical and if it is kept cool though you are very vibrant you remain cool. This is the idea of holding a rudraksha. So, daily relating to rudraksha will enable you to gain the vibrations. So, it is the matter of respect that every day you change the water for it. In the morning you can set it in water and utter forth the mantra for Rudra, OM NAMO BHAGAVATE RUDRAYA. That is the mantra. A much more powerful mantra for relating to Rudra is, YO RUDRO AGNO YO APSUYA OSADISU, YO RUDRO VISWA BHUVAN AVIVESA TASMAI RUDRA YA NAMO ASTU. Like this, there is a mantra, which I also gave here before. In there it says 3 times to utter the mantra Rudra. Do it saying it 3 times, or 5 times or 7 times, maximum 11 times. Eleven are the Rudras. If you can do it, you do it. Otherwise you hold the rudraksha daily, change the water and the vibrations will be there at home.

Everything should be optional; nothing should be compulsory in spiritual practice. But once we accepted to do it, then you have to follow a rhythm. It is like a marriage. Once you are married you are committed. Isn't it? You can't change it. Like that, with any practice you can keep it at a ___optional level or at a level of consecration and commitment.

Question: When we travel what do we do?

Answer: Keep it in a small box. Just like you have a pill box; or make sure at home somebody changes the water. If no one is at home carry it with you; it is a being, is not a thing. Rudrakshas, Sivalingas, these are all seen as beings. They generate a lot of energy. That is why, as much as you are attentive to them, so much they respond to you. That is why many people hold them on them. Some people tie it around the biceps, others hold it at the wrist; some hold it over the body. It is assume that at least daily you take bath. When you take bath they are also given bath.

NAMASKARAM.

Thank you that we could round up the theme. Normally we have a Q/A session but this time also happened that the topic did not conclude. In fact I concluded a bit fast at the end so, it is good that we also had this conclusive Q/A session.