

110th Master CVV December Call Celebrations
The World Teacher Trust Sadguru Tapovan, Bengalore
Topic: Seven Hints for Discipleship
27-30 December, 2019

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Discourse 1 Friday 27th December evening

Hearty fraternal greetings and good wishes to all brothers and sisters who have gathered here on occasion of the 110th December Call. It also happens to be 100 years of initiation of Master MN. Master MN was initiated during December call in 1919. We are now into December call 2019 so 100 years of Yoga as is promoted by Master MN concludes this December call and 110 years of Master CVV yoga also concludes by this December call. December call has been one of the instructions of Master CVV apart from may call which happens 29 may. The two calls are conceived in accordance with the spiritual dimension of the sun signs, the astrological signs. Therefore, first of all, let me welcome you all to this gathering to experience the presence of Master and the Hierarchy. The Hierarchy has been functioning over 5000 years, of which master CVV is one of the very important fellows. He is one fellow that stands in support of all others and is therefore called the Master of Synthesis also called Master of Nilagiris, is called the Master of Blue mountains. He synthesizes work of all the 7 ashrams that have been functioning on the planet ever since the advent of Kali Yuga. To participate in the December call is by itself the great ____ We may find our own personality excuses not to participate in such events like December call and May call, but they are only personality limitations.

Those who follow the few instructions that Master has given, they are building the Antakarana valleys which will enable them to experience the subtle dimensions of oneself and the subtle dimensions of nature, which are Divine and immortal. The dense physical is mortal while the subtle is considered immortal and Divine. Therefore, to relate to the inner dimensions of man and dimensions pertaining to the Divine plan is of importance to be responsible humans, whom we call as the elder brother. I congratulate you all for having made possible attending December call proceedings. Even if you don't come to December call, it is important that you observe these days wherever you are and relate to the energy of the Master through morning and evening prayers and through relating to the teachings of the Master. Is not that I am saying that

only those who participate in the venue are the only ones that are blessed. All over the globe December call is being celebrated. It is important that we make ourselves available to the energies that are presented by the master on such important dates as December call and May call and then the Solstices and Equinoxes. The Master insists upon the 2 equinoxes, the 2 solstices, the May call and December call and if possible, make sure that we prepare for the day three days before. The 3 days of preparation, 1 day for initiation or 90 days of preparation and 3 days for initiation, these are all occurrences made by the Master. Every occurrence the Master made is of great consequence and then we implicitly follow. Otherwise, they remain a routine activity.

So a hearty welcome you all into participation to this December call event here and also a hearty welcome to all the brothers and sisters all over the globe wherever December call is being conducted, either in groups, in family groups, or at least individually. What is important is that we relate. When you start relating you can feel slowly feel the other groups. You can also feel the other groups conducting the December call while we are connecting to December call here. That is the spirit of brotherhood that you also visualize through Antakarana the conduct of December call, or May call, or solstice or equinox conducted by the various groups. Master CVV in the matter of 100 years he could accomplish groups all over the globe as he himself promised or prophesized.

December call falls within sun sign Capricorn while May call falls into the sun sign Gemini. Whenever Capricorn is taken for initiation can be easily bestowed when we know the basics of astrology. The 3rd sun sign is called the sun sign of brotherhood. So counting the zodiac in a clockwise direction then Gemini starts in the 3rd sun sign. Counting zodiac in reverse, in counterclockwise direction, the December call falls in the 3rd sun sign. Piscis, Aquarius and Capricorn. Either way it is, it is in the 3rd sun sign, one in the clockwise direction and the other in anti clockwise direction where you have the energy of brotherhood experienced by getting into deeper side of our own being. We see others in the world normally but when you go into the deeper side of your own being you can feel the brotherhood of humanity and you can even further feel what the Masters of Wisdom feel, the brotherhood of all beings and the fatherhood of one God. There is only one father and all beings are his children. This is the understanding of adepts. We, the humans distinguish each other by our gender, our nationality, by our race our region, by language, by social and economic differences. This is how the outer world is always of variety that you observe. But in the inner side of the world it is all the brotherhood of beings and fatherhood of God in which we have regulated first the brotherhood of humanity, which is the immediate step for all those who wish to evolve as humans and experience the Divinity. That is why the saying in the Ashram, "Other is when you see the objectivity, brother is when you see from subjectivity". All are brothers, because all souls emerge from the same Ishvara whom we call the Master of the Universe.

So Brotherhood of humanity is one of the purposes enunciated by every Master of Wisdom. Master CVV, he ensured that these two initiations happen in a clockwise direction and an anticlockwise direction. In the month of Gemini, which is the 3rd sun sign, in the clockwise direction and in Capricorn, which again is the 3rd sun sign, in the anticlockwise direction. This can be seen in this manner. Likewise in the clockwise direction, Capricorn is seen as the 10th house. In the anticlockwise direction Gemini is seen as the 10th house. Tenth house in Astrology indicates fulfillment of the very purpose of our incarnation. Therefore, we can see in our own horoscopes how are we to fulfill by looking to the 10th house in the clockwise direction and also in the anticlockwise direction. It is with the anticlockwise direction that we wind up with

all that we have owned through incarnations. Clear the karma and move forward. That is why these 2 calls they are the injunction to the new age humanity by the Master. These, along with the equinoxes and solstices have been there right since most ancient days ever since the ancient wisdom established itself on the planet all over. Be it in the east, be it in the west, be it in the north, be it in the south, there has always been groups of wisdom, schools of wisdom who respected equinoxes and solstices with great understanding and attuned to the energies being presented with the equinoxes and solstices.

We should not deviate from these basic nodal points of the year, which truly provide with energies for 90 days and enable an initiation in 2-3 days time. Aries to Cancer is one quarter. Cancer to Libra is the second quarter. Libra to Capricorn is the 3rd quarter. Capricorn again to 0 degrees Aries is the 4th quarter. To experience these 4 quarters, and the kind of energies that they present, was of great consequence in all the ancient civilizations. Due to the impact of Kali, religions came through, which distorted the truth and we deviated from the coordinate dimensions of the solar year, which the Hierarchy intends to bring back. Therefore, for all those who follow any Master of the Hierarchy and those who follow Master CVV, Master necessarily makes sure that we orient to the energies of the 2 equinoxes, and also the 2 solstices, besides orienting to the energies that are present through the December call and May call. These are the fundamental instructions coming from Master CVV, which we have to faithfully follow and rearrange our lives in tune with them. A group prayer is always better than individual prayer, but if you are relating to a group you are part of the group. The group you generally like to relate to, to that group you can mentally relate to and then conduct your prayer. Then, you are not conducting your prayers all by yourself, you are not the only one who is in prayer, there are many. So linking to the group and conducting the prayer should always happen. An effort should be made for group prayer whenever there is a possibility. That is how we are expected to work as groups and not just as individuals. That is how the prayers have to be conducted and the prayer, which is another word given by Master CVV for meditation, is an important step in all these practices.

Any Master of Wisdom gives a technique of relating to the inner side of the being during the twilight hours. Twilight hours are of great consequence. You have to relate to the twilight hours or fix a time during the day where there is a prayer in the morning and a prayer in the evening to set one's own life into an order. Those who can set this, they will find a great order getting into their life, which is called the 7th energy. The fundamental order is that you open the day with the prayer and you close the day with the prayer. And the procedure for prayer is different for each master of wisdom but the purpose is the same. The purpose is to build the Antakarana. Meditation or Prayer is the inner work that we have to do. It is an inner work. It has nothing to do with the outer rituals, outer worship, or visiting outer temples or sacred places or going to sacred rivers, or sacred mountains. It is a different dimension. The inner work is to work within oneself. The future, which the Hierarchy proposes to the entire humanity, is to build the temple within and to be the image of God in that temple through which God can function. Every personality is a temple and you are the image of God, meaning Son of God, and God functions through you and you are a mobile temple instead of a fixed temple or some fixed place on the planet. That is what the future is, so that we can do away with mosques, churches and temples, which have different practices and different understanding; but the human temple is just the same. The human temple has the 7 lights in it from Sahasrara to Muladhara. Kindle these lights within you by turning inward with the help of respiration and start constructing the temple inside. This building the temple inside is of great consequence. No man could ever deliver anything to humanity at large unless he has transformed himself as a mobile temple. Every Master of

Wisdom has always been a mobile temple. The healing happens, the teaching happens, the temple service happens, all conceivable temple service can happen through a man.

That is the future so that we see, when we perceive the inner side of our own being, how common we are. We all have Sahasrara and we have other centers up to Muladhara. They are not constituted differently in different human beings. We all have Ajna in the forehead and not in the stomach. So also, the Throat center is in the throat for all human beings. The Heart center is after, and then the Sacral and then Muladhara. These are all common in all of us. The inner side of the human is constituted in the same manner be it an Asian or a European, or an African or an American or an Australian. We are all the same. So, why can't we see the temple within, the light within? Every time we do prayer we say, "May the light in me be the light before me". Only when you find the light within you, you can find the light in others. Whatever you are inside you will see outside. If we have other prejudices inside we carry those prejudices about people and keep judging people and we keep deciding about them and in turn it shows how proud we are. People who judge others are essentially proud. When there is pride there is the attitude to judge others. That is why pride and prejudice go together. As much as you have prejudices about others so much you are proud inside. So therefore, we only see outside whatever we are inside. Man of power look for people with power outside. Is he powerful enough? Is he rich enough? Men with a lot of orientation to health and sickness they always see how well or sick the others are. So, whatever we carry inside we see it outside. What you see is only your mirror image that you see outside. When you see the light inside you can see the light outside. That is how a Master of Wisdom performs seeing the light in others and kindling that light to be much more illumining. That is how a Master does it. He's only concern about the light in the other. He's not concerned about the other things about the other. There is a statement coming from Master Djwhal Khul, he looks at his followers just once in a year for a couple of seconds to see all the light that is in the head and he knows further if he's improving upon that light or he's not, and accordingly he guides them, instructs them. He never discords any. A dimension of a Master is that they never discord any. Any discording is ignorance because it is the same Master of the Universe who exists as fellow beings and as all these forms. So therefore, nothing is neglected. In that context, our work is when we think of the hierarchy, a Master of Wisdom. The first and fundamental thing is that they give much more importance to the inner side of the being than the outer side of the being.

We say in Sanskrit that some of the followers of the Master are Shisyas, they are called Anthevasi, meaning the one who lives inside. Antaha means within. The one who lives within, who dwells within, who tries to find the intelligences that are functioning within, who tries to find the planetary principles functioning within, who tries to find the Sun within, who tries to find how he's constituted in three steps like the Master, the Soul, and the personality. So the more and more you are concerned within your own being, you can find how many intelligences are functioning in the human being, you are considered to be a resource student or you are called to be an Anthevasi. Anthevasi is another term that is very dear to the Master. Among the Master's Ashrams, there are some disciples who live within along with the Master. They are in proximity with the Master. It is not what we understand for proximity. The Master is in you and the more and more you orient to the Master in you more and more you are engaged with him. Therefore you stay more inward than outward. Inner activity is more about opening the doors within than opening the doors outside. Normally in life we open many things outside. We open doors and make contacts at the international level, at a national level, and feel proud we have friends everywhere outside. This is opening doors outside. There is what's called 'opening doors inside'. When you start opening doors inside it is another dimension. These doors allow

you to get far better comprehension and bring in the light, which is the essence of your own being into the surroundings. The light within is brought into surroundings because at the core, each one of us is light. So whatever we find inside is what we see outside.

The lives of the Masters have demonstrated how they bring the light from within to the surroundings and then cause the needed enlightenment. That's the reason why the first hint for serving purposes, is coming inward. Don't look around. Give some importance to turning inward. The yoga practice of discipleship is not to abandon the outer because ultimately the service is in the outer having contacted the inner light, having contacted the Will center. This has to be connected to through long years of practice. It just does not happen overnight because we need to build the related implements in us. We develop the external implements like the 5 senses and 5 organs of action and we work outside but there are also the internal implements called Antakaranas. Bahikaranas and Antakaranas. There has to be much attention paid to build this. To do it you have to get inside. The very first mantra coming from Master CVV is, Deep, Deep. Deep, Deep means into your own being as deep as you can. Normally man experiences wisdom and beyond wisdom there is the experience of unity of life, and beyond that is the very source of your own being whom we call the Master. For that reason, adequate time has to be given for developing the inner side of the being as much as you develop the outer side of the being. I have seen the basic 7 instructions coming from the Hierarchy and the first and fundamental instruction is again meditation, what Master CVV says as prayer. What the ancient Scriptures like Patanjali or Bhagawad Gita say is just the same. They want you to turn inward.

So you turn inward and you find the interior in relation to the seven centers in the body. The Master says it has to be a definite and planned meditation. It is not something that you sit for 30 minutes or 40 minutes not knowing what to do. Just sitting like this has no meaning. If you go deep into your own being by associating with the respiration, then the first thing that happens to you is contacting the inner column of consciousness in you, which exists has a column of light within the vertebra. The cerebrospinal system we should be able to visualize through meditation. That is where the etheric centers are. That is where all the energies prevail. It is where the seven-layer man lives. It is the inner house. The indweller is within that column. So there has to be a planned meditation, which will enable you to get inside your own being and see the interrelation of the 7 centers. That is the beauty. There is a highway inside from the head to Muladhara, and from there, to Sahasrara. There is a column of light, which we call, Cerebrospinal System. The entire cerebrospinal system is lighted. That is the path in which the Master moves. The Masters of Wisdom move on a highway. If we have studied the book Music of the Soul, coming from Master EK it is said in the book that Lord Krishna in the full moon day of Sagittarius he walks the path from one end to the other, and all Masters of Wisdom accompany him. So that should be known, not as some mystical place somewhere where he may be conducting it, it is within us. The month of Sagittarius opens the path. It is called Marga Sirsha Masam. Marga means the month that opens the Marga, meaning the way. From that way is full of light, is full of different lights. The seven centers are all of different lights. All is lighted ultimately but arranged into seven gradations as seven colors. We should be able to relate to that. How can you relate unless you go deep, deep. Deep, deep is a process by which you apply your mind upon respiration and enter the Heart center, where is the pulsing of the pulsating principle. Then you are able to touch the pulsating principle, which keeps on singing a song, which we call the Swan song. We call it the swan song, Hamsa Gitika. The swan is nothing but Hamsa and Hamsa sings the So-Ham, So-Ham. So-Ham is the double sound, which enables the respiration to happen. The pulsation enables the respiration to happen. If you

get to pulsation, when you are at the pulsating principle all the time you stand at a door, it opens. You are persistent attending to the door, persisting at the entrance to the door. You go to the door and you keep listening to So-Ham, So-Ham, So-Ham. And you have to hold on to the idea of the door opening for you to enter because So-Ham is a double, centripetal and centrifugal functioning that is happening as a pulsation, which is being conducted by and intelligence beyond the door. The pulsation is being conducted. We are not conducting it consciously. It is happening by itself. Who's conducting this pulsation? The other side of the pulsating principle is. If there was a noise in the other side of the door, wouldn't you ask, who is there? Or who is it that is conducting this pulsation? This is what is important. Just reaching it is like reaching the door. Walking through that door is the fundamental step to be a spiritual student. That is what Madam Blavatsky calls, entering "The holly of the Hollies". Entering the Holly of the Hollies is your mind associating with respiration and respiration leading you to pulsation and pulsation enabling an opening into subtle pulsation. These are the 3 steps. That is why 3 doors have to be open before you get to the Sanctum Sanctorum or called the Holly of the Hollies. When you enter the Holly of the Hollies there, you find a column of light. Above it is light, below it is light. You are at the Sanctum. All Seers when they wish to relate to Divine, they turn inward, they get into the column of light and move upwards. At least, to get into this Sanctum Sanctorum is of consequence for discipleship. Without that, nothing happens.

The Master says, "The interior in relation of the 7 centers of the body would be the fundamental object of meditation. Now you can see how much we are at it. We can say how much we are at it when we sit in the morning and evening and the mind makes it a routine and we satisfy ourselves with routine, 'I did my morning prayer, I did my evening prayer'. But the true prayer is to go inside. Whether we call it prayer, as said by Master CVV, or call it meditation, as said by the ancient Seers, the purpose is that you meet the column of consciousness in you. Connect with each of the centers and when you come out, there is a different flow of energy within you. When you don't do this, you are only bringing outer things to the outer. You are not bringing the inner Divine things into the outer. The inner Divine things will refresh others. The inner Divine energies will enlighten others. They will also stimulate the will in others. Otherwise, you only speak the same thing like a parrot. That is the difference between a preacher and a teacher. A teacher wants you to get into your own being and experience the light that you are. Each one of us is essentially a column of light. A column of consciousness and it flows from head to the tip of the spine. So we should be able to relate to them. The interior into relation to the 7 centers in the body would be objective of meditation, being the work upon the occult magic, "energy follows". So it brings fresh energies.

A group life with a Master of Wisdom causes a lot of freshness of energies to the participants. So what is the first step that is needed to be a good disciple? It is to find the column of consciousness in you and relate to it. You can relate to it not only in sitting posture. You can also relate to it while you are in a sleeping posture. Please know that. Master CVV did not insist upon a posture. All ancient teachings they speak of postures, sitting posture, squatting posture, kneeling down posture. No postures. Just turn your mind into your own being and relate to the column. It can happen when you are on the bed, it can happen when you sit erect. As you like. In Kumbakonam Master allowed that people meditate in any posture of their choice, which will enable them to remain stable and comfortable. That's why there are many who are in the sleeping posture also. Freedom is given because in meditation everything is through the thought, with the mind, nothing to do with the body. The 4th step of Pranayama is after you have a comfortable mind. Asana does not mean posture. Asana means posture by which the mind remains comfortable and still. The essence is to turn inward. As long as that doesn't

happen we cannot fancy we are following the Master. The very fundamental of Master CVV's Yoga is prayer because through prayer you learn everything. Once you enter the column of consciousness in you, you are taught volumes of wisdom. So, why look for this book, why look for that book. Everything that you need for your purpose it will come to you through the inner. So much wisdom flows once you are deep, deep into your own being. At least you can do as suggested, do it 2 times a day, but don't limit it to 2 times a day. When you don't have other things to do, go deep, deep into your own being, instead of letting your mind wander everywhere for nothing. The world outside draws you so much. With these telephonic communications and mobile facilities people are so much outside, completely outside.

The other day the news said that the Asians are engaged with their mobiles at a rate of 25% of the day. Day doesn't mean 24 hours (day and night). It is a rate of 4 hours a day, all the time looking at the mobile. What is happening? You have a device facility to move outside. An App has to be created so that you can move inside. The world draws you out. The 5 senses will draw you out. The mind is always easily outside. But there has to be equal time, if not equal, significant time to go inward and relate to the inner column. The inner column does not directly appear to you unless you make a persistent effort, persistent. You have to sit quietly and ask your mind to link to respiration. If you are with respiration without wandering into objectivity it leads you slowly to the source of respiration. You don't need any mantras for this. It is happening in each one of us. Whatever it is said in wisdom it is valid for the entire humanity. It's not meant only for some sections of humanity because all humans are made in the same image and likeness of God. All humans. So they are all equipped to meet the Divine inside. There is no special practice, such as in yoga, except that you turn inward. To turn inward respiration is a facility because respiration is something that goes inside and comes out. You inhale, you stay for a while, and then you come out. Again you inhale, you enter and you exit. So what is it that is causing this entry and exit from within you? Which is the point where inhalation transforms into exhalation? Which is the point that it is happening when you observe? You find invariably the heart, the heart principle, not the heart. That principle, when you keep observing there with enthusiasm and inquisitive nature then you find that it is throbbing with the sound So-Ham, So-Ham, So-Ham. Be there. This is what is called waiting at the entry door of the Temple. When you go to a temple, until the doors are open you have to stay at the threshold. Even the Seers wait to meet God waiting at the door. You have to wait at the door. Until the door opens you cannot enter. The door opens according to the consistency you show. The door opens according to the paramount importance that you give. Once it opens you are inside the temple. Inside the temple, when you are in, the outside is no more. Once you enter the temple it is our own house, the outside world does not affect you so much. As long as the outer world is affecting you it means you are not inside. It is as simple as that.

So when you turn inward, get through the pulsating principle, then you contact the subtle pulsation. When you are at the subtle pulsation, you stand perceiving things. It is the subtle pulsation that brings you many perceptions. Once you are inside there are many perceptions that keep happening and happening. For that you require to keep a notebook. This is the 1st Hint of what we call the 7 hints of Discipleship in the process of being a medium to Master. Just by uttering the name of the Master we don't become mediums. We have to transform to be a medium. Medium means, you are the means through which the Master functions. Normally whatever we wish we do and we think that the Master ___ it is only again a self-deception. We suffer until we get into the deeper side of our own being. Therefore we have started upon the formula, which relates to the heart, the head center and the solar plexus. Once we are at the heart we have connection to the head, to brow center and we have connection to the solar

plexus. Solar plexus is the center related to your lower torso. The head is the center related to the Divine part of your own being. The head is Divine, the heart is semi-Divine and then the stomach is our lower torso. The 3 parts in man are the Divine, the semi-Divine and the semi-human; and then the animal part below the diaphragm, meaning that it only knows how to fulfill itself. The program of the animal is to fill its stomach. Very busily he moves here and there, protecting itself, trying to find food. There is a dweller in the body that lives in the heart. He is the one who can relate to the Divine. So once you enter your own center, the human center, you are connected to the animal, you mount the animal and you relate to the Divine in you. The moment you relate to the Heart in you it leads you to understand the relation between the Ajna or brow center, the solar plexus and your own being. They are the 3 major centers that are contacted. The head is Divine -as it is said in Purusha Suktam. So when you are connecting with the head you are connecting with the Divinity. By connecting to the solar plexus you are only connecting to the vehicle upon which you mount and then move around to fulfill the purposes. This correlation is better experienced. Thereafter, sitting in the Ajna it relates you to the Sahasrara. Sitting in the solar plexus it relates you to the base center. The column is experienced with the related characteristics of each of these centers. That is how it is. This is the first inception that comes to the students of the Master's classes. It is a hint.

The Master throws to the disciples 7 hints. The first hint in itself is Meditation. The first hint in itself is the prayer as we call it from Master CVV yoga. It's of paramount importance. When you cannot organize your day in a manner, relate to the inner being twice a day at specific hours. Understand that you are not yet fit. Your karma is not allowing you to do it. What comes in the way is our Karma. What also comes in the way is attachment to objectivity. Even in the thick of busy schedule, in the evening there are persons who seclude themselves for 5-7 minutes, relate to the master and then go back to their work. That is why the Master said, "if you have a very heavy schedule also just at that point, think of me for 2 minutes. Later when you are in the leisure hours you can continue with the practice". So, unless this step is worked out, the first hint is not fulfilled. Until the personality is fulfilled nothing can happen in terms of inner development. Man is not complete when the inner is not developed. The inner is one wing and the outer is the other wing. Presiding over the two, you are the one who presides over the bird. There is one wing, which is within. There is one wing which is outside. If you only strengthen one wing and you do not strengthen the other wing you cannot play, you cannot rise to greater heights of your own being and the greater heights relating to the creation. That is why Master CVV gives paramount importance to prayer. He is insisting. He did not give any mantras. There is no sloka. Sloka means is only exclusive to Indians. What about the West? He did away with everything, which is not universally common until you are yourself a potential temple. Within you is the God, the Divine, and you can be a medium or a transmitter of that Divine energy into the outer. So with one stroke he puts us out of all religious practices, which is very difficult for an Indian to come out of because we are so much stuck with the tradition, and the tradition did not help us to grow within us. Until we grow within our being, the light will not be realized. The truth will not be realized.

A Seer is one who can see within and can see outside. Unless there is an occult dimension relating to us, inner hearing, inner sight, insight we call it, inner touch, inner smell, meaning subtle smell, is not there. When a Master of Wisdom passes through, there is such a fragrance with him that you can sense it, only when you have the inner sense of smell. When he touches also, you cannot sense unless there is the inner sense of touch. You cannot listen when the Master speaks. You remain deaf unless the inner ear is open, inner ear, inner sight, inner touch, inner taste, and inner smell. These are all the dimensions of the inner body relating to us, which

is called the Antakarana Sarira. Today this word is well known all over the globe thanks to the teachings of the Hierarchy. Many Indians may not know because they are only bothered with their religious practices. Please know that the truth is higher than religion. Madam Blavatsky picked it up. She went through so many religious systems. She said, "There is only one truth, which is presented in various ways. Why not relate to the truth itself. There is no religion higher than truth and the truth is in you as you". So, experiment within you, don't experiment outside. Don't experiment with people. Experiment with yourself. That will enable you to transform well. Transformations are not possible unless we turn within and we establish our meditation plan. A plan for meditation is the first hint, a definite plan of meditation.

Just sitting quietly forever is not meditation; the body is quiet but the mind keeps on wondering all over. If you do this inner work you come out with fresh energies. You come out with freshness of energies. You come out with fresh information also. You come out well equipped to perform well outside. All this inner work is only meant to do things better outside. That is another dimension. It comes has the 2nd Hint.

Second hint is that your usefulness in the surroundings improves as much as your inner work is improving by the number of beings who receive help from you. Only then, the work continues to be stable and there is a growth in the outer world in tune with you inner work because this balancing is always there. Service work comes along with inner enlightenment. More enlightened, better service. Less enlighten, the service has strong mortality. By a few years is all closed. There are many institutions that close down. There are many temples that get closed through time, but not the temples set up by the Seers. Why? Because the Seer touches the Master within and around, and with better energy he sets a temple. That is why a temple built by an initiate is different than a temple built by others, which can be very grand but it will not last. But the other temple built by the initiate it remains for all time to come because the Master himself is immortal and eternal. So the quality of your energy decides the quality of the work you manifest outside. Therefore, when you tend to grow more and more towards immortality, the work that you leave outside also remains immortal. You can see Ramayana whose age no one can decide. Is there on the planet. The first Scripture in the planet is Ramayana. You can see Mahabharata, which remains for thousands of years. You can see Bhagawad Gita. You can see Patanjali Yoga. Likewise, you can see the teachings of other Masters of Wisdom, which remained intact and then keep inspiring people, why? Because they have remained until today pretty much available by the Masters and they are eternal and immortal. That is why the service that we think of has to be in tune with the depth of meditation that we do. Otherwise, many things close along with us. When we start some service activity, soon closes itself because there is no succession to the service. Most of the activities that we do terminate with us but with the case of an immortal person, any activity that commences with him has its own succession, and it is there for long years. That is the beauty. Many times the work multiplies itself. For multiplication, we don't need to end up doing missionary work. it multiplies itself. Why? Because it is immortal, it cannot die, it won't die. That is how you see Ramakrishna Paramahansa, you see Master CVV, and you can see Ramana Maharshi. They just left their own places but their work continues in multiple ways all over the planet. You can see the yogis of Kriya yoga. It's not that they move around and propagate it. It is the energy that propagates itself. The beauty of being immortal is different from the beauty of being mortal. The propagation of mortal activity will eventually die because it is mortal. All that is mortal is destined to die. All that is immortal, however small, it will remain initially and it will keep on multiplying and multiplying. That is why the service as a habit must be inculcated along with meditation. As much as you open doors inside so much you have to open doors outside; not for social recognition but to see how much

of the work that you do continues to be. Depending upon your inner strength the outer work remains.

That is why the 2nd step comes. As much as you open the doors within you slowly start conquering those in society through service. Service does not mean that you do some kind of charity. Service is an attitude. Service is mostly an attitude. Meaning, I am willing to help the other person and I don't care what I receive from them. As long as your mind is not in the compensation you receive from the work, and the work that you do is of benefit to the surrounding life, that is service. There are many people who don't care about what they receive from the work. They care to work. That is unselfish action because without aspiring to the fruits of action you keep acting because others need it. As long as people need it, you keep on working helping the other with your abilities. What you receive from such work is not your concern. It is the concern of the nature. As much as you are useful to the surrounding life, nature takes care of such beings. Therefore, the service they receive is not an activity for remuneration, not an activity for compensation, not an activity for a monthly salary. It will come. When it comes, you will be in a state where you also overcome your monetary limitations. Many people are economically stunted. Their mind tends to be conditioned by money. That conditioning slowly vanishes. Many people travel for example in terms of our work. They travel to many continents. It is not that they are millionaires, none of those who move from one nation to the other in relation to the work are. The way they live, the way they move, the way they conduct activity looks as though the WTT is filled with millions and millions of dollars, which is not true. Why? Because we have worked with the limitation on account of our attitude towards the work where we don't care for remuneration. When a group-life comes together like this, no fee is fixed, lodging, boarding, nothing. All is given with love. It is all settled by the nature which functions for the beings. That is why at the end of every group-life the accounts are always squared away. That is the beauty of working with an understanding of nature.

Therefore, the 2nd hint is, try to be service oriented in your objective life. Is not about distributing some food or some monies periodically or some clothing, that is also service, but the importance is in the attitude. What do I get from this, disappears from us. All that we tend to do becomes service. That is why they say that the doors, when you open inside you also have opened doors outside in terms of service, and your service grows. Every Master of Wisdom, the service he initiated, it never dies. Many people think, after him, who will do it? You see Putaparti, Sai Baba, his work his continuing. You see Master EK, his work is continuing. In fact it is continuing in a very glorified manner. The Homeopathy that he taught is picking up in 3-4 states. The scholarship that he gave along with the teachings that he gave it is picking up and being received by many colleges in about 3-4 states. That is how a Master starts the work. Is not personal work. It is an impersonal work coming from higher planes. It finds its own expression. Therefore, when we think of service also, we should not be limiting it to our personality but enabling the work to flow and ensuring that we don't become a limitation to the work. Sometimes when the bottleneck through which the liquid has to come out is too narrow, things don't flow well. So, personalities can be the bottlenecks for a grand service that can be expressed through unless we know that the service is being done, not for your personal aggrandizement but for the good of the beings around. I said the beings because when you say beings, they include not only humans but also animals and plants. So think of doing something, which is good for the surrounding concurrently with the meditation that we think of. These two should work together and must be taken well. So we start the note for this December Call on this basis and continue tomorrow.

Namaskaram.

Saturday 28th December 2019

Morning discourse 2

Very, very good morning and hearty fraternal greetings to all the brothers and sisters who could gather and mobilize your body to be here for the morning session which is by itself an step in discipleship and I know how difficult it is for our brothers and sisters coming from the west waking around 4 o'clock which is, according to European time, night time, and then be here for morning prayer and then the teaching, it is not easy. The body is put to much graining through these morning exercises, which is meant for modulating the body according to the wish of the personality. Then modulating the personality according to the wish of the soul, and then modulating the soul to be in tune with the super soul who we call the Master. It is such an alignment that we try to work out, but there will be complaints from the body and also from the personality. The child complains, the body complains, but the soul says, 'it is for your good that you align your personality and the body to the soul'. The soul tends to bring in this aligned personality and body with the super soul who we call the Master. The Master is in us. He gives the impulse. Otherwise we don't get into these practices. It is because of the Master in you that you have to be in this. Therefore we are here, and you come here again, and again and again, over decades. Over decades we are meeting. My sympathy is with the brothers and sisters who came from South America, North America, and from Europe and my sympathies are also with the Indians whose families organize this. As the bodies gets old just like our brother Joseph Paradell, has showed the way, people have to get up and honor the demands of the body and get back. It's all in the game that we take it and we work it out.

Yesterday I was speaking about a plan for meditation to start with. We have to recapitulate because the repetition is for stimulation, which moves us to practice things in a conscious manner. I spoke of 3 centers, the center in the forehead, the center in the heart, and the center in the solar plexus. These are 3 essential dimensions relating to us. We can say the center in the forehead is the center relating to the will, which is also called Shiva. The center in the heart is the center of knowledge. When we truly have knowledge love is there. There are two things, love and knowledge. When you have knowledge love flows because the knowledge is the brotherhood of beings. Therefore, the love flows. The 3rd center is the center of light we call it; will, knowledge and light. We are expected to carry out the activity of light into the objectivity. So these 3 are also seen as Shiva, Vishnu and Brahma. That is why from ancient most times for contemplation and meditation, in the East we are taught to invoke, "Guru Brahma, Guru Vishnuhu, Gurur Devo Mahesvara, Guru Sakshat Parambrahma, Tasmai Sri Gurave Namaha". May the one who is Parabrahman, and that exists at the top of head, descend to set the will, the knowledge, and the activity, in order. That is the fundamental invocation which significance is generally not known.

People believe in a routine manner. They think of a Guru, a form of a guru outside and then relate to him saying this, but that guru enables to see this within you. Every guru is interested in showing you the whole cosmos and that you are a micro cosmos. He's not interested in any fan following. He's not a person who lives in the glamour of gathering people around trying to aggrandize himself. A guru is one who tries to show that you are as much a Master of wisdom, which you have forgotten; that you are as much in possession of Parabrahma in a triple form of will, knowledge and activity. So when we say essential centers, is what we said yesterday. What we do is that we speak of Brahman which is the solar plexus center, we speak of Vishnu which is the heart center, we speak of Mahesvara which is the will center: "Guru, Sakshat, Parambrahma", these 3 centers are not three different logos or three different aspects, they are just one as 3. The fourth one who is beyond, he expresses as the three. Therefore, verily it is Parabrahman as will, verily it is Parabrahman as knowledge, verily is Parabrahman as intelligent activity. These are the three essential 3. We have 3 centers and the source is in the Sahasrara. This understanding has to be there. Then what happens is that the guru who you are following, he helps you because he has attained these states, he himself knows he is Brahman and he descends as will, knowledge and activity, conduct the work and get back again into the source as Parabrahman where there is no more individual existence. The totality of existence every time steps down as a unit and that unit is a triple, the will the knowledge and the activity. So when we say: "Guru Brahma, Guru Vishnuhu, Guru Devo Mahesvara, Guru Sakshat Parambrahma, Tasmai Sri Gurave Namaha", is no different that what I gave yesterday to you in English about the 3 centers in you.

Master DK speaks of the center 'where the Will of God is known'. Speaks of the center 'where the Love of God is known'. He speaks of the center 'where the Light of God is known', and he speaks of the synthesis of all the three, the Avatar of Synthesis. Synthesis is in Sahasrara, which is again available in the heart. Then that synthesis expresses in a triple, as will, as knowledge and as activity. By this we have covered 4 centers. The throat center is a center for expression, vocal expression. The base center is an expression for physical activity. If you have a strong base center your physical is strong. If you have a good throat center you have a magnetic and radiating throat. And the sacral center provides the needed vitality to us. If one is not vitally strong, or one is debilitated, it means the sacral is a problem. If one is physically getting weak it means the base center is not strong enough. Eventually as you age up, the physical dimension slowly weakens but other dimensions remain. Therefore there are these centers, which you don't relate to and they are all together. It is one expressing as 3 and then the 3 expressing as another 3. That is why we have the symbol of the double triangle and the center; a triangle with the apex upward and a triangle with the apex downward, held by the point, which is the seventh center. There are 3 lower centers and 3 upper centers.

So in our body we have to note that the head is the most important center. The most important part is the head. You have to keep it clean to start with, meaning right from the headdress. Then it has to be kept always well protected, then, comes the center of the heart and then, the center relating to solar plexus. You cannot expose your solar plexus. Please remember that. Don't expose the solar plexus and do not expose the heart center. If you have the knowledge you cover your head -like the High Priest wearing a head cover. Anyways, these are all details. What is important is to relate to the centers in us. These 3 parts in us relate to consciousness, force and matter. The head relates to Consciousness. The upper torso relates to the Force. The lower torso in the diaphragm relates to the matter. So, matter, force, consciousness, Brahma, Vishnu, Mahesvara, Third Logos, Second Logos, First Logos. This way synthesis is brought up in you when you continuously and regularly relate to the inner side of your own being. By then

what happens is that from head to Muladhara you stay connected. That is what is called The Rod of Wisdom, or the Rod of Power, or the Rod of Knowledge. Every initiate holds a rod symbolically to inform that he has attained this initiation of alignment with head, heart and stomach. It is an important dimension which has to be worked out daily. Another way of saying this is, the head is related to the Atma, the heart is related to Buddhi, and the solar plexus is related to mind. It is a question of you trying to relate and synthesize varieties of technologies provided in the Scriptures. They say Atma, Buddhi, Manas, which is presided over by Paramatma meaning the ONE beyond. So Sahasrara is Paramatma, the head center is Atma, the heart center is Buddhi, and the solar plexus is Manas or the mind. Atma, Buddhi, Manas that is how a teacher speaks. Brahma, Vishnu, Mahesvara, another teacher speaks. Then, another teacher speaks of Will, Knowledge and Activity. It is a new interpretation, which enables a universal understanding given by Master Dwal Khul. Whatever the terms used are, if you know they are just the same used differently in different times in different parts of the globe then you get the synthesis of the whole thing. It is all one thing said in varieties of ways.

The important thing is that we know this: that our will shall have to be alerted every morning. Om Bhur Bhuvah Swaha.Prachodayat we say when we speak of Gayatri. We are doing the same thing again and again provided we know what we are doing, Otherwise they look to be different. Dhiyo, Yonah Prachodayat, means may our wills be alerted. Om Bhur Bhuva Swaha, Bhu means the matter, Bhuvah is the force and Swaha is the consciousness. Om Bhur Bhuvah Swaha Om Tat Savitur Varenyam means 'may the Parabrahman descend into the whole thing (body) so are our wills alerted. What is that we are saying in Gayatri? Gayatri has become such an important mantra in India. It is a mantra for alignment. If you chant or you don't chant, having an understanding, that is enough. If you understand that is enough. There is also another way of saying the same thing when you are just very new to this. You call it Aham Asmi. When you know you are the soul and you have a personality it is Soham Asmi when you don't know that your soul and personality are descended from the Master Ishvara it is Brahma Ham Asmi. Brahma Asmi, Soham Asmi. There is so much terminology people get confused with it.

Please remember all occult wisdom is trying to attribute the knowledge as is given by the Scriptures to one's own being. That's important. Anything and everything that the Master of wisdom speaks is relatable to the system in you because you are a micro cosmos. When we speak of the seven planets, is the seven centers in us. It can be related as the sunrays. One has come to be 7 different colors. It is again the same 7 centers. All is 7, and these 7 can be seen within you. Seven sounds can be seen in you. The alignment of the solar system outside and the alignment of the centers in you are just the same. Just as the Sun is the center of the solar system, the heart, which is presided over by the Sun, is the center of our system. The alignment of the planets in either side of the Sun in the solar system is relatable to our system. Why? Because the beauty of the whole game is that the great architect of the universe prepared man in tune with the cosmos. "God made man in his own image and likeness", means that the arrangement in the cosmos is the same arrangement in you. You can visualize the planets in you. You can visualize the sun signs in you. You can visualize the 27 constellations in you. You can visualize the 4 kumaras in you. You can visualize the 7 Seers in you. You can visualize the 7 Manus in you in descending and ascending order put together as 14. You can also visualize the 10 Prajapatis in you. It is a matter of you relating within through meditation. That is why in ancient times meditation was seen as the complete method for self-realization, Tapas. Buddha attained enlightenment only through penance. Every seer of wisdom without penance never came out to do anything. We have to inculcate the habit of penance, which we know in terms of terminology as prayer by the Master. That is why it is said that if you do the prayer regularly you

open things in you and you realize things in you, all starts from inside. The Will is known, the Knowledge is gained and the ability to transform that Will into action is also known.

We have so many lives of Seers. Brahma Krishna Paramahansa he never studied books. He was in penance and whatever he spoke became scripture. Likewise with Ramana Maharshi, only penance. You have read books and collected books in the form of so much library. This library reading is all mental activity. Penance is a means by which all can be known in a dimension, which is higher than mind. In the Buddhic plane and the Atmic plane things are better known. That is why the very first hint is, 'meditate'. We have a song written by a medium of the Master, "Meditate, meditate, meditate, Master CVV". So like that, meditation or prayer is the first hint. The second hint is planned activity, which is an activity not for self but for the community as a whole. Meditation is for the realization inside, you turn within; but activity has to be for the general good. There is no other way. Whatever we do is only for the good of others. You may be a doctor, you may be a teacher, or a scientist, or a banker. Whatever you are in your profession you are only serving the society. How much is the service that is happening through you to others is more important than how much we are receiving. Am I getting my increment, am I getting my promotion, this is not the attitude at all. You serve the surrounding life and life serves you back. That is really manly. Is manly that you serve the surrounding life. An example, even today in India the lady serves the parents in law, the husband and the children for 30-40 years. She never thinks of remuneration for the service she does, for the cooking she does, for the housework and care of the husband she does, for arranging cleaning of vessels or clothing that she does. No payments are made. That is why a lady is able to serve and realize the benefit of service. She has much better understanding of service than the man who always calculates what he does. A calculating mind is conditioned by the law of economy. If you do something that is for the benefit of others the nature responds to you.

Master MN was an advocate and with his clients he didn't even look for fees. Only if some clients said 'I would like to offer something to you', he would say "my coat is there and whatever you wish you can put it inside. If people came with something he would say, "OK, put it in the house". People used to pay in kind, people used to pay in cash but he never counted what was coming. Everything in terms of currency was in his coat. Anything in kind was in the house. He was regularly feeding people. It is amazing how many people he could feed. There was a minimum of 100 people eating in his house. Ever since he joined this path of yoga he threw open his economy. He said, "I do my job, whatever is to come will come". This is an example am giving you. There are examples from the past. When we went to his house in the late 80's we found that it is a huge house and there are always huge containers cooking, one cooking vegetables, another cooking rice, another container cooking sambar and there is always milk at home. People came, they did practice of yoga in his house. They were giving food twice daily. They were allowed to sleep there and there is a tank near by where they could take a bath. That is what you found. So that is how you find with Master MN. Likewise with Master EK, he never look to money, he just went on serving; it is an example. How much money we have is never a question. We have been in so many group lives and money has not been a problem, they have always gotten on with it. Only thing is to make sure there is not a waste of energy, no waste of any resource. Master CVV was regularly feeding people at home. They all came for yoga and stayed. If you get back to olden times even doctors they used to treat patients at the back of the curtain. There used to be a pocket and if you wished to you could leave something in the pocket. They were Sharaks, of which we speak of in ancient times in India as the moving doctors. They never charge anything. Their job was to give health. It is according to the ability

and inclination that people pay. This way there were teachers much more splendid than the other way.

Why I say this is because the scripture instruction and key for action is 'do your lot'. When your mind thinks of how much I get from this activity you are limiting yourself to do Kamas. Life is not just Kamas. Life is for the excel of resources, for the excel of abilities. You excel your abilities for the benefit of others and nature takes care of you. This is the attitude for work. Basically today a moral man does not have the right attitude towards work. We all know a sloka from Bhagawad Gita, which says, "You have the right to work, you don't have the right for remuneration". Meaning, you have the right to work. According to your ability you work. It can be making some pottery or some carpentry or anything, a simple job. You have the right to work without thinking of remuneration. Even Jesus the Christ was also doing carpentry all the time. According to need he was making things. It was amazing the way he used to mount things. When he would put two pieces of wood together into one, you couldn't see where they were joined. That is the beauty of perfection that he showed even as a carpenter.

There were potters wandering in the temple who could be doing such perfect job of making pots and giving them away to people and they all attained great states. Carpenters, potters, plumbers; any work for that matter. Every work is noble. Don't think this work is noble and that other one is not. All work is noble when you are dedicated to your work, but not to what you get from it. So this attitude of relinking remuneration with the ability to work and keep on offering to the surroundings is what is intended by organized work, which is called Service. Organized work can happen provided you are able to bring in inner energies into the outer life. That is how we were expected to be taught, initially. All education does the contrary in modern times. Our education is about how to make money, there are books written about it. How to make money is pure Kali. How to make use of your abilities, they don't write a book about that. How to get rich, they write a book about it. Think and grow rich is what the books say. It is always about riches. Think of using your abilities and then transform those abilities for the benefit of the surrounding. You can work with plants. There are people who work with animals. There are people who work with humans. Not looking for a return. Looking for a return brings you the related bondage because it is a vicious circle. You work to receive and whatever you receive it binds you. Whatever you do unbinds you. So, binding and unbinding, binding and unbinding, binding and unbinding, so it is.

Here the Hierarchy says, have a different attitude towards work. For example, you know there are people coming from abroad, recording things, transmitting things all around, but do we pay them? For over 30 years they are doing the same. There are translators in the west who regularly translate anything and everything that it is said, but do we pay them? There are people who keep long offering things. They don't look for remuneration. There are persons who make videos of every conference. They buy their own cameras. They try to improve. We don't pay for the cameras either. We do not pay for anything because it is not related to money but related to the wealth of human abilities. 'Money to Wealth' is a slogan relating to the Hierarchy. I feed you when you come to my house. You feed me when I go to your house. So there isn't a need for hotel. When people come to your house, you feed them. Why a hotel? The hotel followed by a hospital! There is a different game, which is OK for the world but not for the person who thinks of discipleship. And you are kept in great splendor by nature because you have been relating to your activity with Kamas. That has to be the attitude for service. That kind of service brings people together. We have a statement, 'birds of the same feather, flock together'. So naturally people who have inclination for such working they come together. Why? Because they think, what can I do for the group? People who are highly individualistic they may not get into the

group because they are still very individualistic. There are others who mingle with the group, work for the group, live for the group and then see how the group activity can be done. It is all thinking in terms of group because they all have similar attitude, not personal dimension of seeking some favors from the group. I scratch your back, you scratch my back doesn't exist in spiritual relations. They do exist in clubs. There are clubs like Rotary club, like Lions club, which are meant for service. The original founders meant them for service. But people of influence are contacted to gather there so that I use your contacts and you use my contacts and both are benefited. It is a mutual benefit society. I receive benefits from the group. Others receive benefits from you like in commercial orientation happens. And such things happen even in noble activities as Masonry. Any activity tends to degrade itself when consideration for personal ambition prevails in a group. Personal ambition forsakes the group ambition. Then, such persons they get slowly eliminated in the group. Those who have the attitude, as I said, of thinking, what is it that we can offer, they do a lot of good work. This Bangalore group is an example of it. All think, what is that they can do for the general good. If you have 3 people who think like that it is already a good group according to the Masters of Wisdom. Three people who do not have any reservations between them.

Jesus was asked once, "How can we experience you again". He said, "when more than two persons come together at the heart level you can already feel me there". These are also beautiful statements but they are also a reality when we only care for others, don't care for ourselves. There are persons in the groups who care for others. There are persons in the groups who care for themselves. There are also persons in the group who exploit the group. There are three varieties. In the first category it tends to gain worth from the Master such a telepathic rapport. This is the 3rd hint, that you are a person who regularly meditates and then you do your work as an offering to the society and that becomes his main inspiration; who meets people who have similar inspirations and aspirations. Between them, a telepathic rapport happens. When there is a telepathic rapport in a group of aspirants, then they can think of gaining the rapport with the Master not until then. The meditation activity is a vertical activity. The work we do as service, or as an offering to society is a horizontal activity. When this vertical activity and the horizontal activity form the right angle in them, then we can think of a rapport happening with the Master of Wisdom.

That is how the 3rd hint is expressed in the teachings of the Master, "Develop in each of you some measure of telepathic rapport". Whatever I think, whatever idea I get, that same thing it is received by another member of the group. That is the telepathic rapport. You wish to do a practical work and even before you express it, you receive a phone call or a message from another member who exactly says the same thing. Normally when there is a telepathic rapport, the same thought occurs at the same time for more than 2 or 3 or 4 or 5 or 6 or 7 persons. Those, together form a true group. Please remember, there is a group but then within that group there is a group where there is telepathic rapport. Telepathic rapport happens when the Buddhic plane is in action. The Buddhic plane gets into an active role when there is regular meditation. That is why most of the things that the group members think when they get to reply is, "this is also what we are thinking, Master", that is exactly how we want to do it. It is because there is rapport. When the rapport exists you don't need much of outer communication. According to the inner communication, things happen. If you get an idea and you wait for a while, you get the same idea expressed by another member of the group. When this number of people is growing, it is called the true group. Why? Because there is a common thought that they receive at the same time. That is not a private property anymore. It is a matter of upgrading your thinking processes. When you have such a group working, a connection

develops, not until then. That is why it says, "Develop in each one of you some measure of telepathic rapport, to each of you and to me, the Master". So when you have telepathic rapport, you are fellow aspirants or disciples, and you are quite comfortable in that activity, then the rapport with the Master also gets in because the Master is always in rapport with all those who are making up their lives. A Master of wisdom is interested in all those members who are making their life into light. That is why it is said, "To each other and to me, the Master and the Hierarchical plan". He receives because he is in rapport with the Hierarchy. A Master of Wisdom is in rapport with the Hierarchy. He doesn't do anything independently of the Hierarchy. They may seemingly look to be independent. People think they are independent. But Master CVV is connected to every ashram on this planet. This you will know when you get deeper into your meditation. He was connected to every theology. That is the beauty, connected to every theology, every teaching. He is a Master of synthesis and he is connected to all ashrams; also to every Hierarchical Master. Please remember, they are not unconnected energy systems. They look to be. Is like there are government departments, different departments of the government in a city like this. There are different departments doing different work but the same government. Likewise, this is an inner government. Hierarchy is an inner government and therefore it is all connected and each one does the work as it is interested and that work in which the Master is interested it is transmitted to you. He is in rapport with each of them.

There are some members in the groups who have worked together over decades. They are not critical of each other. Initially when the groups meet there is a lot of quarreling, lot of disputes, lot of ear biting. We keep on speaking about all kinds of things about others. In their presence we speak one thing and behind we speak something else. Double time. It is very common among the average humans that they praise you on your work when they are in front of you and then behind they criticize you. Make sure you have a tongue of good rapport. It is a word that is most used in Masonry, tongue of good rapport. If you have to say something, say a positive thing about anyone. Any other things you may know about them, keep silent about it. Be cordial. Initially in the groups there is a lot of fights, all kinds of things, differences, and then disassociation. All these things happen. But for whom work is an offering, does not feel that one work is more noble than the other. Arranging the chairs in the prayer hall to sit orderly. We all come to sit in the chairs, which are set in order. We should make sure that before we leave the order of the chairs is not disturbed. There are others who need to leave the prayer hall earlier to take care of the requirements for all for the 3 days, arranging for breakfast, lunch and dinner. Later, they listen to the discourses through the broadcasting system we have because now we have facilities to listen to it anytime. Most of the members of the metropolis can access the broadcasts and listen in the car while they travel or alone. So anyway it is a matter of cooperation. That cooperation between brothers allows for things to happen. When there is not enough cooperation between members of the group, not much can be manifested.

There are groups all over the globe that do manifest a lot of good work. There are also groups who are unable to manifest good work. Where does the difference lie? The difference lies in the fact of telepathic rapport between the members. When you have such a rapport then there is a vertical connection with the Master who continues to supply the needed energy. That is what is being said here when the Master says, "A Master can give no real teaching to his group until it is established by the disciples a proper relation to each other. The Master can give not real teaching by means of stimulation to the group until it is established by the disciples as individuals a proper relation to each other." That is why Master EK used to say, "If two persons speak to me and one differs from the other in their speech, then nothing can be done in such case". He says, "Do not speak something else behind the back and speak some words of praise

before them". That is what happens normally because we cannot say negative things on the face when there is an urgency to speak behind it. So the Master says, "Make sure you stick to one thing. See the positive in the other and then relate to the positive in the other, to be able to join a group which is in function with the Master, not otherwise." All those who are critical or judgmental they remain in the periphery of the group. They may look to be very important to the group but from the Master's angle they are in the periphery. Why? Because your speech has a dichotomy in it. If there is a double speech in you and as long as the double speech exists, no rapport can be established. "So therefore, it is necessary that between the members of the group there is accord, there is cordiality. When such a group exists a Master can relate to such a group and get the things manifested on the planet according to the purpose of the Hierarchy". This is one dimension. "Free from all criticism and based on love and understanding in each, they gain as individuals" That is what is said. Backbiting is a kind of ineligibility in the group. Don't do that. If you cannot say a positive thing, best remain silent. Therefore, another dimension that he speaks of is, "Ask nothing for the separated self". Ask nothing for you in a group. Do not seek anything for your person from the group, Instead, what little you can offer to the group in terms of energy -need not be money, that is the last thing- you can offer some time, you can offer some skills, that is enough; if you can also offer money that is a different thing. An offering is more important than seeking from the group.

Please remember that to be in the group you don't have to be in the same place. Thanks to the electronic communications that we have we can still remain mentally as a group even though physically we are placed in different parts of the globe. For example in the West, people from Germany, people from America, and people from South America, people from Spain, they all work together to bring out a book. Is that a group or not? They are working on a book that was given long ago, about 700 pages. They gave it to me, the transcript version. Looking at it I did not think much of it. In a matter of 2 and ½ years a group was formed to make it into a sensible teaching set as a book, and that is what is going to come out next year as The Seven Root Races of Humanity. They are not sitting in one same place. They are all in different places. People from different places relate to a common work and carry out the work with no remuneration for them. If you were to engage editors, you had to engage translators who are professionals then there is money that comes into play. But in this case, the editors have come to be, the translators have come to be and most of the group members are experts in preparing the books because their abilities improve when they work together, not for self but for the group benefit. Just to give you an example. There are many examples of good work that is happening among group members who need not necessarily be in the same place. It is another important dimension. It is a facility that the Aquarian age has offered and therefore there are groups all over the world working from distant places working for the same cause. That is the beauty. Here the Master says, "Do not seek anything for the separated self but only seek to give to each other and to the group". The attitude should not be to grab from the group. This attitude in the world that we learned through civilizations is, 'how much I should get from everywhere'. There is a saying in Telugu, "If I come to your house what would you give me? If you come to my house, what would you get me?" Either way it is for you. But in discipleship what is important is, 'what is that I can give when I get to Bangalore. A lot of people are coming from Bangalore or other places. What is it that I can give them when they come to my place'. It is always giving, giving, giving. The thought has to be like that. The very first occult meditation is like that, "Be a Sun, be a giver". Everything is so profound! Another one says, "Remember the giver, he gave this frame to you. You are the book and the one copy in existence. I am copied from the parent manuscript". "Bliss is in giving not taking. Sun gives life he is man, moon receives she is woman". Is not the biological woman or man that he speaks of but the kind of energy you carry.

Do you carry the energy of receiving all the time, like the moon does? Or do you have the energy of giving all the time like the Sun does? Therefore, "Be a giver, be a Sun, be a man". That is what it is said here in another way by another Master of Wisdom. It is all the same. The teaching is always the same.

Therefore, what it says is, "Ask nothing for the separated self, but only to give to each other and to the group. That should be the attitude. The above concerns and applies to your relation to me". This concerns me. I am very observant of all of you to see if you are turning to be a giver, an offeror, not just a receiver all the time, like the moon trying to receive from everywhere". "This concerns me", he says. "It is a concern for discipleship. The above concerns are placed in relation to me. My relation to you depends upon how much you are offering to others". Because a Master from long, long ago as set himself to offer, never to think of receiving. He never thinks of receiving anything. He only thinks of offering and what he receives he receives from higher circles. He doesn't depend upon those who follow him. With dependence one cannot be gaining mastery. Do not be dependent be dependable to others. When you are dependable to others more, the Master is concerned. This fellow is working out in the right direction. Therefore, "The above, concerns and applies to your relation to me and also to the Hierarchy. This relation, which indicates that you touch the source of power, love and light, carries with it the implications for service and working for humanity". How beautifully said!

This is the true attitude that is indicated. So if you are more and more into this dimension of life, then you gain the ability "to touch the source of power, of love and of light", meaning the head center, the heart center and the center in the solar plexus. They get activated when you do this. That is why meditation coupled with service is the best way to supplement each other, complement each other. The service complements our meditation and the meditation complements our service. It leads you to relate to Saman who is a grand Master of such energy in whom there is the will, the knowledge and the activity, that you can continue to relate to, to get replenished. That is what is being said here in this 3rd instruction or 3rd hint. The first hint is to develop a plan for meditation. The second one is the ingredients of life as service, of action as service. Your activity is not for yourself, it is for others. Thirdly, such people come together by nature's arrangement, like I said, birds of the same feather, flock together. People who only mean to offer to others come together and then there is a rapport between them, a telepathic rapport that will enable them to develop a telepathic rapport with the Master of Wisdom. Thereafter, things move faster for further unfoldment of the being. This is how the third hint is.

We will continue with the fourth hint in the evening. The hint is to make a very specific use of your etheric body. This is a dimension which is purely Aquarian in its quality, how to beneficially put to use your etheric body for gaining knowledge, number one, for gaining abilities, number two, and for faster development of your own being which it is said as offering an illustration about the use of the etheric body; different instructions relating to the use of the etheric body which from time to time speak of but that we do not use it, With this I will commence the evening the teaching relating to the 4th hint. Seven hints can be easily covered because we have the time and the syllabus and we can move on. Thank you. Namaskaram.

Saturday 28th December, 2019

Evening discourse 3

Hearty fraternal greetings and good wishes to all the brothers and sisters. Today we give one more hint in relation to discipleship which is Aquarian in nature and enables fast development of humans. It is what we call, developing the etheric body and using such etheric body. E form is related to, as we already know, to email, e tickets, everything is 'e'. Even newspapers are in 'e' form. All is in 'e' form, which is a subtle form that can be retained as such and even dissolve. Likewise the human form also has its etheric moral. In the basis of the etheric moral the physical form happens. Just like we have a blueprint of a building before we build a building there is a blueprint related to each one of us that enables the sedimentation of matter around to see these visible dense physical forms. We have this dense physical form, there is the form of light, which is ethereal, meaning not visible to the eye, not audible to the ear, but still it does exist. When you develop insight you will be able to see it. When you develop extra sensory perceptions you are able to hear more than what you can, you are able to see more than what you can. As we say in the evening prayer, "may we speak the silence without breaking it", we should have to inculcate the habit of listening to the silence. From silence to sound there is manifestation happening. People who can listen to that silence are able to listen better. That is what is bestowed by Bruhaspati or the Jupiterian principle in us. Jupiter has the ability to listen and then express it to the listener so we can speak out. When you speak out, it is called Saraswati. We have a deity for Bruhaspati who we call Ganesha. He has large ears, which shows the ability to listen far, the ability to listen to the silence. When you are able to listen to the higher circles you are able to transmit the message as it comes from the higher circles to the lower circles. That is how there is a higher listening that is possible with discipline.

All Masters of Wisdom teach the silence to their disciples who listen through a process of impression and they reproduce the teachings which are impressed upon them and transmit them with equal radiance and with equal magnetism. For example, great singers listen to tunes in silence and they reproduce them on their instruments or also in their vocal chords. They are great painters who envision a very beautiful dimension of a place and try to bring it out into a canvas with the related colors. As much as they are able to visualize and transfer it so much they are able to help the beings of the lower circles. Those in the physical form can be guided by, those who can listen to the higher circles and those who can see the higher circles. For example the writings of madam bailey, which are 24 in number, all those 24 volumes of wisdom were listened to by her while being in New York while the Master who transferred the wisdom was in Tibet, the Master whom we call Master DK. Through silence he transferred volumes of wisdom to Bailey and Bailey in turn receive them and recorded them faithfully. Likewise we have Master EK who could listen to the teaching coming from the Ashram and then transfer it to the lowest circles in the physical plane. What we call physical is dense physical. Ethereal form is the basis upon which the dense form happens. Master EK could listen to the teaching coming from Nilagiris.

A book that inspires disciples all over the globe, many groups, Spiritual Psychology, has become a handbook for guidance because it comes from higher circles. The Master himself wrote in the introduction of Spiritual Psychology, "This is from those whom I follow to those who follow me". He also said, "This is from higher circles", so from higher circles you receive through silence and you listen to that silence and then accordingly transmit it to the world where there is not much silence, where there is not much listening. From the standpoint of a Master of Wisdom the so-called civilized human beings are generally deaf and blind. They are blind in the sense

that we don't see as much as they can, we don't listen as much as they can. We only have sight. We have to develop insight. We only have ears, which eventually deteriorate as age comes up. But there are people who can listen far. Listening far and seeing far are facilities that are imbedded in the human constitution, which has to gain ways. The discipline that is given by the yoga of Bhagawad Gita is of great consequence. Master CVV took it upon himself, specifically his work. His work is to cause adjustment of the inner energies in us to enable us to gain the etheric form which is much more active. Once the etheric form is there, it is easy for the teacher to correspond. It is easy for the teacher to transmit. The teacher can transmit and then the student again speaks out. It was so with Madam HPB, it was so with Madam Bailey, it was so with Master EK, it was so with the great poet and writer whom we called Potana, the one who wrote Bhagavata. He was not paid attention to. He himself said, "I am not writing Bhagavata, I am listening to Bhagavata as it comes to me from Lord Rama. Whatever I am going to express I believe it is going to be the Purana called Bhagavata". He didn't know exactly what was going to come out of it. "The one who causes the transfusion of wisdom to me he is known as Rama. If I do this work I am purified and I am elevated and then I get fulfilled and get into the ecstatic state of divine interaction". This is what he wrote.

Why speak other things when you are able to hear things from higher circles and then listen and transfer, listen and transfer, listen and transfer. This has become a very popular way today in all the Ashrams of all the Masters in the globe. They transmit. They transmit wisdom. They also transport it to the Ashrams of the Master where you are taught very regularly during the sleep hours. In the morning casually Mr. Raju (?) said, 'Often I am into some Ashram with some Master and then there are groups where I listen around with them. Some of the group members are known, some of the group members are not known and there are known groups and unknown groups'. Isn't that an accomplishment? It is the case of every disciple that he cares to listen to. He does care to listen, he has a small mouth and a big ear. A big mouth is not good. It will only lead you to speaking all the time. And many times we don't listen while others speak because we are fond of speaking ourselves and we can go on speaking and speaking without even listening. But the wise ones, they believe more in listening. This is what we are taught when we were children. Learn to listen. Speaking can come later. If you start learning to speak then you stop listening because you are only engaged like one-man stand trying to dominate the surroundings by always you speaking. We don't have time to listen. We don't listen or we don't listen completely. These are the problems that normally we as humans have. But a disciple, he has the ability to listen in silence. "May we speak the silence without breaking it." 'May we speak the silence' it means that in silence you listen and you get in tune with it. That is teaching. A true teacher never has a mental program to teach. He doesn't prepare. There is no program at the mental level for when to listen and speak. Why? Because he listens and he speaks, he listens and he speaks, he listens and speaks. As much as the group seeks so much the one who is the invisible keeps on informing; that is why the teaching is so beautiful. The same topic you speak at different times it comes in a different way every time. He can speak the same topic again and again, it comes in a different way, again and again; it comes fresh. It is not something like copy and paste. There is nothing in the sky where you have to get the copies restored. Instead you have fresh knowledge coming each time, according to the group, according to the place, and according to the time. That is the beauty. The teaching is fresh because, even if is the same topic, every time it comes differently. Even if is the same topic it comes to different groups in a different manner. It can be the same topic spoken in different places it comes out different. Even to the speaker it is amazing because he's always in a kind of suspense and also he is thoroughly engaged in what is it that could come. These teachings where he is engaged and also the listeners are engaged are different from preaching because

the preacher says the same thing, again and again and again. But with a teacher is a different thing because he is connected with the e-system, ethereal system. So therefore, the speech comes according to the time, the place and the group. That is the beauty. There is no need really for the teacher to prepare his speeches to deliver.

In the ordinary world a lot of mental exercise goes on to present a topic. In the world of spirit it is always fresh, it is always new and it is for the souls that are listening. Otherwise, it is amazing how you have all been listening for 14 years. I am always amazed at how you are still listening and you are willing to listen again and again. This is because we say the same things but it is different. I am also engaged in the teaching and it is amazing to see how it is coming so differently each time, even to me. Sometimes I get a question while I teach. That is why it is said that 'teaching is learning'. As much as you teach, so much you learn. That is what the Upanishads says, "You learn from higher circles, you teach in lower circles". That means you listen above and then reproduce it. It is so with the potter, it is so with the painter, it is so with the teacher, it is so with all those who create. Creators are different from procreators. Procreation is just multiplication of a model with the help of a mission, but creation is different each time. Discipleship demands that we create. We create the work in a very fresh manner. No master of wisdom conducts the works according to the same approach. The general outlines are the same but the presentation is different. Ramakrishna Paramahansa is different from Ramana Maharshi. Ramana Maharshi is different from Sri Saibaba. Sri Saibaba is different from Master CVV. Even in the methods coming from the same hierarchy of Master CVV, Master CVV had one approach, Master MN had another approach, and Master EK had still a different approach because they are ever creating.

The freshness of creation is not in reproduction. When you don't have the ability to open up 'upstairs' and listen, to open your head and listen and see you don't receive fresh information. That facility comes when the E forms remains intact. So, we should have adequate attention to develop the etheric form, Sushma Sarira. It is important. That is why Master CVV said, "One of the great works relating to my yoga is that I cause planetary adjustments in you and make sure you get a healthy ethereal form by which you are able to listen to me, to see better, you are able to sense better, you are able to smell better. When there is a fragrance moving around you can feel that a great presence is passing by. Every Master has his own fragrance. If is Master Morya, the fragrance is rose. If is Master Kutoomi or Devapi, his fragrance is sandal. If it is Master Dwal Khul or Saint Germain, the fragrance is lavender. With smell it is like this, likewise with the touch. Every Master's touch is different. Only his disciple knows the touch. If for example you are in your house and you close your eyes and every member of the family comes and touches you on your back, can you not recognize who has touched you from the back? Because it is familiar, if your son touches you, if your daughter touches you, if your spouse touches you, if your mother touches you, each touch is different. So is the way of every touch from the Master. So you feel different Master's present when teaching is happening. Why? Because when there is someone who is willing to help the surrounding human beings there are many who are interested to help them.

In nature there are so many invisible helpers that help us. There is a book called Invisible Helpers in the Theosophical Society, please pick it up and read it. They are in touch with you. It is all in accordance with the discipline relating to ether. Listening to the Invisible Master is a small book I wrote long ago. To a teacher of wisdom, about whom a group was publishing a book, they said to him, "we want to ask Parvathi Kumar to write an article about you" (their teacher). So they came and said, "would you be kind enough to write about your experience

with our Master". I said, "It is fine". But, the following day a phone call came from the teacher himself. His name is Shivananda Murty. He said, "I heard our people have asked you to write about me but there are better things that can come through you. There are many who write about me, but you kindly write about how to listen to the Invisible Master". There is a way to listen to the invisible Master and follow him and work for him and deliver his teachings and deliver his writings. So that has to happen, to listen to the invisible dimension of the being. There is a discipline to it and Master CVV is a great Master in the ethereal form. There is a small sentence written by Master EK. He prepares his mediums and functions through the mediums. That is the beauty of the Master. Imagine, as I said, Master EK, after the vision about Master CVV, his book Spiritual Astrology came, Spiritual Psychology came through, and then, another Master he gave out the book on Bhagawad Gita, the Aquarian rendering, just in 4-5 days. And then due to some other source he could write about the life of Krishna, the eventful dimensions in the last part of Krishna's life (Music of the Soul). He always said, "it is not me. I either listen and write or I see a scenery and I interpret it". He was a good scholar in Telugu so he could interpret a scene much better than you and me. So he could either see, carried the vision and accordingly present it to us, or he could listen and present it to us.

There are so many books coming from Master EK and they are very inspiring books. I would say they are all golden verses. Why, because they are from higher circles. So that facility he gained with the touch of Master CVV. When the Master touched him, his understanding about the Bhagawad Gita was totally different compared to the understanding he had before. Master EK coming from a very traditional family he had read the 700 verses of the Bhagawad Gita many times. He had his own understanding. Why, because he was a scholar in Sanskrit, a scholar in Telugu. He could easily understand the basic meanings. But then a Master came into his life and said, "Read Bhagawad Gita". Master EK said, "I have already read BG many times". But still, the one who appeared to him said with the same tone, same vibration, "Read Bhagawad Gita". It was an instruction. So when the instruction came through the voice of the Master he started reading BG and then BG was different, meaning the understanding was different. It's such a huge understanding that he got that he could all completely envision the Hierarchical plan, how the various actions are at work. This was all revealed to him when he was reading BG, because of the touch of the Master, at the instruction of the Master. The same was with whom we call Master Kootomi. He had the touch of many Masters and consequently he initiated a multidimensional work, which we are continuing now.

Therefore, I just want to let you know that there is a great importance for each one of us to develop the etheric form that we have, the Sukshma Sarira and to develop that, we need to know what exactly it is, how it is composed of. All the centers we speak of from Sahasrara to Muladhara they are not in the dense physical body, they are in the etheric form, that is the Sukshma Sarira. This Sukshma Sarira, is a body that transmits light, it is a translucent form. The first vision of any Master in case you gain it, he appears to me, he appears to you in a translucent form. That means you can see through the form, only the contours are there. A contour of glassy light will be there, you can see through it, meaning behind Joshi where he is sitting, he can be seen if he holds the etheric body. Likewise, one behind the other, one can see through the glass. Is a glassy form, which is very strong and forms the basis for our physical form. This form is conditioned, that is the problem. It is conditioned by our habits. Our physical form we have is nothing but the precipitate form of the etheric form. It is a precipitate, just like when you pour a little liquid and the liquid solidifies. Then that solid cannot be changed easily. But if it is in the lucid form then it can be changed. Is like when we build a building also we first make a blueprint, which is very translucent. If you want to you can change it. You can expand

your bedroom or you can contract your living room or you may shift one room from one side to the other. But after building the form with the help of the blueprint, not many changes can be made to the building. Such is the physical form that we have. Not much change can be brought about in a solidified form. But when is getting solidified, changes can be made. And the solidification keeps on happening.

According to Ayurveda, every 14 days. Everything that you eat, its impact is on you up to 14 days, not beyond, fresh food, fresh energy, and then fresh formation. The food that you take, the drink that you take, has an impact on the quality of your physical form. That is the reason why great importance is given to food. Food that smells in your mouth after eating is not food to be taken by a disciple. After having your food when you gargle your mouth, there should be no smell in your mouth. The smell comes according to the food that you eat. Then, people with a lot of garlic and a lot of onion, if they open their mouth you will run away from them. There are so many masalas that remain in your mouth even after gargling. Why eat food that smells. Why eat a food that smells afterwards, meaning it is not a food that causes health. That is the reason why regulations about food have come about. Likewise, there are foods, which can carry fragrance. The kind of condiments we use bring fragrance in the house. When there is food preparation you receive the smell of the dish and your mouth starts secreting saliva because of the fragrance of the food. How many are able to cook like that. How are able to cook a dish like that, a chutney like that, a sambar like that. Even the rice well cooked or a chapatti has a fragrance. Whatever it is, food that smells is avoidable because if you open your mouth you are spreading bad smell all around. Not only that but the food also smell through your body. There are persons who emit odors from the body that are not pleasant; especially if you are on a flight where you are sitting so close to each other. Then, whatever the person has eaten he keeps on emitting, a part from the gases the body emits. So make sure you have chaste food. Make sure you have the right attitude towards food. Do not drink anything just for the taste of it. Do not eat anything just for the taste of it. It should have a nourishment value. Then, eating fresh food is recommended. Cooked food after 3-4 hours has no value.

These are all guidelines given in the fundamental book Mithila when I wrote on the caption of food. The food that you eat, when it is assimilated it is done by a body which is called Annamaya Kosa. Annamaya Kosa is different from the physical body. Please remember. Many books do not distinguish the two. Many books do not distinguish Annamaya kosa and the physical body, Bhokti Sarira. Bhokti Sarira or the physical body is the result of the food and drink you receive into your own being and it is assimilated. If you don't assimilate well, the formations are not well done in the body. Therefore, Annamaya kosa is of great importance in preparing the ethereal form in us, call it ethereal form or etheric form. Master DK used the word, etheric body but the English people object to it, saying that there is not etheric, that it should be called ethereal. He said, "the hell with your language, the Masters understanding is broader" Masters of Wisdom, they create new words so we follow those words. So the etheric body has an impact on you.

The second dimension in you is kamamaya kosa, kama sarira. Kama means desire. What is the quality of the desire that you have. Engage yourself only in activity you have to do, carrying karma. That is why the Bhagawad Gita speaks, "Do only what needs to be done, do not engaged in anything and everything". You don't know until you know the Law of Vibration. Until this humanity knows the science of vibration they can never distinguish themselves from one state to the other. If you are in a cinema hall, when you come back you carry a different energy. If you go to a mall, when you come back you have a different energy. In a theater, for example a

horror movie or a fictional movie, when you come back will give you different energy because everywhere you move you pick up different vibrations. That is why in the olden times they would say, “when you move around, as you come back, first of all clean your body, change your dress”. Who would follow this, clean your body and change your dress. That dress has the vibrations spread in the area where you move. That is why Bhagawad Gita says, “Do only what is to be done, the dutiful”. If you eat something, you should know what the consequences could be in terms of your etheric body. If you drink something, don’t gargle at it. It is ignorance. Just for taste you keep on drinking things without knowing their consequences in the long range. The child in America eats so much junk food during his childhood. Later on they shows up with very massive bodies, huge bodies and then a small coconut-like head. This is because their etheric form is permanently disturbed, not much can be done. That is why when you take flights and the native says that you also have to include in your prayer, ‘make sure that no extraordinary size person seats by your side because he occupies almost 50% of your seat also’ ☺. These distorted forms you find especially in the affluent class because out of affluence they eat all kinds of food and buy all kinds of junk food and they eat we don’t know what exactly they cook to eat, number one and number two, with what kind of attitude the cook has cooked with. That is why food has great importance in discipleship. Please make note of it.

The Indian Sages always believe to cook for themselves, because when they cook for themselves there is no foreign vibration entering into it. No foreign vibration, only their vibration. With it they were able to cook. And in the home, mostly the ladies used to cook the food listening to Vishnu Sahasranama, listening to hymns, listening to Sutras or listening to the name of the Lord. That is what they did in the ancient times while cooking. Today, what is it? You can chant and cook or you can listen to a tape and then cook. If you listen to rock and roll simultaneously it eats away energy. People who eat they get also into rock and roll. This is all on account of the science of vibration, which is going to be the future science. So many saints when they went into a house they wanted to know who was the cook in that house. They were not so much worried about what was being cooked. They had to see the face of the one cooking because the face is indicative of everything in the person. In some houses they refused to eat. If the lady is full of irritation, full of anger, full of worry, she cooks it in the food and gives it to you. If the lady is not interested in cooking at all and she still cooks, that food doesn’t have nourishing impact. To cook with love is a science by itself. If one cannot cook with love better to cook for oneself, because at least you have love for yourself. Is very important. Sirdi Sai Baba when he was cooking, people were relishing the food. Master EK was also a good cook. He used to cook well. Agastya, all those who belong to their Ashram, they are not only excellent consumers of food but they are also excellent cooks. So, don’t give such least importance to food because food is what ultimately nourishes your etheric body and also nourishes your physical form.

Therefore, reduce your desires in a manner that you don’t eat anything and everything, anytime, anyplace. It is all utter ignorance. You may be very well educated in a different way but we live in a kind of ignorance, we don’t know, we eat everywhere. I was very surprised in the initial stages when I was moving in Europe. People were having running breakfast, meaning they keep a slice of bread or a sandwich in their mouth and then they run for the city bus. Running breakfast. What is the mind with which we are eating? There is an attitude to eat, to eat with respect, to eat with ease, to eat with quietude. And when eating we discuss all kinds of politics. While eating conversation not necessarily needs to be about the politics of the nation, it can be the politics of the household. We keep eating and arguing. We not only are eating the food but also are eating the arguments. So, what is it that gets into you? The Upanishads says, “The

food is Brahman. All beings in the universe live by food". So, eat food rightly, drink rightly, and don't get into an activity, which is not essential for you. Don't go to places for no reason. Don't visit people for nothing. There must be a purpose. Do not speak for nothing. There are people who keep speaking, speaking, speaking, like a chatterbox. That is why we are given three monkeys. One monkey has his eyes covered, meaning 'I don't see the non-essentials'. Another monkey has his ears covered, meaning 'I don't listen to non-essentials'. Another monkey covers his mouth, meaning, 'I don't speak unnecessarily and don't eat unnecessarily'. They seem to be simple symbols but they have a deep impact on your etheric form. Why? Because the Kama Sarira that we carry, the desire body like they say it in English, this Kama Sarira is like a grey body that completely hovers over the body of Light of the etheric form. If a lot of dust gathers over that glass panel, what does it do? You cannot see clearly through it. You cannot see from one side to the other when there is so much desire in you. And the desire can approach you through all the 5 senses, through the sight, through the hearing, and then through smell, through touch, and also through speech. These are the 6 activities in your body, which can either bring qualitative energies into you or energies, which destroy your progress. What is the use of your chanting, so many hymns, when you have a program through the day to pollute you again. On one side you are cleansing with the sacred sounds and in the other you are polluting through all kinds of ignorant activity. For an ordinary person this may be OK, but for a disciple these are the regulations, it is a hint.

Learn to know the use of the etheric body. It is the only hope for the Masters of Wisdom. They are using it, they receive information from every corner, they transfer such information, be it wisdom, be it advice. Why do you go to a Master of Wisdom for advice? Because he can listen far, he can see far and he can give you the right advice. So that facility is important for you and when your activity is an activity of ignorance it completely shadows the potential you have and slowly eats away the vitality of the Pranamaya Sarira, Annamaya Sarira. Kamamaya Sarira, Sukshma Sarira. Among these four, Sukshma Sarira is of paramount importance if you wish to relate to the field of Light and into the field of Sound. We aspire for the field of light, we aspire for the field of sacred sounds but we don't do what needs to be done in relation to it. Therefore, these are the four bodies, which are a bunch in you. Kamamaya Sarira, desire body; Pranamaya Sarira, vital body or body of light; and then Annamaya Sarira, the body that causes assimilation of food. Bhokti Sarira, the physical body, which is the product of all the activity that we do, and then the etheric body or Sukshma Sarira. To keep the Sukshma Sarira vibrant, radiant and magnetic is considered to be very important. And we have to take to the discipline in a very simple way, meaning, not making a fuss about it. Whenever you observe something in the plate that is not suitable for you, quietly keep it aside. Eat what is suitable to you. Not all have the same suitability of food. So this is one dimension that you should develop in you.

We have to cooperate with the Masters of Wisdom and the wisdom they give in developing this etheric form; it can be very transparent, it can be very radiant. It can be magnetic. It enables you to experience the etheric centers in you, their color, number, sound. All this is written in the Scriptures, but do we realize it? Realize it! So that body, the Master says, "I will prepare it for you provided you submit to me in the night. This is another dimension coming from the New Age teachers, the Hierarchy. The Hierarchy is willing to work so that you gain the etheric body provided every night you submit yourself. That is why we have a prayer, "Master please let us receive the influx of thy Plenty of Prana into our systems so we can resist disease, decay, and death, realize the highest of Truths, the Pure Love and the Bliss of Existence. And serve humanity according to thy Plan". Every Master of Wisdom picks up a part of the plan and

serves humanity. So you can join that plan provided you submit yourself to the Master every night before sleep. It is important that you offer yourself at night to the Master whom you follow. It is very important. Keeping the bedroom clean is the first step. And let the bedroom be of light colors not dark colors. No grey, no brown, no black colors and nothing strong like red color. It can be light blue, it can be a light green, it can be white, it can be cream, it can be off-white. Such colors enable transmission of light. Colors have their own dimension. Planet Venus, or Sukra, presides over the colors.

Deviating to another point, every Friday night is of great importance because Sukra takes you into the internal side of your being. It takes you into the inner universe. "I wish to know, please bring me to that" He will lead, provided you have a sense of color. Every color is connected to a planet. Black is connected to Saturn. Red is connected to Mars. Silver color is related to Moon. White is related to the Sun. Aquamarine color is related to Mercury. Sky blue is related to Jupiter. Like that we have different colors. So, take the colors that are beneficial, not the colors that are very dark. Also the bed sheets, please remember. Due to laziness we keep the same sheets for many years with faded colors. It is always good to have white, or light green, or light blue. Not horrible designs on them. Sheets with very strong designs on them will disturb your sleep, also the pillow. Make sure you set your head, if you are in the Northern hemisphere, avoiding North while sleeping. If you are in the Southern hemisphere, avoid South, don't keep your head to the South. That is a different science. The groups from South America that we have they are all above the Equator so they have four possibilities. Keep their head to the East, to the North, the South or the West. Choose the place according to your bedroom. Make sure you have light colors. Then, make sure your bedroom does not smell. It is important. In any room where breeze passes through, no smell settle in it. Therefore, you should have a bedroom where there is passing breeze so that you have freshness of air; and air contains life. As far as possible, make sure there is fresh air. So make sure that while you sleep there is air and light. The incense can be sandal or can be lavender. Not artificial perfumes but natural ones, keep them in the room, and a lamp, which is very common in every theology. A nightlight we call now. We think nightlight is only to ensure we don't hit here and there when we go to the bathroom during the night. That is not the purpose. There has to be light. There has to be light. There has to be incense, there has to be passing breeze. All of this don't cost too much.

So, this attitude, take it to the bed and take to respiration. Take to your bed, lie on your back and take to respiration so that you are making an effort to go inside you. Make this prayer, "Master please let me get into your Ashram and be available to you. Let me listen to your teachings. Let me contact with other disciples. Let me learn and let me work for you". Working for the Master means working for humanity only, nothing else. He has no personal purpose. Inferior are the Gurus who use their disciples for personal purposes. We don't speak of them because they are worse than average humans. We are only working with Masters of Wisdom who work for humanity at large and for the elevation of the planet. So to get recruited into such program, you make a proposal and gently close your eyes and set your mind upon respiration, as I said yesterday evening, and with the help of respiration get to pulsation. Then, if you don't get into subtle pulsation, don't worry. This may not be possible, but imagine yourself you are with the help of subtle pulsation, you are moving up to your brow center and you are making yourself available to the Master in the Brow center.

That is very important. It is important when you sleep. Don't sleep vaguely. Just relate to respiration. Mentally, move from the heart center, through the throat center to the lower palate, into the upper palate, to the bridge of the nose, and into the brow center. Stay there waiting for

the column, the Master. This is what is called “getting into the magical box relating to you”. Most of you may have read Music of the Soul where Master Djwhal Khul gets into a magical box. This is the magical box. If you are there regularly, consistently and if you are sincere in your prayer, a Master may pick you up into his Ashram, and there you receive teachings. Giri Sarma was regularly receiving teachings in the ashram of Master Morya along with other disciples of Master Morya, during the sleep hours. During the day hours he would remember whatever he had learned over there. Within a period of time the two of them got connected. When two get connected, whatever you have learned in the Ashram of the Master occurs later in the outer world. Sometimes when it happens in the outer in the normal objective world you see that it has already happened. Many of us have such experiences that what you are experiencing now it has already happened before and you don’t know when and how. Why, because in the other plane it has happened before and it is happening now here. Master Ek wrote, “Master DK, when he was in the ashram I saw a white rabbit jumping across. And then, during the day, after some days, he saw the rabbit jumping across. He told his friend, ‘have you seen this happening before?’ The friend said, ‘no’. But to him, it did happen before. When did it happen? It happened in the other world, where things move in a different time dimension. So, whatever you learn there it will come to you, not unconsciously but you will be guided to continue working and that is a great facility. That is why reading Music of the Soul or Mandra Scripture is of great consequence to every student who follows the path of the Master. You have to make sure that you know that what happened to Master DK can happen to us. In the objective life he was Giri Sarma. In the subjective life he was Djwal Khul. He continues to be Djwhal Khul for all times to come. But for other purposes he may have different names in different incarnations. It is a facility that you develop a two-channel life. A life of eternity and a life where there is immortality. There is a life of mortality in relation to objectivity, but subjectively you know who you are and you continue to work. Every time you come according to your past program, you further continue with the work. That is what is called, continuity of consciousness.

So much is there about the use of the etheric form. So much! We were informed of it as early as 1972, that this reality known in the life of Potana, the life of Blavatsky, the life of Bailey and all those inspirational writings, inspirational teachings that happen with many, are but examples of this dimension. We have to develop ourselves. We cannot go vaguely doing the same things again and again. This path of occultism is a very methodic, scientific path. It is a path of knowledge. It is not a path of faith. Faith should lead you to inquiry and the inquiry should lead you to knowledge. And functioning with the knowledge should settle in as wisdom. Such should be our purpose. Otherwise we attend all these programs in multitude and just remain where we are. That is why the 4th hint that I give you today, this evening, is about the importance of developing and using the etheric form which is in you, for which the Master is willing to help us. The Master will build it for you because you cannot. We have been trained all our lives but my work is to see that you gain continuity of consciousness through incarnations, number one. Number two, that you gain immortality. After some incarnations you will know what you have done in previous lives and what you are to continue in this life now. So, this is the beauty of the Hierarchical teachings. But some thoughts, emotions, put you off this state of methodic progress. Tomorrow I will give you the 5th hint, which is about holding the Hierarchy in you and externalizing the work of the Hierarchy. Thank you and Namaskaram.

Sunday 29th December, 2019

Morning Discourse 4

Hearty fraternal greetings and good wishes to all the brothers and the sisters. May the Master bless us all by his presence on the occasion of the auspicious 110th May Call, which also happens to be 100 years of yoga emerging from Master MN. As I said from very beginning of group life it was in 1999 on December call day that Master MN was initiated by Master CVV so it is an event for celebration because Master MN has been the gold star that has anchored the yoga of Master CVV in the subtle plane at the global level. All his work happens in a subtle manner. He is the one who lives invisibly the yoga proposed by Master CVV and he's considered to be the fiery element that continues to be permeating with greater vigor, and normally it requires his blessings to recollect him even in the prayer. Though we, in a very routine matter say, "Master MN Namaskarams", he immediately disappears unless you are particularly interested to relate to him. Master EK is very visible and Master CVV comes into our hearts during the day only according to the will of the Master; and Master MN is playful, dexterous, and is the most capable among the hierarchy of the Master Nilagiris. So to think of him always as very joyful, as ever bubbling with energies, willing to help all, causes faster transformations.

Today happens to be the 100 years of Satya yoga as it is transmitted through master MN. Master MN was fast enough to gain masterhood even during the lifetime of Master CVV. It is the fastest one. So to recollect him is very important not only today but every day. Every morning and evening the call, also now the December call, is the call of the Master so we should be able to experience the presence. Today on this very auspicious December call morning we have a sublime topic to be presented in our coursing of our 7 hints relating to discipleship. That is recognizing the hierarchy relating to us and holding it in us so that we can express their plan and we can also demonstrate their teachings and thereby enable manifestation of the plan for the elevation of this planet to the Kings of Beauty. This planet has to be lifted up and we have a responsibility for it. This responsibility is for the entire humanity to lift up the planet. We will come to that as the 6th hint. The hierarchy which is the Seers must batch of the humanity realized the significance of lifting up this planet and therefore remained on the planet for its elevation and the elevation of humanity. The great ones never believe in selfish salvations. They believe in offering useful means by which people elevate themselves. In the elevation of the beings there is salvation for the Seers. Such is the work from the very beginning of creation.

It is only the selfish human being that keeps on thinking about his liberation, his moksha. It just means the desire, because he continues to be selfish. Liberation or moksha is the result of self-forgetfulness in your service to the fellow beings. When we have too much interest in our own elevation, our own initiation is like looking for any elevation in the world, a man who would like to elevate himself in terms of wealth, a man of power who would like to elevate himself in terms of his power. A man in business also would like to expand his business for his purposes. Likewise, a man looking for his self-salvation is no different from them. It is utter selfishness to think of oneself while the fellow beings are suffering. Therefore, the Seers from the beginning believed in helping the beings. In such a service to the beings that one forgets oneself. Self-forgetfulness in service is already liberation. Om Namaha, we say in the morning, the very first

mantra given by the great Sankaracharya. Om Namaha means, 'I am not', Namaha. Namaskarams Namah Sivaya, 'I don't exist, it is all Siva'. Namonarayanaya, 'only narayana exists'. In service to the beings you tend to be self -forgetful. Like people who serve, for example the mother at home. She is concerned about her man. She's concerned about her children. She does any possible thing to ensure they are comfortable. In the process, she doesn't care about herself. She doesn't care about her comfort. She doesn't care about her pleasures. The pleasures of the family members are the pleasures of the lady. That is what the lady demonstrates regularly. Therefore the salvation is much further for those who receive the benefits. The one who keeps on sharing energies into the surroundings is the one who elevates and not the one who keeps on gathering.

As I said yesterday, 'be a Sun, be a giver'. He is the best giver. That is why he shines forth, more than any other in the solar system. I don't think there is any other object in the solar system which can shine forth as much as the Sun. Why, because he gives all. All that he has he gives it. He is so completely transparent that anything and everything that comes to him, he gives. Therefore, he shines forth. That is the beauty. So, the Hierarchy is such a group of beings on the planet. They are ascended beings. please remember. They were like us as humans but they ascended. And that ascended Hierarchy we should remember first as a matter of gratitude and secondly to be grateful to them because whatever we enjoy today is on account of the unseen hard work that is being done by them on a regular basis over thousands of years. It is not just as we do, by 30 of years of service we celebrate. At twenty years of service, we celebrate, at twenty-five, we celebrate. They are small cycles of service. They could rejoice, but they have lost the count. They have lost the count in the service of the planet and to the beings of the planet. So we have to regularly remember them; by that, we are cultured, we are purified. That is why for every disciple is very important that he thinks of these beings. So, I start at the high most point and then slowly come down to what is very proximate to us, just to recollect to all of us the Hierarchy who we most regularly think of. Don't we think of our father and mother everyday? They are the ones who gave you life. If you do not recollect your parents, you are ungrateful. If you do not recollect all those grand beings that are responsible for your present state and for your further growth we are not grateful. To be grateful is the fundamental quality in discipleship.

Therefore, the first triangle we should remember every day is the triangle of the Great Bear, the Pleiades, and then Sirius. These are three grand systems. Saptarshi Mandala, krittika mandala and Dattatreya mandala. These are the 3 basic energies that guide 5 solar systems of which we are one. In the scheme of 12 solar systems there are 7 seniors and 5 juniors. Our solar system is considered to be a junior solar system and it has to be grateful to the seniors. That is why the Great Bear comes in, the Saptarshi Mandala. They constitute the father to our solar system. Please remember that. They constitute the state of the father. Pleiades is Krittika Mandala. They play the role of the mother to us. So we have to remember the Saptarshi Mandala, the Great Bear. We have to remember Pleiades, the 6 stars who play the role of 6 mothers that regularly feed us through the 6 centers of our body from Ajna to Muladhara. It is only their secretions in us that allow us to be a completely developing human. We hear about Kumara being fed by Krittikas. The six centers in us, if they secrete well, they constitute the perfect superman. And Sahasrara contains the Great Bear.

So we have the Great Bear and we have Pleiades, the father and the mother. Then we have Sirius, the system Sirius, which is called in our terminology Dattatreya Mandala. It is called Sirius because the constellation itself appears like the head of a dog, that is why they call it a

Dog Star and the dog is called Sarama in Sanskrit, Cerberus in some other language. It is a watchful dog. It watches over the Solar system. The Lord of that system is whom we call Dattatreya. We localize everyone and then feel that he's to be just around us, which is true, but then he is the one who guides the entire Solar system. All Gurus in this Solar system relate to him. He is Dattatreya. All Gurus, not only in this planet but in the entire Solar system, are guided by Dattatreya. This Dattatreya Mandala is also called Sarama Mandala meaning Sarama is the dog. That is why we show in our symbolism that he is surrounded by dogs meaning he is surrounded by onlooking, observing, protecting and guiding energies, which we call various gurus. All gurus are around Dattatreya. Dattatreya is the guru to whom we refer, when we say, Guru Brahma, Guru Vishnu, Guru Devo Maheswara, Originally was meant for him, which we also apply to the Guru we have met in this life, whom we meet every life. Therefore, we have to think of the system of Sirius, which is called Dattatreya Mandala. Only in this time of the year we can see the Sirius Star in the South. That is why it is also called the Southern star. Sirius is as illuminating as the Northern Star. From there, all energies relating to a teacher come to us, come to our Solar system and also to our planet. Therefore also come to us. So we remember the Dattatreya Mandala, we remember the Saptarshi Mandala, we remember Kritika Mandala. They exist in us. But first we have to know that these exist. In all our WTT activity, Dattatreya is getting in. Our brother Ludger is working with Sripada Sri Bhallava, the only incarnation of Dattatreya on the planet. There are subsequent incarnations, which are but his rays. So think of Dattatreya Mandala, think of Saptarshi Mandala, and think of Kritika Mandala. To say it in English you think of this Sirius star, think of the Great Bear, think of the Pleiades. They constitute the father, the mother and the teacher in our Solar system.

These are the most important energies in a man's life, the mother, the father and the teacher. Without the teacher there is no enlightenment and evolution. The father can also be the teacher. The mother can also be the teacher but there is a teacher who works for the development of all. Therefore, we have to remember these things. We think of Matru Devo Bhava, Pitru Devo Bhava, Acharya Devo Bhava. These are the 3 Devas we think of according to tradition. But no one bothers. No one bothers about the father especially if he's not around, if he's not in the body. This is the basic triangle that exists at the micro level and it exists at the macro level in the solar system. All Solar systems have these 3 systems of father, mother and teacher. The teacher is in the South. That is the beauty. All teachers come through South. The South is the Heart center in us. Every true teacher approaches you through the Heart. So if you want to meet the teacher you have to meet him in the heart. To get to your heart you have to link to respiration; then, reach there and be there and wait for the teacher there. Therefore, this is the fundamental of the Hierarchy, which we should regularly remember. Dattatreya Mandala continues the Great Grand White Brotherhood. That is how it is said. It is joined by the Masters of Wisdom. There is a grand lodge on the planet and there is a grand White Brotherhood on the planet. But up there, in Sirius, there is the Great Grand Lodge, the Great Grand Lodge and the Great Grand Brotherhood, whose replica is on the planet again as teachers, the Hierarchy. So we now come to our Hierarchy relating to our planet, which is important because through the proximate we can relate to the distant. You cannot neglect the proximate and go to the distant. Even at the state level, if you neglect the personal secretary and try to meet the officer, the personal secretary can cause enough troubles to you. That is how we all know in India the one who holds the emblem saying that he is the personal assistant to the officer. If you neglect him, he'll twist your tail. Therefore we reach the Great Grand Lodge through the one who is proximate to you

So we now come to the Planetary System. In the planetary system the foremost intelligence or Deva that is working for us is Sanat Kumara and his residence is Sambala. About Sambala and Sanat Kumara there is so much said in the Scriptures, in Puranas. But we could care less! We don't think of it. We are busy with so many other things but not with the one who is the king of the planet. He's the king of all humans. He's the king and guide and teacher of the entire Heaven. It is the Sahasrara center relating to us. Sambala is the Sahasrara center in us. First we have to recollect Sambala then we bow down to Sanat Kumara and then we follow Lord Maitreya. He comes later. First is Sambala. The Will of God manifest through Sambala and Sanat Kumara upon this planet. He is whom we call as Visakha. Visakha, Visakhapatnam. At least for that reason we should be proud of being in Visakhapatnam. Visakha is one of the names of Kumara. Subrahmanya is another name known as Kumara. He has many names. There are 108 names, which along with Ganesha we named every morning. It was introduced specifically so that we can relate to Sambala, we can relate to Sanat Kumara. But we the Indians are so completely bound from head to foot to tradition that we don't see the significance behind the Kumara. Only those who want children, who have problems they think of Kumara and the double-headed serpent and all that. Everything is reduced to pettiness. But Sanat Kumara represents the Will of God upon earth. It is he who directs this planet and he is in the Gobi desert in an etheric plane. Second ether, they say, meaning it is Mahad Akasha around this earth. He doesn't touch down upon the planet. Yet, to oblige the Plan, he is here. I can say that it is by far the greatest of sacrifice. Imagine, I listen to our friends saying, if you get your seat near the toilet in an Indian railway train is like hell to you; by the time your travel is complete, you are completely sick. Such is the state of this planet to Sanat Kumara. For us, this earth has been our home for thousands and thousands of incarnations. For him it is worst than a toilet to be here, but still he is here for our sake. And he has his western center in Shasta. That is why we visited Shasta with the group and paid respect to Shasta. We have been there three times. It is easier to go to Shasta than to go to Sambala. In Sambala, the weather is very hard. Our brothers, Miquel and Rosa, as if you went to Mysore from here, Bangalore, they go regularly to Sambala. They go to Manasarovar. Shasta is the western center of Sambala. Sambala is the original center. He has a branch in the western hemisphere. The work of Sanat Kumara will have to be more and more recollected in us, realized in us. By that and by speaking of Sanat Kumara and Sambala you are already doing great service according to the Masters of Wisdom. According to the Masters of Wisdom you are doing a great service when you speak of Sambala and when you speak of Sanat Kumara. He has around him 3 great beings, very great. I think this Hierarchy, to speak of it, we may even have to continue this evening, that's what it looks like. Because we should know whom we are with, the kind of energies we are trying to work with.

The first and foremost of them around Sanat Kumara is Lord Maitreya. Lord Maitreya, we don't know since when he is on the planet. He is the ageless one, we don't know. He has been here even before Krishna. He was already a great adept even before Krishna came. Even before the advent of Lord Krishna he was there. He was a chief disciple of Parasara. He is the one who attained the state of being of Friend of the Universe. That is why we call him Maitreya. Mitra means friend. Maitreya means, embodiment of friendliness. We regularly invoke him through our prayers. I have included a small hymn on Sanat Kumara the Seer. I will tell you how it came later. Sanat Kumara is the one who can liberate all yogis, yogis, not you and me. Liberating us is the work down the Hierarchy. It says:

"Samasta Yogee", meaning 'all yogis, the crowds of yogis, to all of them you are the liberating one'.

“Janataarakam Tham”. Taarakam, is ‘to liberate’. Tham, should have to be used in the first part of the sloka

“Sanath Kumaram Saranam Prapadye”, meaning ‘I get into the fold of your protection and your guidance. I walk into your fold of energy so that I am completely protected, and guided, and elevated, and transformed’.

That is the sloka, which came through a great initiate. Around him there are three. One is Lord Maitreya. Lord Maitreya, as I said, is the ancient most one, about whom, little is recollected by the Indians, though the Indian Puranas contain about it. The very first Purana, which is the original Purana, out of which 17 other Puranas were conceived by Veda Vyasa, was carved by Lord Maitreya for 50 years under a Ficus Religiosa tree near a cave called Shravasthi, which today is called Shigatse by the Tibetans or Chinese. They are the caves of Shigatse, which are his residence. He stays in it and then he blesses twice daily the entire planet and humanity during the morning and evening hours. So when we do prayers in the morning and evening hours we should necessarily think of him because it is his rays of Grace that we keep receiving.

The second one around Sanat Kumara is whom we call Sugata. It is written here, “Sugatasyam Mitram”. He is a friend of Lord Maitreya. Sugata is no different from Tatagatha. Tatagatha is no different from, Gautama the Buddha. Gautama the Buddha is known as Tathagata meaning, he tread the same path as its predecessors. Tathagata means the path of Light the Masters of Wisdoms have laid out and we try to walk on it. So we are all called Tathagatas, meaning we move on their path. Sugata means the one who has done well. So Maitreya is a friend of Gautama the Buddha, or the other way around, Gautama Buddha is a friend of Lord Maitreya because Maitreya is first, Buddha is later in terms of accomplishments on this earth. Therefore, if you see the book on Spiritual Astrology written by Master EK and dictated by Master CVV, under the caption “Neptune” you find that there are only two beings on this planet, which can receive the Neptunian energies and transfer them to the fellow beings; one is Maitreya, the other is Buddha. Of course Dattatreya is too far away. Therefore, Maitreya and Buddha.

Then there is another who is very, very, very well known to the Indians but whom they don’t pay too much attention to, that is Sankaracharya. Shankara has conducted a renaissance, a revival of the entire Vedic system in Kali Yuga. The work that he accomplished in a matter of 30 years has no parallel to him, right from the third year of his life. He went on conducting deeds of very Divine nature, very Divine. When the king of Kerala, just to give you an example, came to know about this child and wanted the child to be brought to him, the child told the messengers, “please tell the king since he thought of me, I bless him”. That’s it. “Forget about my coming to the king. Convey my blessings to the king”. About how the king was ruling and how he should be ruling he gave 3-5 sentences. When the king heard of it he was totally shocked. From the 3rd year until his 33rd year he went on doing so many acts. From Himalayas to Kanyakumari and from Kanyakumari to Himalayas, 3 times he went on. He has revived every spiritual center in this subcontinent. My idea is not to speak of every gran Master today because each one requires a seminar. So Shankaracharya, Tatagatha Buddha, Lord Maitreya, they constitute the first triangle around Sambala and around Sanat Kumara. Sanat Kumara is in Sambala. Buddha also remains nearer Sambala. Lord Maitreya is a frequent visitor to Sambala but his ashram is called Shravasthi. He stays there and he makes himself available. To the rest of the Hierarchy he is the World Teacher. He is the World Teacher who upholds every system of faith. Please remember. The Indians think it is only for the Indians.

Here is a sloka written by Shankaracharya. It says, “Sarva Matha Pradeepam”, ‘he upholds every religion every faith that is truth’. He cares not that this is Hinduism, that this is Islam, that it

is Christianity, or Judaism, or Jainism, or Zoroastrianism, or if its Sikhism, or Buddhism, no such thing. Where truth prevails his presence is there. That is how Lord Maitreya is. Therefore, the rest of the qualities of Lord Maitreya we already study in our daily prayers. So, this is the fundamental triangle around Sanat Kumara and then, around them there is the Hierarchy. We have Master Morya, which picture is displayed here. All those displayed here are not the entire Hierarchy. We know some of the important members of the Hierarchy. We don't know all the names of all those great beings that guide this humanity. Please know that. Some of them are made known by Puranas, which are written by Veda Vyasa and some of them are recently made known by Madame Blavatsky. We contained them in our Scriptures in the East and West but no one knows unless it is highlighted to them. No one is getting elated because it is the will of the Hierarchy that they shall externalize themselves. The time has come to be for the externalization of the Hierarchy. How can they be externalized? We should get in touch with the existence of the Hierarchy and then make sure that we from time to time recollect them.

Today in the WTT we speak of the teachings of Master Morya, Master Koot Hoomi, Saint Germain who is also called Rakoczi. Master Morya comes from the solar dynasty. It is also a very ancient one. From the dynasty of the Sun in which there is the birth of Lord Rama there are such great beings as Dilipa, as Ishvaku, as king Prudhu. There are so many great beings from the Sun dynasty that rule on this planet. In Bhagavata Purana, at the end of the dynasty the name of Maru appears. He is the last one who still holds the kingly solar energy and he is said to be the future king of this planet according to Puranas. Meaning it replaces Sanat Kumara eventually. If you see Bhavishya Purana or Kalki Purana you get these details about Maitreya, about Master Morya, about Master Koot Hoomi or Devapi that Puranas contain, meaning they belong even to those times. Then, according to the Puranas when the next avatar descends, he particularly honors Master Morya and Master Koot Hoomi for the grand work they will be accomplishing by the end of Kali Yuga. That it is how it is written. The trouble is we don't read the Scriptures. These beings are also available in the Jewish Scriptures. They are there in the Mayan Scriptures. They are there in the Chinese Scriptures. I don't know how much you read of whatever is written. In the teachings of Madame Blavatsky I have given out all this about Master Morya and Master Koot Hoomi in different systems and how they have helped humanity to uplift themselves into the field of Light. Therefore, Master Morya has to be recollected.

Then, Master Koot Hoomi who is called Devapi, he comes from the lunar dynasty. He is a teacher of a very high order and he will be the future World Teacher, while Master Morya will be the future king of the planet coming from Sambala. This has to be noted by us. Then, we have another ancient most one whom we call Master Count Saint Germain. He comes from the dynasty of Viswamitra who gave us the mantra Gayatri and who comes from Kaushika Gotra. Thousands and thousands of years ago he mastered magic. He presides over the 7th ray of Ceremonial Order and Magic while Master Koot Hoomi presides over the Wisdom of Synthesis, Love and Knowledge, and while Master Morya presides over the Will that can manifest the Divine Plan. Lord Maitreya is the utmost of all the Hierarchy. They constitute the Heart of our planet. The Hierarchy represents the heart of the planet while Sanat Kumara represents the head. Humanity represents the solar plexus, humanity, Hierarchy and Sambala. Sahasrara is presided by the energies of Sambala and Sanat Kumara. The Heart energies are presided over by the Hierarchy, and humanity presides over the solar plexus of this planet. Unless humanity is uplifted not much can happen on this planet.

That is why in the books of the great Masters you find Sambala, the Hierarchy and humanity. Because humans have a great role to play upon the planet, the Hierarchy helps humans uplift themselves. They are concerned about the truth. They work with the truth they don't work with

religions. Religions are formed after them. Just like after the Buddha there is Buddhism, after the Christ there is Christianity. So the next triangle of Masters as we see is Master Morya, Master Koot Hoomi and Saint Germain. It is a triangle. Before that we have another triangle of Lord Maitreya, Lord Buddha and Shankaracharya. It is Maitreya the one who functions as Christ through Jesus. The last three years of his life, Jesus in Israel was under the guidance of Lord Maitreya and he is called The Christ. There is Jesus and there is also the Christ. So Maitreya is also called the Christ. So, Maitreya, Shankaracharya, Buddha is one triangle. Master Morya, Master Koot Hoomi and Saint Germain is another triangle. They are all working at the planetary level and they are outposts of energies from higher centers. They can receive energies from other planets and beneficially introduce those energies into our planet. Their abilities are far beyond our comprehension. Then, come Master Djwhal Khul and Master Jesus. Master Djwhal Khul has become an interpreter of the wisdom of the Hierarchy in the recent cycle. He was initiated during Krishna's time. So he comes after this triangle as the next to triangle with Master Djwhal Khul, Jesus and Blavatsky, which form another triangle. Who we know as Jesus is still working on the planet. All these great beings, they did not leave the earth.

We, the Indians when someone is religious and he passes away we think that he already has reached Vaikuntha or reached Kailash. We really, not knowing anything, we speak a lot. That is why the Chinese say, "the Indians have a big mouth". We make a lot of noise. Do you listen to any Germans? How much they accomplish. Do you listen to the Swiss? How much they accomplish perfection. Anyways, Jesus lives in the Alps mountains of Switzerland. Master Morya and Master Koot Hoomi live in a cave called Kalapa. Please know that. Sambala, Shrivasthi for Maitreya, Kalapa for Morya and Koot Hoomi. Master Saint Germain is believed to work more in the West than in the East. Though his presence was more in the East he mostly decided to work in the West for most of Kali Yuga. He worked for long cycles of time in Europe and now today he generally resides in South and North American continents. I wrote a brief note about all these Masters. Saint Germain, there is a book on him. Master Morya and Master Koot Hoomi, his teachings are in two volumes each. Lord Maitreya's teachings are also there in two volumes. Saint Germain he has established an Ashram in North America in 3 places. One is Shasta. Another is Monument Valley. The third is Colorado Peaks. In South America he lives in the Andes mountains, in a popular mountain called Penitentes. I made available all these pictures to the groups. I visited Penitentes. I visited all the places, which I mentioned in the United States. Likewise we have Master Djwhal Khul. He lives in the Kullu Valley, Kullu and Djwhala Khula sound the same, where there is a great presence. That is why Nicholas Roerich decided to build his Ashram. It is a valley where you can listen to the flute music. In the books is referred to as Darjeeling. Darjeeling is the nearby city. Kullu is the valley. Kullu Valley is the Master's general residence place.

All these Masters they move all the time all over the planet according to the need. They have three forms, a diamantine form, a golden form and a body of flesh and blood. Three forms that are called Karana Sarira, Sukshma Sarira, and Bhokti Sarira, they work in three different planes and then they accomplish the plan by inspiring many people into the truth, not into the role of tradition where truth is lost. A tradition where truth is, yes it is of value. They would like people to orient to the truth but not to the tradition because tradition has its undesirable equivocations around. Then we have Master CVV coming from Nilagiris, It is Master Agasthya's Ashram. It is by itself an Ashram, which is considered in Puranas as equal to the entire Hierarchy. The entire Hierarchy if it is kept in one pan and the Blue Mountain Ashram if you keep it in another pan, the balance is maintained. Meaning is as good as the totality of the Hierarchy. That is where the energy of Synthesis for the New Age, emerges from. It is also connected to Dattatreya Mandala

or Sirius. The Hierarchy is connected to Sirius. They work in different dimensions and they belong to one Plan. They detail the plan into different parts and accordingly, guide the beings. Therefore, we should think of all the entire beings through whom the teachings have come to us. Most of these Masters are taken again and again and again. The prophet Samuel in the Hebrew system is one of the grand Masters. Likewise Pythagoras is one of the grand Masters. Everywhere there are great beings reincarnated to help those regions. The wisdom is not just the property of India or Himalayas. It was there in Greece, it was there in Babylonia, it was there in Charnia, it was there in Assyria, it was there in Israel and it move to the West. It was there much before in Mayan culture of America. There are three different cultures in America. One is Maya, the other one is Inca and the third is the Tainos. They were all Sun worshipers. They were all worshipers of time. All Nagas we speak of. A naga is one who knows the movement of time and the many dimensions time presents. To carry the knowledge of time is the ultimate knowledge. So, such is the Hierarchy just to give you an example.

That is why the WTT believes in unfolding a major part of the Hierarchy to its students so they know that these great beings exist and then they carry out the work. Kriya yoga is also connected to 2nd Ray Master, Master Devapi. Trailanga Swami is very much connected to Blue Mountains Ashram. When you are into this field and then you keep on pondering about them and invoking their presence, slowly they reveal themselves to us. Trailanga Swami is as much part of the Blue Mountain system. He's considered as Trailanga Swami because he was a Telugu man. Trailanga was the name of the place relating to Telugus with three important shivalayas namely, Srisailam, Kalahasti and Draksharamam. Those who live within that triangle are called Trailangas. He came from Bobbili and he went to North and lived in Varanasi for some time. He was in Bengal and then went to Varanasi. He is the latest example of a Yogi living for 275 years, inspiring so many including Sri Ramakrishna Paramahansa. There are 7 rays of Sun and therefore there are 7 Masters representing the Saptarishis, they present the ray qualities of the One Soul and then the related teachings are given. Humanity is also served predominantly by these 7 Rays. We have the Sapta Karanas and we belong to anyone or two of those karanas, karanas are rays. That is why we have Saptarishis presiding over the 7 Rays of the Sun. We have the Great Bear where we have them. They represent the rays here on earth. They guide us according to our orientation. There are people who are love and knowledge oriented. There are others who are will-oriented. There are still others who are oriented to proper exchange of wealth on the planet. There are persons who are predominantly devotional. Some are predominantly analytical. And there are beings that believe in a very ritualistic way of living. The whole day is organized in a ritualistic manner. So like this, depending upon the kind of training we need to receive in this incarnation we will get oriented to those Masters. The entire Sai system, Sri Sai Baba, Sri Satya Saibaba they belong to the 2nd Ray Ashram. When you know the ray quality and the quality of what is happening you can clearly see. Sri Satya Saibaba worked with 2nd Ray, with the 6th Ray and the 7th Ray. Therefore he had the presence of these grand beings that guided him. Consequently he could manifest. That is why when you see the activity of any Ashram you can see to which ray it belongs. There can be one, two or three rays in action in an ashram. To tell you, the WTT works almost with all rays. The very little one you find is 5th ray, but all other rays are at work. So the rays are on the basis of the kind of groups that we form.

Therefore, to think of this Hierarchy first is very important. You have to regularly think of it. Normally we have the Salutation to the Guru and to Parama Guru, meaning his Guru and then Saptarishis, the Seven Seers. Druva, and then the Kumaras, then Maitreya. Like that we also have an Ashramic Invocation, up to Parabrahman. Up to Parabrahman there is another

invocation. So if you relate to them in your hours of leisure, closing your eyes, just because you recollect them they give their presence. They are so compassionate! Think of them, the presence is there! If regularly we think of them they'll open things in us. Therefore do not be narrow minded to think of only the form of your Master. He belongs to a great network. A guru belongs to a very great network of the planet. And the planet itself is a petty part of the Sirius system, Pleiades, and the Great Bear. How big it is and how small we think! So recollecting them, make it a weekly habit, not daily. It would be great if we could do it daily but make it a weekly habit that sometimes you sit down and you think of all this Hierarchy. So, Invoking them will enable their presence to come to us. When they come to us, they express thought us. That is the beauty, they express through us.

So according to the group rays, different Masters express through you. It is not a miracle. According to the group, according to the nation, where's your address, according to the group quality, the related Master expresses through you. Then what happens? They feel, "wow, he belongs to a Master!" Some people say, 'do you come from 2nd ray ashram, do you come from 3rd ray ashram, from 7th ray ashram, do you come from the Nilagiris'. Like that they ask. I say, "We all come from the Sun. Each one of us is a Surya Putra". We should not forget that. You can relate to all the Masters of Wisdom. Where is the problem. Because you saw the One Light in seven different colors, in seven different sounds, seven different notes. It is all One as seven and you have all 7 in you. You belong to the Sun. Shouldn't you know to whom you belong? I belong to the Sun. To whom the Sun belongs, to the Central Sun. To Whom the Central Sun belongs, to the Cosmic Sun. To whom the Cosmic Sun belongs, to Parabrahman. Finished. So from Parabrahman to the fellow beings on earth there is a connection. So you have to have this comprehension wide enough to include. That is part of discipleship. Please know that. Don't sit like a frog in a well and think that the circumference, the sky you see, is everything. That is the stupidest thing that every disciple does, every devotee does. Is there an end to the sky? There is no circumference. Is boundless. It does not age. It does not die. It has no circumference. That is the thing to which you belong. As much as you believe into yourselves that becomes true to you. The purpose is to grow from limitlessness to un-limitlessness. The one we call God, which is omnipresent, omnipotent and omniscient, there are no boundaries for him. Why do you set boundaries to yourself? It is a kind of self- curse that we suffer from.

So when you recollect so many grand beings that give variety of wisdom for thousands of years, don't your limitations break? Break them. You have to break them in the Aquarian age. Break, so there will be no limitations! The free will that the children are trying to express is only a dimension of this. They will not like to be restricted. They will not like to be constricted. They will not like to be ruled. Why, because this is the Aquarian energy. So you use the Aquarian energy on our own self and break the limitations and go further, go beyond. For that you need to recollect this Hierarchy. When you recollect them regularly they start functioning through you. When they start functioning through you and you start making a habit of it, the Hierarchy is externalized through you. The Hierarchy externalizes through humanity not through anything else. Not through animals, not through plants, not through minerals but through humans. So you are seen as the great bottleneck for the evolution of this planet. We are the bottleneck and we have to make the neck wide open. Don't make it an old soda bottle. Now there is no obstruction for the soda, from that bottleneck you have to come out. And now they are preparing bottles without neck! If you come to my room I'll show you one. A bottle without neck is an evolution. You should know that. It may look funny to you because you are used to a bottle with neck. But if there is a bottle without neck, the inflow is easy; the outflow is easy. The inflow is very easy to send the energies into it. The outflow is also easy. Why there should be a neck to a bottle? That

is the dimension coming up in everything you can see if you have the eye to see. Otherwise you remain just somewhere, you remain here, it doesn't help you; you cannot help it.

Therefore, Hierarchy shall have to be regularly recollected. The teachings of every hierarchy member shall have to be related to. You have no more time for mobile, for silly messages. They are all silly messages from people with experience. There are very silly messages through Whatsapp. You are wasting your time and wasting others time. It is meant to send a simple communication, not to use it because it is free. If they charged 100 rupies for every message, everything would stop. Calls also have become free with Whatsapp. So you call to America and speak for 30-40-50 minutes. Sheer waste of time and energy. Instead why can you not relate to this which is the higher dimension relating to Hierarchy. Hierarchy is the highest dimension relating to humanity and we think we are following some kind of discipleship.

Therefore, we necessarily need to make sure that our time is extremely well used. Like a miser uses money, use your time in a very meaningful manner. Be miserly in your utilization of time. Anyway, this can continue like this all the time. Therefore, recollect the Hierarchy, the planetary hierarchy, and the systemic hierarchy. Systemic means Great Bear, Pleiades, and Sirius. Planetary means Sambala, Kalapa, Kullu and all other Masters and their dwellings. We should be very grateful to beings like Madame Blavatsky. She gave one push to externalize the hierarchy. She was considered to be the proper instrument. She gave a push. A further push came from Madame Bailey and then by the Hierarchy coming from Master CVV, Master MN and Master EK. So, we are the ones who break the limitations and try to include as much of the one energy and that has to happen with us, and that is one of the hints given to the disciple. By relating to the hierarchy and Sambala you are causing a lot of expansion to your awareness, consciousness. That enables you to receive knowledge from all directions and then you will be able to be a better speaker of that energy. That is how it happens. That was the 5th hint. We have 2 more hints to cover in the afternoon. By that time this group life will be completed. Thank you. Namaskaram.

Sunday 29 December, 2019

Evening discourse 5

Hearty fraternal greetings and good wishes to all the brothers and sisters. Let me recite the two stanzas relating to Sanat Kumara and Maitreya and then will proceed into the class

Samasta yogee Janataarakam Tham.
Sanath Kumaram Saranam Prapadye (2x)

Kripaa Samudram Sugatasya Mitram
Kripaa Samudram Sugatasya Mitram

Jagadgurum
Sarva Matha Pradeepam
Namaami Maitreya
Agaadha Bodhaam

Kripaa Samudram Sugatasya Mitram
Kripaa Samudram Sugatasya Mitram

Jagadgurum
Sarva Matha Pradeepam
Namaami Maitreyam
Agaadha Bodhaam

Om Shanti, Shanti, Shantihi

We have arrived at the last session of teaching for this December Call group life. In this group-life we are learning simply 7 hints for discipleship. The first one is a different planned meditation. The second one is to set life of offering in every dimension of human life. The 3rd hint is to work out within a group of servers the telepathy rapport and thereby gaining a rapport with the Master of Wisdom. The 4th hint is preparation and use of the etheric body. The 5th hint is to recognize and realize the Hierarchy within us and express the work of the Hierarchy into the surroundings. The 6th hint we present now is, understanding the human kingdom and helping the plan in clearing the condition that the human kingdom has caused to this planet. The humans are the fourth kingdom from above, and fourth kingdom from below. From below, after the plant and animal, it is the human. Beyond the human there is the planetary angels, the solar angels and the cosmic angels. So there are 3 kingdoms above the human and 3 kingdoms below the human in terms of evolution. Thus, we are the fourth one. From above we are the fourth kingdom and from below we are also the fourth kingdom. The fourth element is air. Therefore, when we work with air we cause the condition and let the plan happen. We work with mind but not with the fourth step of yoga, which is called Pranayama. Working with air is known as working with Pranayama, which leads us to Pratyahara, Dharana, Dhyana and Samadhi states. Therefore, the humans are not conducting the way they are supposed to conduct themselves upon earth. We are here to experience a pilgrimage on this planet not knowing how to conduct ourselves. We have made ourselves the prisoners of the planet. We the pilgrims have become prisoners due to lack of understanding of our role in the whole scheme of things.

The whole creation, as it is made, all species, are told to live for others. The Devas live for the rest of creation. All the three categories of devas work for others, there is nothing for them selves. For example the elements they are not for themselves, matter, water, fire, air, ether, they work for others. The planetary devas work for others. The planets are moving around themselves and moving around the Sun, not for their sake but for the sake of the beings of the creation. So also the solar devas and cosmic devas, the directional devas, east, west, south and north, above, below and also the diagonal devas like the Northeast, Southeast, Northwest, Southwest. All the ten directions work for the beings not for them. Name anything in the devas kingdom; it is for others. The Seven Seers, as we talked in the morning, work for others. The Prajapatis work for others, the Kumaras work for others. The Manus work for others. The Trinity works for others, anything below the human and above the human works for others. Working for others is what is called 'living the life as an offering'. That is called in the Scriptures as Yagna. The animals are for us and for the plants. The plants are for the animals and for the humans. The plant kingdom offers itself to the animal kingdom and also to human kingdom. The animal also offers its skin after its death for the humans. We put on so many warm clothes from the polar bear. We put on so many leather coverings. We use leather for shoes. In every dimension the animal is used. Likewise the tree, everything related to trees is used. It is not for itself. The fruits are not for them selves. The tree branches are not for the tree itself, its leaves are not for

itself, its flowers are not for itself. And when the tree dies, the tree again is used as wood. Only humans, other species don't make furniture, only we make furniture. The minerals are also for others.

So if you see the whole scheme of things, the entire creation is functioning on the basis of one offering for the rest. That is why the creator when he created and the beings asked him, 'What should we do?' he said, 'live as I am living. Like me, you also live for others'. This dimension is not given in the so-called education that we have. The education that we get in the world makes man more, a monster than a Master. Each one is a monster because he knows how to gather from the surrounding, how to grab from the surroundings and how to cause aggression for his sake. It is all for oneself. He causes a lot of problems on the planet. That is why the evolution is stuck. The evolution of the kingdoms is stuck on account of the situation. We are stuck and we stuck a kind of stagnation to the other species on the planet. It is a very pathetic situation. From childhood we are taught to be selfish while the Wisdom tells us, try to offer yourself to others. But this has not been told in the schools, in colleges, in the institutions. There are so many glorified institutions all over the globe. They don't teach that your life is for others. To tell this in a lighter way it is called Jihad. Your life is for others. In the Hebrew system they call it Holocaust. Holocaust means, all offering which it was wrongly used by Hitler by gathering all the Jews into a chamber and put them to burning. Holocaust according to the Hebrew Scriptures is an all offering, Yagna. That is what we call in Sanskrit, Tasmāt Yagnat Sarvāhutāha, we sing it when we sing Purusha Suktam like parrots but we don't know anything in relation. We are only concerned about ourselves all the time, nothing else; myself, my family, my country. Finished. The rest can go to hell. This attitude is what we supposedly, educated beings, have. Each one is concern about oneself. It is a very pathetic state. Man Sacrifice is given as one of the rituals in the Vedas. Man Sacrifice means, everything about him is for others. He doesn't think of himself. Is not like we sacrifice other men, you sacrifice yourself. Is not that we sacrifice a beast. The beast in you has to be sacrificed. If the beast in you is sacrificed you gain immortality. If you sacrifice otherwise, you remain mortal.

Therefore, this dimension of creation is an important dimension. Even in theological courses people are given how to get nearer to God. But you cannot be close to God unless you have done your homework. How can you go nearer subtle plains when you have been selfish; and we are so selfish that we look for personal salvation. Is it not that an act of selfishness? What is so big about you to be given salvation? What have you done to the surroundings? The first question that is asked the moment we leave the body is, 'What have you done?' You will say, 'I obtained properties for myself, I bequeathed properties to my family members, I have amassed so much wealth for myself. I have successfully and intelligently used the resources of others. Then, what happens? You are sent down to live again and live better. This is what we call the Judgment day in Theology where you are asked, 'what have you done. So the answer cannot be untruth because everything is recorded. They can show you the book, page by page, paragraph by paragraph, to see what kinds of things you have done. And we ourselves, we are a book, you know. We show it when we open our mouths. So therefore, we come back again and again and again and we like parrots chant mantras. You want someone to save you. You save yourself. Masters cannot save you. They can tell you how to save yourself. Those who have saved them selves tell us, 'save yourself as I saved myself'. You only save yourself by offering your life for others.

When Jesus Christ was on the cross, the ladies came and wept. He said, "don't weep for me. I volunteered to mount the cross. Don't weep for me weep for your selves. I came here to help you and you listen and you seek all personality things". Whenever a man of wisdom appears,

what do we do? We gather around them as leeches and keep on grabbing. So we must be very careful to know the very purpose of life, which is, never gatherer the world. Please remember that. That is why they say man is turned into a monster through education not a Master. A man is one who devours everything in the surroundings. He eats away, like Bakasura in the Mahabharata. Every day he needs one man to be eaten and someone has to send him one man to be eaten fresh. Bakasura eats fresh, daily a human and a couple of bulls along with a kettle full of food. Then only his lunch is over. So we actually are no different. We keep on eating, eating others facilities. That is how it is. We keep on using others facilities. We keep on exploiting others' resources. And the glorified kingdoms on the planet are all nothing but the greatest burglars on the planet. It is written by Madam Blavatsky, "The worst robbery that have happened in recent centuries on the planet is that of India by the British". Such a robbery! And the British are known in Europe as the robbers. This imperialism is utter ignorance. Citing of empires, the British Empire, the Spanish empire, the German empire, it has its consequences. As much as you exploit you are exploited. No doubt. That is why Jesus says, "don't worry about yourself and don't look at rich people with hatred. The rich are ignorant". Not knowing that they are going down in evolution they keep gathering with the help of power and with the help of their intellect. People use intellect to gather intelligently from the surroundings. People use power to gather from the surroundings in a brutal manner. Man's power doesn't require much intelligence its brutality is good enough. So he (Jesus) says, "The rich here will come back as the poor. The poor here will come back as the rich; because the poor are those who are exploited. The rich are those who exploit others". One is an exploited category; the other is an exploiting category. So you have not really gained by gaining something. You have gained by offering something. This is a fundamental principle that should be known to us to start with. That is why the Scriptures say, "If you pray for yourself the Divine doesn't answer. If you pray for others, the Divine answers". Praying for your self is just a selfish act, and we go on praying for ourselves. In the beginning of the Cosmos the creator prayed for himself. The source from which he was creating did not respond. When he prayed for others the source responded and said, "wow you have learned you cannot be a creator when you think of yourself. Now that you think of others I give my presence to you, I communicate with you, I help you".

So these are the basic dimensions of life which are not given except in the path of true wisdom, dharma. A part there is the law of the Universe. If you don't follow the law of the Universe, however much you do in the name of prayer, is useless. That is why one Master of Wisdom says, "Don't seek for yourself and become a beggar. Don't knock at the temple door for yourself; that is aggression. If you knock, it is an aggression. If you seek, you are turning to be a beggar; and if you search you are turning to be blind. Don't search, realize". Realization is what is important. All starts with a realization.

Coming back to the point, we should know this and then keep on working in our lives for a life of offering. Offer yourself, your resources, your intelligence, your body, everything relating to you to help those who don't have it. What little you have there is another who doesn't have it. So try to offer. Do not offer to those who are in plenty. It has no purpose. By doing that you are reducing yourself, you are a hindrance to this evolution. First, we should stop being a hindrance to the law of evolution. How can it happen, only when you keep on doing it. The intent is more important than the quantity. That is the first step. no religion teaches this; it only speaks of your salvation, which is a selfish program and it is never attended by the higher beings. Then, you will be an example to the surroundings. When your life is a life of offering, you become an example to the surroundings and then the surroundings, friends, and relatives, and others are closely associated with you. They will also pick up. How did the WTT pick up? The WTT

trustees are great givers, great givers, without expectation they give. Any big program is nothing for the WTT. Why, because there are so many who transform themselves into being givers. They are not grabbers; they are not sponges that suck in. If someone comes to grab, a member of the trust would offer to him so he would learn to offer. One day he will learn to offer. So by doing this what happens? First of all, you are not an impediment for the general good of humanity, number one. When someone likes you, likes the way you work and he tries to be with you and around you, tell him as I am explaining the concept, the very foundation of creation, the very fundamental law as it exists in creation. If he likes it, he can join you. That is why we say when Pythagoras once told his followers, "Before you cloak, meaning die, reduced one fool in the society, and that fool is no other than you". Otherwise you will keep trying to put off other fools. Veda Vyasa said, "Before you cloak off, not only reduce one fool, which is you, but also ensure that the technology is passed on to another so that he also eliminates the stupidity, the idiocy, the ignorance in him. That is what there is the Law of Continuity. That is Veda Vyasa's statement.

It is not enough if you have liberated from this process of gathering around, let your life be an example to others so that they also may think in working it out in their lives. That is the true following. Otherwise, you don't do that in your life but keep on preaching it. That is the difference between a preacher and a teacher. The preacher only preaches and looks for the carrot of the day. The teacher is not like that, he demonstrates. When he demonstrates, it stands. When he doesn't he doesn't stand. If you advise others with no practice, it has no power to it. You practice it, and out of your practice, when you inform, it has a different power in it. It has a different impact in it.

There is a story of a man and a dog. He specially trains the dog to speak human language. Just let us say he is an English man and he speaks English since we are speaking here in English. He trained the dog to speak English. It is fanciful that a dog speaks like a human! So he thought he could go to the king, show him this talent, which he imparted to the dog, and get something from the king. The dog was well trained to speak so he went to the royal court. There he informed the people, "this dog can speak, I want to present this dog to the king". It was a very strange situation so he was allowed to the royal court. He appeared before the king and said, "Oh King, this dog can speak to you". The king was also surprised, "Your dog can speak?". Yes he does, the man said. Then, before the dog spoke, the men bowed down to the king and he also told the dog, "Bow down to the king before you speak". Then the dog spoke in English, "Bow down to the king before you speak". He did not bow down. He was trained to speak but not to act. The man said again, "I tell you, bow down to the king before you speak". Then the dog said, "I tell you, bow down to the king before you speak". The man was a bit frustrated and said, "stupid, listen to what I say". The dog said, "stupid, listen to what I say", that's it! When you don't practice what you speak. We prepare many people who speak without doing anything, and the globe is full of them. The globe is full of preachers who preach what they don't practice. What is the use if it doesn't carry the magnetic impact that can cause the listener to fall in line with the wisdom. That shouldn't happen.

When Ramakrishna Paramahansa was in a temple a lady came with a five year- old boy. When she came, Ramakrishna said, "What is the matter, why have you come? What can I do?" The lady said, "This boy eats too many sweets and every Thursday he has a problem with the stomach. So, what to do Master, how can I help him?" Then the Master said, "Bring him back after 40 days". So the mother went away with the child because after 40 days he may get the solution from the Master. So the mother came with the child to Ramakrishna and Ramakrishna looked at the child, "My dear child, do not eat sweets unless mother gives them to you". The boy

said OK and from then onwards the child did not eat sweets. The mother was surprised. She said to the child, "you don't eat sweets!" The boy said, "only if you give them to me". After 7 days, the mother came again to the Master and said, "Master, why you didn't say this before? Why did you make me wait for 40 days?" Then the Master said, "When you came 40 days ago, I myself was eating sweets, so how could I tell this child to not eat sweets with a sweet mouth?" Ramakrishna was very fond of sweets, and for that matter, every Bengali is very addicted to sweets! So, for 40 days, Ramakrishna did not touch any sweet. Therefore, when he said do not eat sweets unless the mother gives it, had the related magnetic power in it that had an impact on the psyche of the child. That is what a teacher is. A teacher teaches what he practices. A preacher, he teaches what he does not necessarily practice. Therefore, to reduce the fool in you I have to reduce the fool in me. When the fool is gone in me, then I can be an instrument for the wisdom to transmit itself to others so those who relate to you will slowly gain that faculty. That is why Master DK says, "Practice spiritual value, make it an integral part of you and then introduce it to the surroundings. Introduce it to the surroundings not by your speech but by your actions". You can add spiritual value to every dimension of your life by practicing it. By that only the surrounding is inspired, not otherwise". Therefore, this is the way to clear condition in humanity, which is an effort we have to make in relationships, upon us and also upon the fellow human beings. This has to be clearly done.

We need to practice and we don't preach because whatever you practice if it is of a higher dimension, naturally the surrounding souls relate to it, respond to it and consequently also do the same. For example, what happened to Master CVV, he started a prayer with friends and this prayer is now everywhere in the planet. That it is so with Master EK. He started giving homeopathic medicines and slowly people who came to him as patients wanted to learn homeopathy from him and he taught homeopathy to them and they became homeopaths. And they keep dispensing medicines for free. Likewise in so many centers there are free dispensaries relating to homeopathy. Why, because he practiced it and it has its own quality of contagion. Any good value has its own contagion dimension. With every Master of Wisdom he always starts simple and then everything grows to a large extent by virtue of the demonstration he makes. So this is how we have to understand that humanity is upside down and they have become a bottleneck to the seven layered creation on the planet, the 7 kingdoms of the planet. The higher ones cannot descend except through human. The lower ones cannot ascent except through human. The human is really a problem. It is like the soda bottle of the past. The inner water of the soda bottle cannot come out and from the outside you cannot get anything in because the neck of the bottle is blocked. When the bottleneck of a bottle is blocked nothing can get in, nothing can get out. That is what the human is doing today. This is the problem of humanity we have to understand. We can speak volumes about the problems of humanity but they are not problems. This is the true problem that we have just turned upside down. Just like what our children are learning, the word Ulta. Ulta means, upside down. Ulta is I think, an Urdu word or a Hindi word. So the upside down people they have to be set ourselves up again. If we set ourselves up, we can be channels for the lower kingdoms to evolve. We can help the plant, can help the animal, we can help the mineral. We have the stature. We are the older brothers who can help our younger brothers. Cursed are the younger brothers who do not care for the elder brothers, cursed! Cursed is the elder brother who does not care for his younger brothers. You can bring from higher planes and benefit the lower planes. You can channel. The human is a great channel for Divine to descend upon earth and for the lower worlds to ascend into Divinity. It is a very privileged position. The human has this dimension, which is far greater. It is an opportunity for us. Not always it is given, so it is said.

So when you have an opportunity to be a human, you have a responsibility towards the animal, you have a responsibility to the plant, you have a responsibility to the mineral. And you should be humble enough to align with the higher ones, the elder brothers, meaning the Planetary devas, the Solar devas and the Cosmic devas. Infuse yourself with the energy and keep helping those younger ones. That is why man is seen as a very important tool in the plan of God, very important. We eat away at the younger brothers. We eat away. Do you know how much animal killing is there in the planet by humans? The Masters of Wisdom feel deeply hurt the way we kill animals on this planet, killing and eating, killing and eating, killing and eating, and killing for pleasure. Killing for pleasure, killing for eating. If there are other things that can sustain your body, why should you kill something and eat?

Once a disciple approached the Master DK and said, I want to serve the animal kingdom, kindly give me the technique, the practice to serve, Master. The Master said, "Stop eating the animals first". Stop eating animals and then think of protecting the animals". And we indiscreetly cut trees, indiscreetly. We can take the leaves of the trees, we can take the fruits of the trees, you can take the flowers of the tree. Why cut the tree? Do you cut your younger brother? The way we relate to the animal, the way we relate to the plant, the way we relate to the mineral is seen from higher circles as very barbarian. We don't care for it. We don't even think that we are doing all this nonsense on the planet. So for a disciple there is a responsibility towards humans, to start to make sure that he tends to evolve into a human but not a monster. Ahimsa is the first virtue that is given. So education by practicing the laws is one dimension that is given, and then taking the responsibility towards fellow humans, animals, plants and minerals. It is important. The way we pollute water, the way we pollute the air, the way we pollute everything, we cannot say that we are a very civilized humanity. So this dimension has to be taken in and see how little we can do in this direction is the 6th hint coming in discipleship.

The 7th hint is keep helping the immediate surrounding whenever you find there is a distress. Keep helping. When you find any being in distress you help him. It can be a scorpion, it can be a snake, it can be a lion; any being in distress you help and you receive help. We are fond of receiving help from the higher circles but we fail to help those who are in worst conditions than us. In the West they speak of the story of Androcles and the lion. Once a youth called Androcles in Greece was in the forest for some reason and in the forest, he saw a lion suffering from a deep thorn into his paw. He was unable to remove it and he was suffering a lot. Unmindful that it was a lion, the youth went towards the lion and he removed the thorn, which was very deep into the paw. He brought some leaves to make a paste, and applied it to the paw. It was such an act! Then he moved on and after some 12-15 years, one time he was judged as a culprit for something done by another. He was convicted. The king ordered him to be eaten by a lion. In ancient Greece there were these gladiators and in a colosseum the lion would be released, and then the prisoner would be released. If the prisoner won over the lion, the prisoner was freed. Otherwise he would die at the lion. The king had judged him like that so he was now in the arena. They released the lion that came in great speed and almost wanted to jump over Androcles but then he recognized Androcles as the man who had helped him in the forest. So he bowed down like a dog and suddenly kissed the feet of Androcles. These stories were told to us in school as stories of how to help fellow beings. In another story you see how Nara helps the snake that is caught with fire around. That snake helps him later in life. So when you help those who are in distress, you receive help, all from the same source. You keep helping people in distress. That pleases the higher ones and then you receive help when you are in distress. Normally we care to pray when we are in distress. We go to Balaji temple, Tirupati, or we go to Sri Sailam. But the law is, all those who help others are helped. There is a classical Da Vinci

painting in Italy, in the Vatican, where there is a man who offers his hand to the downtrodden people. There is already a visible hand on his shoulder helping him to carry out the action. That is the 7th hint given for discipleship. Don't look out for help. Why should you be helped? Why should you be helped unless you have helped? When there was an occasion, did you help? When you had an opportunity to help, did you help? If you do so, you receive help. Such is the case for the Master. A Master of Wisdom is always ready to help the disciple who is ever ready to help the surroundings. That is the beauty. We look for the cooperation of the Master with a lot of glamour about ourselves. But the Master asks, "Why should I?" He is not obliged to help you. Just because you praise him or worship him, Masters are not persons who fall for flattery. The kings fall for flattery but not the Intelligences or de Devas. They are bound by law to help those who help others. So if you wish personal help to come to you, you should learn to be personally helpful for many in the surroundings.

These are the seven laws we are told to practice. That is enough, isn't it? The discipleship can be given a hundred instructions. Patanjali has given them in 4 chapters, something like 200 aphorisms. Bhagawad Gita has given 700 verses. The Bible, every Scripture gives copious instructions. But in the Aquarian age is all simplified just in 7 Hints. They don't even call them instructions. They don't call them regulations. They say, "these are the 7 Hints of Discipleship the plan offers":

1. Meditation
2. Carving out a life of offering. If you are living, you should be offering something. You deserve to breathe only when you offer something to the surroundings. Life as offering.
3. Developing Telepathy rapport with similar persons. It becomes a group. All helpers flock into one group.
4. Significance of the Etheric body. Develop it so you are better able to relate to the subtle and also relate to the gross. And work out a way to be much more free.
5. To hold the Hierarchy in you and then carry that knowledge relating to it and keep it. Transmitting discreetly among those who are inclined.
6. Understand the human problem and cease to be a problem among the humans.
7. Never hesitate to help those in distress because distress can also come to you. To receive help in distress inculcate the habit of helping the ones in distress.

These 7 instructions will connect you to higher circles and you can multiply your ability with their cooperation and carry out tremendous acts of good will in His name. In the name of God a lot can happen. That is how the work is conceived and that is what came to me the day we started this group life, to speak of the 7 Hints.

Thank you one and all for having listened to it. Tomorrow we will have Question/Answer session. Now we have one more act, a group representing, who have been working out the Principles of Discipleship. Thank you and Namaskaram.

Monday 30th December, 2019
Morning Q/A Session –Discourse 6

Hearty fraternal greetings and good wishes to all the brothers and sisters. We have come to the final session of teaching having completed the 5th group prayer for this December call. Just to round up the topic we have dealt with during the last 5 sessions, we hold a question/answer session, which is called Ista Gosthi in Telugu. Those of you who would like some clarification on the issues presented please do so by setting the question on a piece of paper and handing it over to the persons that are doing their job.

Before we get into the session I want to release a book done by our brother Ludger Phillips the global coordinator of the WTT. He is a contact to all the groups of the WTT and is by far the most active member, committed to the work of the Hierarchy. He works relentlessly to transmit the teachings electronically and he also conducts various study groups and when transcriptions are done and with different groups he gets the book transcribed and then set for publication. He is the resource man in the WTT Global. He does excellent networking just like we see the Sri Yantra, which is a work of Triangles, the network related to the WTT activity came to him by virtue of his hard work. He works, and works, and works and he's also very fast. The speediness does not result in too many mistakes. There are very few mistakes to point out. He from time to time makes paintings especially in relation to hierarchy, to the Sun signs and to the teachings. They are available in the website of WTT. Some paintings are related to Spiritual astrology. He made some copies but it is available in WTT website. He presents 2 copies here and 3 copies for Visakhapatnam. I thought I must show this work to the group and commence this morning session with it. I would like that one is kept in our library in Visakhapatnam and another here in Bangalore. So I request brother Joshi to receive a copy.

I request brother Sri Rama Krishna Sastry to come here and receive another copy. With this I initiate him into the vast wisdom of astrology. Sri Rama Krishna Sastry is one person who has set many groups in India. Wherever he went as an official of the bank, there, he has set up the WTT groups. He starts with a homeopathy dispensary and slowly introduces Master Yoga and creates many centers. He is a very creative person. He speaks well and does good homeopathy and he informs about Master Yoga so I am giving him another task of lending astrology, which would help him further to help people. In Bahanpur he opened a center when he was there. In Bhalaru he opened a center when he was there. When he is in Anantapur he activates the group there. In Guntakal he opened a center. In Tirupati he opened another center and wherever he goes, many times to very difficult places he was transferred to. I used to tell him, "Master wishes that you introduce the energy of the Master at that place". So he went on doing and doing and doing. And today he is in great demand in many centers. He's good in presenting the philosophy of Master EK in relation to the science of homeopathy. He is good at presenting the yoga of Master CVV. He has a very special way of delivering lectures. He carries the _____ with him and then slowly he makes sure that the family or group conducts prayers.

Recently we were with him in Srisailam before I came to Bangalore. Even there he just started activity now. The chief of the temple wants him to come again and again and keep informing the wisdom in the surroundings because the chief himself was a student at one time of Sri Rama Krishna Sastry. He is also working in various colleges to inform the philosophy of Master CVV and works with a group of homeopaths that keep imparting the classical dimensions of homeopathy as it came to Master EK. Students and the faculty were very much attracted to these dimensions of homeopathy. So to him Astrology could be another tool that will help him do the teaching work that he's doing as also the healing work. For healing, astrology is useful. For teaching, astrology is useful. For self-realization, astrology is useful. Astrology is seen as

the eye or the chief limb of wisdom and therefore I thought I would give the second copy to him just to give him the needed impulse.

Q/A Session:

Q1) Namaskarams Master! Salutations to your Lotus Feet!

From yesterday's discourse we understood to take care of the plant, animal and mineral kingdoms but knowingly or unknowingly we have to disturb the animal kingdom as we have to take care of the pests, insects and worms, etc. Can you please suggest your thoughts about this?

A) If you keep yourself clean in tune with the human civilization they don't come up to you. A saintly person it is not approached by a mosquito. Do you know that? If there is something in you that stings then, you attract a mosquito to come and sting you. So, neither the mosquito, nor the cockroach, not the fly, not the scorpion nor the snake come to you because they don't have a particular interest in us. It is our mind that carries these instincts with them to bring them to you. Therefore if you set your life in an orderly manner and you set such a state of cleanliness they don't come up. If the place is not stagnated with dirty water you don't get these insects. Most of the things, it is according to us that we attract. So you don't have to be concerned about them, be concerned about you. The Seers live in forests where there are almost all these creatures but not a single creature touches them. We have stories and we appreciate those stories but we have to take the message that the cleaner the vibration the less these creatures will come up to us in life. Some people instinctively attract negative things. They must know that they carry much negativity in them. Some people carry in them a lot of positive vibrations so only positive energies approach them. We say that in a house if some wife cannot control bad plants, we have to abandon the house. We don't have to abandon the house we have to make tremendous amendments in our house to make sure that such plants don't grow in the house. It is with us, according to us so are our surroundings. Don't complain about the surroundings. You improve yourself. Everything is within us and everything starts within us. So we keep ourselves completely in tune with an order which is meant for humans and then we don't have to worry about insects. Ancient people lived in worst situations than these and they never had any complains. We all live in only complains, complains, complains; all the time, complains. They didn't have so many complains, because they were more oriented to the positive side of life.

Q2) Namaskarams Master to Your Lotus Feet. Kindly explain, "Heart is the Mother. Head is the Father. He is in She".

A) If you are hearty you are considered to be motherly. It doesn't require and explanation. Every hearty person is motherly in the sense he cares for others, like the mother cares for the child. The head is the father, which guides you, protects you, directs you, which illumines you. These are the 3 functions of the father, to direct you, to illumine you, and to protect you. This is the work of the father. The work of the mother is to nourish you according to your needs and make sure you grow well and grow wholesome. The mother supplies adequate energy for the harmonious growth of the child. So the heart naturally carries such energy and the head naturally carries such energies. Therefore, head and heart are seen as father and mother. The second part is, it is always considered that he in she, meaning that is a head center in the heart center so one can find de synthesis of the head into the heart so it becomes very lovable

to the entire community, meaning he is as much she as she is he. Therefore, he does both functions. Likewise, there is a heart center in the head center. Don't think these centers are very exclusive. The head carries the heart center the heart center carries the head center. It is a state of androgynous nature, male-female nature. That person is a complete person. Complete in the sense that in him there is the father and the mother. A teacher is supposed to be like that. The mother and the father together constitute a complete teacher. Therefore, head in the heart is, he in she. That is why, the "he is in she" is given out by Master CVV because he is in she and when you remove the 's' she is he. He also says, Madam includes Adam meaning if you eliminate 'm' is Adam. Likewise he also says, woman includes man. If you remove 'wo' what remains is man. In creation the father is enveloped by the mother. There are 8 envelopes of the mother and the 9th envelope is the nature of the father and the 10th one is the father. She envelops 'he' meaning, the essence of creation is enveloped by the nature of creation. These are some understandings relating to it.

Q3) Namakarams Master to Your Lotus Feet. How planned meditation is done. Kindly describe.

A) Planned meditation means you should follow some steps to carry out the meditation. When you get into the heart center with the help of respiration, visualize its connection with the head and its connection with the solar plexus. One is connected to the above and the other is connected with where we are. That is the fundamental of the plan meditation, three centers, the heart center, the head center and the solar plexus. Make sure that your awareness is moving in between these centers. This is the first step of a planned meditation. The second step is the detail, the head is the higher center as Sahasrara and then the solar plexus has its lower centers as the sacral and base. Therefore, you are connected from above onwards and eventually you relate to all the seven centers within the column. This has to be an exercise of visualization, which has to be planned and worked out otherwise, your mind drifts you away from your effort to do meditation. Therefore, it is suggested that we get into a very deferent and planned meditation.

Q4) What is the significance of reading the Nadi Patri mantra and Rasi mantra daily.

A) Just recollect. You don't need to do so many mantras. Just recollect them. Today is Monday so be grateful to the moon; that is it. Let not everything be ritualized so you miss the main point. Just to remember that we are in Capricorn is good. Receiving the energies of Sun through the sun sign Capricorn. Just remember. Monday, Moon presides over the day. Just recollect it. Likewise we can see the moon face. Today is Chavithi, before the 4th ascending moon phase. Just recollect it, that's all. If you want you can learn about so when you recollect it also comes to you. And today is Dhanista constellation. Just recollect. As students of knowledge we are supposed to know about the sun sign. We are supposed to know about the moon sign. We are supposed to know about the constellation. We are also supposed to know about the mansions, Nakshatra, Karuna and ____ You are supposed to see the combination of planets of the day. That is why we in Radhamadhavam give the planetary combination of the day for you to look to what planet is where in the zodiac. Just for your information is helpful to know Saturn is in Capricorn. That Jupiter joined Capricorn, that moon is in Capricorn. Mercury is in Capricorn, is always around the Sun; so many things in Capricorn. So, when you know and see the daily chart, you get a lot of information. This knowledge is useful. Just think of it, don't think of

meditation upon each of the mantras. The main mantra we have to work with, which I have given, is SO-HAM. It leads you to OM and leads you out of body. So let that be the purpose.

Q5) Please explain about Bharata Varsha and Bharata Kanda Chanted in Sankalpam in worship.

A) If you look in 5th Canto in Bhagavatam you will find all Varshas and Kandas. It is a huge subject. It cannot be delivered just in a Question/Answer session. Thank you.

Q6) Does the Antakarana Sarira also have mind, intellect and body in a subtle form? Is it the same as Etheric body?

A) Antakarana body, __avata Sarira, Buddimaya kosha and the body the Masters use in technology are one and the same. It is the body of Light, which is preceding the body of flesh and blood. You collect all information about etheric body as is given in the books of Master Djwhal Khul. That would be very useful. Or the small booklet on The Etheric Body I have written as per request of the groups and you may kindly go through the book.

Q7) Please let me know who to serve the mineral kingdom.

A) We have to make sure we don't abuse the mineral kingdom while the mineral kingdom has already been put to evolution by humans. Humans are unconsciously conducting an evolution to the human kingdom, the mineral kingdom. There are so layers going through the mineral kingdom that man is able to make. Consequently the density of the mineral kingdom is shed and the mineral kingdom is met with the light. For example the kind of stainless steel we have we never had before. It is purely stainless unlike the iron vessels or the brass vessels or the silver vessels. Stainless steel is stainless. If you store water in a brass vessel it stains it like brass. If you store water in a silver vessel it stains it. In gold it doesn't entirely stain, so in stainless steel. As part of the regular technology and all the space technology we develop so many alloys of minerals that they are starting to be lighter and lighter. That is why science is already working for the evolution of the mineral kingdom. We have to make sure, as the common people are concerned, that products from minerals that we carry with us are kept very clean.

Q8) This questions is being asked only with inquisitive mind. Generally I hear about people having visions of Masters of Wisdom. My understanding is that gender and form ceases from being out of body and there are innumerable incarnations. So to associate with a particular form or gender I believe is not entirely true. If this is so, then how one experiences the presence of a particular teacher especially when the teacher is out of form physically? For example the body of Master EK, CVV and MN it was masculine with a particular contour. If it is still expected to be in the same form, is it not a projection of mind?

A) First of all, the forms through which the great ones function, the contours remain in the space around. Therefore, it is not untrue to say that you experience such and such a Master. It can be Master MN, Master EK, Master CVV and this is one way of experiencing them. The second dimension is that sometimes they experience the presence without the form also. When you are

accustomed to a voice, that voice recollects the form also. In the presence of a person, when you get accustomed to it, the presence can be felt even without the form. Presence is with or without form. But initially to have a relation with the form, there is no harm in it because it is the presence that expresses as a form. Every Master of Wisdom can express through in desired form and when he works with a form, in that case that form settles in the ether and therefore can give presence through whatever it is that he needs to give presence through a form. So formlessness need not be. It is seen as a higher dimension and a lower dimension. That is what Krishna says in the 12th chapter of Bhagawad Gita, "I am in the form, I am also out of the form but try to reach me through the form to the formless". If you try to reach the formless directly you may get confused. Therefore, all the expressions mentioned here are true. Firstly, a Master of Wisdom can appear in the form that he was before. Secondly, he can give the presence without the form, meaning he comes to you through a thought form and it makes you feel it is this Master that has given you this direction. Both are correct. So, one is one way and the other is another way. Don not dispute between the two ways because the two ways are open. There are Masters who have regular visions. There are Masters who don't have any visions. I will give you the example of Ramakrishna Paramahansa and Vivekananda. Both are equally vibrating Masters. Vivekananda believed in the Brahman from the beginning. So he had no visions. Ramakrishna believed the Brahman with the form also. Therefore he had visions. He had speeches. He had dialogues with the Mother. Vivekananda could not have it because to him God is Omnipresent, Omniscient and Omnipotent. He did not prefer to look to the one through a form. Therefore, he was complete in his knowledge. But Ramakrishna had the same knowledge gained through a form. He had a facility of relating to the form. That is why whenever Ramakrishna was alone he could get the presence of the Omniscient One in the form of the Mother and they used to speak to each other. That was a very queer situation for Vivekananda. Once Vivekananda when he had problems in life as an old man, he approached Ramakrishna and said, "There are too many problems for me to proceed with the path so why don't you speak on my behalf to your Mother, our Mother" Master Ramakrishna said, "You are equally dear to the Mother, not only me. It is the Mother who sent you to me. You don't know how much love she has for you". Then he went into the temple and started looking at the deity. To him it was not responding. After sometime he came out of the temple. Ramakrishna was sitting on the entry steps of the temple and Vivekananda came to Ramakrishna and Ramakrishna said, "Could you speak to the Mother? He said, no, he could not. Ramakrishna said, "When you went into the temple the Mother came out. When you went into the temple the Mother came out and sat with me and we have been chatting all this time". Then Vivekananda said, "How is it so?" Ramakrishna said, "You don't believe she is in a form, so she told me, 'why did you send him inside? I can respond to all his questions to you and you can answer him'. So, it is all about how the quality of your soul is made of. Is not that an Omnipresent, Omniscient, Omnipotent one does not want to have a view of us, but there are some who have the facility of relating to the form. Some don't have it. For example, if you take the life of Master EK, he had the benefit of the presence of deities, and the benefit of the presence of great Masters. It was not so with Master MN, to him it is all Brahman; that is it. When it comes to deeds, they are all equally magnetic and equally radiating. When it comes to Master CVV there is not such thing as experiences with the deities. So there are people with experiences, there are people without experiences relating to the forms of the Divinity. Both are available in creation. Blessed are those who have the ability to relate to forms so they have some fun. That is how it works.

Q9) This questions is in Telugu

A) One is enough. It vibrates through the entire house. Don't think that when you set a plant it's impact is not only around that plant over there, it impacts the whole compound. One is enough to sanctify the place, to beautify the place. One deity and one picture of a Master is enough. We have so many pictures. It is one God through any deity. It is one Guru through any Master. But we like to collect. We believe in collecting so many things. So don't put so many plants around the house. It is not necessary. At the entrance of your house set it, that is fine.

Q10) Why the creation? Once everything had been done by the creator, why so much creation when everything belongs to the one?

A) Why this thought came to you? Ok, you have many thoughts. Why so many thought when you are limiting yourself with just once thought? Why so much creation is, it is demanded. The creation is demanded by the beings. Therefore, it is created. Why this group life? You are demanding it. Otherwise, I would be happy sitting at home. Why so many teachings, each time a different teaching, because you demand it. If I say the same thing you don't like it. Variety is part of the universe; variety engages; variety is enchanting; variety is enjoyable. Therefore, a variety is created. The more able you are, the more variety you create. The most stable one created the best variety of this whole creation. Why creation? It is because we demanded it. Most of us do not know that we demanded this incarnation, so we are here. Each one of us demands a form to experience. Without a form we cannot experience anything. Without form you cannot drink a cup of coffee in the morning, you cannot eat your Idly or Sambar; you cannot have Rasam. We as beings keep demanding forms and therefore we are given forms. Why this wisdom, because we demanded it. No one ever does anything on his own. If a Seer is sitting pretty in Venus but there is a demand, he has to respond. All beings before creation there are all in the heart of the cosmic being and there was a demand. If you read the Scriptures, you know it. In Bhagavata Purana it is very clearly given. The beings are demanding a creation. Therefore, the One has to form himself into a Cosmic Person and let the creator come out of it and though the creator he releases all the beings. While there is not creation, all beings remain in the Heart center of the One. That part which contains all the beings is what is called Kaustubha. It is a place where all are during the pralaya, and during the creation they come out. On one side there is the nature, and on the other side it is Kaustubha for the Cosmic Person. These are all released because we demanded it. We keep on demanding until we are completely fulfilled. Therefore, so much of creation comes to be. According to our nature we get our form. According to the nature of the beings they get their forms.

Therefore there is no why of it. You forgot that you wanted it. You wanted it and then later you complain because you are not able to play well. The complaint comes when you cannot play well. As long as you play well, there is no complaint. Our inability to play well finds us complaining about the rules of the game. A good player enjoys the game. But someone who is not that good, has complains about the rules, about regulations. Why the football court should be a rectangle, why could not be a circle. These questions have no answer. It is how we demanded it that we got it. Our life is also about the way we create with our mind. There is the creator in us who creates one's own life. So, change your pattern of thinking and your pattern of actions, and the life changes. That is why the answer by Krishna Paramahansa is, "There is no why of things. Now it is too late to think of why. Now you know the how of it and then say how to play". Having come into this form, the wisdom is to say how best I relate to experience. If we are not having a good day, we may say, 'Why did I get up this morning?' You forgot that you demanded this morning. Many things we forget.

I give you a small episode. I was frequently traveling with Master EK. One day we went to Hyderabad together. That night Master EK had a conversation with his Master. Next day he showed it to me. While we were in Hyderabad started to rain and he was raining and raining and raining all the time we were there. The Master appeared to Master EK and said, "Do you know why it is raining? Master EK said, "I don't know" Then his Master told him, "Your fantastic disciples are quarreling like dogs in the group. That is why you are asked to come here." "So how to set the group right?" said Master EK. His Master said, "It is your problem as it is you who created this group. They are quarreling so it is your problem to set them right". Then, Master EK became silent. Then his Master said, "Do you know why I appeared to you? To pre-inform you that it is my problem. You are my problem. They are your problem. You solve the problems with them, I'll solve the problems with you". The Master further said, "and it doesn't end here. I am also a problem to my Master. It is how we choose to do this work. My Master chose me to work and then he picked me up. I chose you to do work therefore I pick you up. You chose these groups, so you have to work with them". So, who chose? We choose. You see this is an eternal problem we get, so just accept it and do work and be done for today, and sleep well tonight. Therefore, creation is a huge thought. It is such a huge thought it is considered to be one breath not yet completed. The breath out is done but the breath in is yet to happen. He breathed out the whole creation. To breath in he had problems so he developed an army of people to help him. Master CVV writes, "the work requires us because he's finding difficult to bring back these beings into himself". But the truth is that we decided to come here. Did anybody compel you to come here? No one compels you. There are people who have come from America, from Europe, from many parts of South India. Why did they come? Who told them to? Did anybody compel you to come? Is this an order that says, 'he shall have to come otherwise bla, bla bla'. No. It is all voluntary.

Other ways we start getting questions because we chose. We forget that we have chosen.

There was an elephant that forgot. He wanted to get into a lake so he got into the lake. He wanted to play with the lady elephants around. He went down to play in the lake and the lake was completely disturbed. At the bottom of the lake there was a crocodile sleeping happily and it got disturbed. So the crocodile came and saw the chief culprit disturbing the lake so he caught the feet of the elephant. Then the elephant tried to fight. It could not really fight because the crocodile is stronger in the water. Then he thought, "Why did I get into this lake?" "Who asked you to get into the lake? Now you have made that into a question. With your own act you try to pose a question". He said, "Why did I get into the lake. Having gone into the lake, why did I disturb the lake? Having disturbed the lake, why did I disturb this crocodile? And this crocodile is not leaving me now". So, we also, drive ourselves from within and later we start asking, why did I get into this. You wanted to get in it. This is a very ancient question. It is not the first time that has been asked. Ever since the beginning of creation, when people starting making trouble, the question of Why came.

There was a fellow who was not getting married. There was no girl offered to him. So he did penance and talked to the Creator, "why don't you find a girl for me?" Because he was the one who had created him, he should be able to find someone for him. The creator was compassionate so he located a girl and said, "would you marry that girl" So he married the girl. But the girl was dumb. So then again he did penance and said, "Why a dumb girl form me? Make her talk" The Creator said, "You don't know what you are asking". Asking for a lady yourself is asking for a problem for a man. We keep asking for a woman, for a man. Until we are married we keep asking. There is something that makes us ask. We have to somehow

marry. There are wise ones who don't believe in marrying, be it male or female. So, he asked, "why a dumb girl, Master?" "It is good for you", he said, because the Creator has a wife who is ever talking, Saraswati. He said, "I want a speaking girl". So, the Creator gave speech to that girl. He gave speech to the dumb girl and then she started asking for things, when can I get this, get that, get me a VW car, or a Tesla car, get me this house, get me this jewelry, what are you doing that you cannot even maintain me. Like this, she went on and on. Then again, he went to the Creator, the third time, and said, "Please, make her dumb". Then the Creator said, "Once given, it is for you to solve. You asked for it, you got it. Having gotten it, you have to solve it". We want to eat ice cream at midnight; we want to eat cake at midnight to celebrate. Next morning we have a cold! Ice cream is OK, but cold is not OK for us. Therefore, we choose things and when we choose we don't know what we choose. We choose and when it turns out to be a problem we don't want it. That doesn't work, you have to have it, work through it. That is how it is in creation.

Therefore, why is it such a huge creation? To me, to you, it may look to be huge but not to the ones who know about it. Why so many thoughts to you? OK, you have so many thoughts. But you don't have to transfer every thought into action. When you bring it into action, then it has consequences, it can be a sequence, it can be a consequence. Therefore, please stop asking why. Please, try to know how. Then learn the know-how and work it out. Thank you.

Q11) Master, there are two questions relating to the animal kingdom and the plant kingdom. I'll read them together if you want.

1- You mentioned the need to respect the animal kingdom and not to eat them, but is it not the same with the vegetable kingdom? Why does it seem OK to eat, for example lettuce, to take it out of the plant

2- Is it necessary to be a vegetarian in order to follow the path of the Plan or, is it possible to eat meat in a conscious way as to stick to the Plan?

A) Eating non-vegetarian is not more necessary for men. There was a time when he needed a very strong physical body. But man has ascended more and more into mind and to the upper layers of mind. He doesn't have the same kind of body he had before. Earlier, generations of humanity they were physically very strong but mentally not so very strong. Today, people are mentally very strong, physically not so very strong. You see the Greek sculptures or the Roman sculptures, those kind of bodies we don't need, except to act in the movies. A strong physical body is not needed because we are tending to be more and more subtle. When you are getting subtle in your body every food does a lot of damage to your system. Therefore, slowly you tend to take to lighter and lighter food. So a Seer eats only a fallen leaf from a fallen fruit and drinks the water that runs by the stream. That is the ideal situation. Eat the leaves and fruits given by the tree, do not pluck them from the tree. Forget about uprooting from the earth. That is the dimension. It is a matter of refinement of the body, which would enable us to experience the light in us. We say, "may the light in me be the light before me...", but are you able to find light the moment you close your eyes? You cannot see it because there is so much of matter that obstructs the light. Then, it disables us to see the light within. You see the wall there, and the glass door. Through the glass door you can see through. Through the wall you cannot see through. What is the difference? The difference is that the wall has denser particles of matter while the glass has subtler particles of matter that enables to see through. So when we think of etheric body, when we think of body of light we are looking for see-through bodies. That is evolution. When you wish to work for it, you have to follow the dictum that "the lighter the food,

the lighter the bodies". There are people who cannot even digest a potato. There are people who cannot digest an onion. Why, because their system cannot accept it anymore. We were eating huge quantities. Today very few can eat those quantities. Whatever one man used to eat today is good for a family. That is how it is, because time itself is bringing the needed evolution. So, the lesser the food, the better the comfort. Lighter food, lighter comfort. Most of the Seers believe in living by water and fallen leaves, fallen fruits. That's it. Hunting for food is not there. That is the ideal if you wish to work towards it. If you don't wish to, you would be on your own. There are no compulsions in this. There is advice given, the lighter the food, better it is. At one time people in India were eating twice daily. Now we have gotten into the habit of eating thrice daily and then we eat snacks in between. We have to ask, do we really need them? It is a habit that we need to keep munching something in the mouth. There are people who keep chewing the chewing gum all the time because the mouth is used to munching something all the time. If you discern your own being you would know what you really need. You do not need so much. It applies to the animal kingdom and it applies to the plant kingdom. Between plants and animals there is a big difference. In the animal there is pulsating principle and awareness principle much more grown. Therefore, a plant is in a dream state. In a dream state, if you touch a person he doesn't know. If you gently touch a person who is in a dream state, he doesn't know about it. But a wakeful person, if you touch him, he knows it. So, where there is more life, there is pulsating principle. Obviously, everything pulsates but there is a difference in degree. Therefore, if you are to eat, prefer plant to animal. That's all. But there are Seers, read the stories of the Seers, that don't pluck anything from a tree. They don't uproot anything. Whatever is given by the tree, a Ficus Religiosa fallen leaves, fallen fruits, water by the stream. This is the ultimate of human evolution in terms of food. That is how the Seers live in Himalayas. They don't eat daily as we eat. I have met a person who went to the Himalayas and met some great beings there. I believe those most higher beings in Himalayas doing penance, they eat only once in 6 months. Other times they only have water. The one who came back to India to set up a new wave of Ayurveda, he set up a huge, highly regarded center in Tirumala, Sri Venkateswara. There happen to be beings there that said, "You humans eat like gluttons". It is true. If you go high in altitude you don't feel like eating much. If you go to the Himalayas and start eating Biryani or fried rice, or such things, you will immediately have stomach problems because the ambience there doesn't need you to eat so much. Just a little. We go up the mountain for a picnic 2000 meters and we eat all kinds of things and then have headaches and stomach ache by the time we come down. Different pressure demands different food. If you fly, you are told not to eat too much. Try to drink more and eat less. Because we pay before we eat it. That is where we have the problem.

As your awareness elevates in you, you are not as dependent on food. There are people who depend on water. There are people who depend upon air, breathing. There are people who depend upon Sunrays. There are beings that eat Sunrays, and there are people who eat air. It is true to some grades of humans. So you have to find them as our morals in these matters. The ladder is always shown, it is up to you to decide. That's it.

Q12) Can you please help us understand Tatagata and Sri Adi Shankaracharya's association with the Hierarchy of Sambala.

A) Yes. This is generally not known unless you read the teachings of Madame Blavatsky. Tatagata means the one who follows the path set up by the preceding Seers. Tatagata means, I

am walking through the same path. The path through the Divinity is just the same. It may differ in detail. So to say that he is a Tatagata means following is predecessors. We follow the path of the Masters, the path of Yoga. So that path, you also walk that path. You are walking the same path. Tat Agatha. So Buddha, he followed the same path like his predecessors. What is the path, the path of penance, Tapas. The first word in the very first Scripture of the planet speaks of Tapas. There is a Master of penance who appeared to another Master of penance and their association resulted in bringing out Ramayana. This is how it is. Tapas is an age-old path through which everything is realized. Buddha preferred it than doing this or that or the other thing. He said, "Let me do Tapas like the Seers did". All the beings have become Seers, meaning they could see within, without and all around, just through penance. Just through penance. So, he also did the same thing, so he's called Tatagata. That is number one.

Number two, Shankara preferred to cooperate with Lord Sanat Kumara because someone has to help the beings on this planet. This very Kumara, one of the Cosmic kumaras, decided to stay on the planet to help. When someone who is so dear to you is working for a cause, when you look at him, you feel like, 'yes, I should join'. That is how Maitreya joined. That is how Shankara joined. That is how Buddha joined. Having accomplished all that, which is possible upon this planet in terms of evolution, they decided to join, to help Sanat Kumara. Sanat Kumara is the third dimension of the universal God, the Cosmic Lord. The Cosmic Lord has four dimensions. Sanat Kumara is the third dimension. We are the fourth dimension, Sanat Sujatas. The humanity represents the fourth dimension. So the one who represents the third dimension of Cosmic Lord, Sanat Kumara, he's working for the beings of the planet. Those who have evolved and accomplished everything on this planet they have a choice. They can either go up into higher circles or they may decide to help those who are here. That is how it all started with Maitreya. Sanat Kumara was joined by Maitreya first, 5000 years ago. When Shankara came later, he also felt he should join. Buddha also felt he should join. Only for Buddha, people say that he decided to stay on the planet until the last drop of fear on this planet is cleared, everyone has to be out of their limitations and gain the state of bliss. Then only, they move away from the circle. That is only said about Buddha but there are many others like him. So also Adi Shankara. In fact, Shankaracharya he has also accompanied Gautama Buddha, and when Gautama reached the state of Dharmakaya, Shankaracharya went to help him and accomplished for them. These details are there in the last part of Secret Doctrine where series of articles are given by Madame Blavatski. About this I shared with you the information.

Q13) It was perceived that Adi Shankaracharya and the Lord Buddha were on diagonally opposite directions. You said that both belong to the same Ashram. Could you help us understand how they were related and it is even confusing when they are forming a triangle with Lord Maitreya. Please help us understand.

A) It has to be confusing. When we are at the plane of mind, many things seem to be contrary. But the truth is that the seemingly opposites are complementary. When two lines cross each other their opposite angles are equal. Number 3 and number 4 have different energies. One is a triangular energy and the other is a square energy, but they are complimenting, they are not opposing each other. Three by four, twelve; four by three, twelve. In 12, 3 agrees and 4 agrees. So, in the lower planes, whatever seems contradictory is complementary in the higher planes. Buddha came to set out all superstitions, meaningless traditions. He had to clear the bushes ruthlessly. In the name of Veda and Vedic Rituals, a lot of killing of animals is happening on the planet and a lot of bloodshed is there. Many centers were created to offer blood. Shouldn't someone stop it? Today, we visit Brahmaramba, we visit Kanchi Kamakshi centers. These are

centers where there is such a huge sacrifice of animals and bloodshed. Do you like it? Someone has to do something. So when anything in the name of tradition becomes excessive we have to clear things. In Bangalore traffic is so congested that you cannot even move in the city. What are we to do? We have to break the buildings and make wider roads. There is no other way. Why the resistance to break the buildings. Unless you break the buildings on each side of the road mercilessly you cannot have the whole paradise of the city. Can we? It was OK originally. But as we grew, all cities have become so congested and everything is required to be broken on either side to widen the road. Should we not or should we do it? If our house is broken we don't accept, but when we speak generally, everyone accepts. So Buddha has taken that job upon him. He has picked up a job of cleansing a world that is overly with tradition and a tradition that has touched upon a delusion while there is truth in it. The Vedic tradition is held high but in the name of Vedic tradition there is a lot of nonsense. Even today it happens. So that nonsense someone has to clear it. He has cleared it. That is why we have put him among the Avatars. Please know that. Why Buddha is called an Avatar, because he has caused such a cleansing process to enable further evolution. So Buddha is not working anything contrary to the Plan or contrary the Hierarchical work. It is in tune with the Hierarchical work. Someone clears the bushes and someone else will come to lay a garden. Buddha has cleared the bushes, which were very dangerous. Shankara has come to lay the gardens. The work of Shankara is to restore the right dimension of Vedic tradition. So both have done work, which is complementary to each other.

This you will know provided you raise your awareness for the higher states. Otherwise it looks to be very contrary and opposing. Therefore, Shankara's work is the work for all the Buddhas. Should be seen in that context.

Q14) Two questions on space and sky. Why is there no limit to sky or space. What is the reason or need for such creating. Astrologically what is the purpose of the last part of space such as black holes and other uncharted stars and planets. Do the Masters travel there?

A) Space is the basis of all creation. Creation is but a bubble in the space. Space is eternal. In it a bubble is formed and that bubble is a creation. That is how it is explained. For example our head looks to be so simple. But how many thoughts it creates? Every thought is a creation. So the boundless space-like is what we have in our being as our awareness. Our awareness has no limit for its receiving thoughts and translating them into speeches and actions. Its unlimitedness is our original state. Limitless and limitation is the secondary state relating to it. So space is such a vast boundless, limitless, potential energy from out of which, we draw a drop and that drop is a creation. So it is the original and we keep happening and then we dissolve into it. So the original remains all the time. The bubbles come and go. The drops come and go. They have the relation within the space and then again join the space. Therefore, there are people who get into the space only to experience the unlimitedness of the being. The Samadhi state is no other than the state of being one with the space. When you are in the Samadhi state, you are there and you also are not there. In the secondary state you can start picking up a dimension of the space and start working with it. So, unlimitedness is the nature of space and we too have that nature in us. Out of it we keep on endlessly receiving our ideas and we try to translate them into variety of action. Therefore to wish to get out of all this thought patterns people go to space. The Seers always got into the space, they presented to us. They came back and then again worked. Whenever they felt like it they once again switched back into space. That is how it was.

Q15) We utter, Lokah, Samastah, Sukhino, Bhavantu and apply in us Sukhino Bhavantu every day but once we see a cockroach or an ant we kill and eliminate them. We drive away a stray dog, which creates nuisance around the house. Master, how can we do justice to our utterances and be practical?

A) Stop uttering! Stop uttering that which we don't mean. Or start working for it then. Having said Lokah, Samastah, Sukhino, Bhavantu and apply to us Sukhino bhavantu, you should remember why the cockroach comes to you or why a stray dog comes to you. That is a good solution. If you cannot, don't utter these things. Utter other things. You can't have both. If you don't do what you utter that means you are not truthful to yourself. So, if you are not yet ready, don't utter such things.

Q16) You have mentioned about the abode of Lord Maitreya. Kindly let us know the abode of Sri Buddha and Sri Sankaracharya also

A) Shankara and Buddha are in Sambala. They have their Ashrams in Sambala.

Q17) What is the meaning of 'Blessing' and how does it work?

A) Blessing is an intentfull thought. Should not be casual. If you have an intent, then the other should be benefited, should be protected. The other should get more light into him. You should feel it in your own heart. Then, if you utter forth a blessing, that blessing it transmits certain energy and causes the needed benefit to the other person. Just to say a blessing as a casual act, we use every day. However, it doesn't work.

Q18) Can ailments, diseases, caused by hereditary or karma be cured by prayers?

A) The best thing to know about karma is that is not because of your parents you get it. It is because of you. You are attracted to such parents. We are attracted to parent according to our karma and we carry similar tendencies of sickness. We get attracted to the same parents, similar parents. That is why we say, "birds of the same feather, flock together." You get into the family where your traits match. According to your traits you find that family into which you are drawn; and theirs match your traits. So, don't say, "because my father got it, I got it". Because you got it, you got such a father. That is one dimension. Another dimension is that prayers will help you to overcome the limitation in you by which you are creating these ailments. As long as you don't change your attitude, the sicknesses don't get cured. You have to take to the discipline that the sickness demands of you. A sickness is a message that you should not do this like this, like that, etc. That is why the Dr. says, 'From today, don't eat this, don't eat that', tat means, you don't need it. The Scriptures say, if you can accept this discipline that is proposed by the sickness itself, then you don't need so much medicine. We believe in eating the same and continuing our habits. Some people are accustomed to so much accumulate glucose in them. What is the answer to them? They should ensure that they burn their glucose through daily activity, number one. Number two, you should ensure you don't take food that transforms into glucose fast. Every food ultimately transforms into glucose, but if the food that you take slowly transforms into glucose it would be good enough for you to overcome the sickness. We don't overcome our habits, therefore the sickness come, for example,

hypertension. Hypertension works on account of your thoughts. So when you are hypertensive means you are also hyperactive. So, reduce the speed and set a uniform rhythm to the thoughts. Think of meditation and make it a habit. By bringing new habits, the ailments tend to be overcome. Otherwise, what happens? You continue with the same ailments even for the next life. Sometimes it can also be with your birth, congenital. So, the best way is, whenever you have sickness, you take to the discipline that the sickness demands from you. And adapt your life in a manner where you can overcome these illnesses at least for the next life, if not for this life. Like, why we say, “better luck next time”. Better luck means, the hardship you had in the past comes back as your luck. So if you have changed your manners of eating and drinking and doing work with the body whenever there is the demand for the needed change, if we accept it, we don't have to take so many medicines. But today we believe in eating as we like and if we have a headache we take medicine, aspirin, like that. Likewise, when we have really pains, it is a message that we have to avoid the source, accept it. As they say, you either have to be more active or make sure that you don't eat so much. So, there is a way to set the body into order without getting into sickness.

Sixth chapter Canto of Bhagavata says, “There is no sickness that cannot be cured through food” meaning, you should know what is the right food to eliminate that sickness in your body. But we don't pay so much attention. Our attention is on taste and more on the likes and dislikes we have towards the food. Therefore, we continue to have sicknesses and the related medicines. Unless we change our habit-forming nature, sicknesses continue to be. This is the Scriptural understanding. There are many Seers that have set their sickness in order with just water, just water. There are people who don't eat when there is not comfort in the body. There are ways and means suggested in Ayurveda by which you can come out of medicine and live a normal life, a healthy life.

Q 19) You have mentioned to participate in group prayer. However, daily prayer in group is not satisfactory as it ends in 30 minutes inclusive of the chantings. At the same time, I do not want to miss group prayer. I am in a dilemma. Please suggest.

A) So do both. Sometimes be in the group for prayer, sometimes be on your own for prayer. Slowly you will find an efficient way. So, whenever you don't feel like doing the prayer in the group, don't come, don't push yourself. When you wish to do prayer with the group better come to the group. Keep that freedom with you and do things on a free will basis. Do not impose anything on you.

Q 20) During Sadhana is outer improvement always needed first or can it wait until inner growth is accomplished?

A) Depends upon your priority. So, follow your conscience is always best. When you get the feelings, a very strong conviction that, ‘internal practices will eventually help me’ to work with the outer limitations, go with it! But if the outer limitations are bothering you conscience so much, don't pay attention to the outer limitations, work them out and let them come back. Both ways are recommended. We have to go by our state of consciousness and never suppress our conscience.

Q 21) How do we maintain a normal temperament while our emotions move up and down like a graph. Are there any hints to maintain stability?

A) Observe your emotions. If you observe, you are out of the up and down emotions. As an observer you stand out of these emotions. As an observer you will even stand out of your thoughts. As an observer you can even stand out of your body. You have all these facilities as an observer. That is why yoga it is said to be nothing but observation. Witness, observe. These are the words used for yoga. So when you are fooled so much by emotions, learn to observe the emotions. Also have some time for your own self to review how the energies function today. Just Ten minutes is enough. Even 5 minutes time you should give to yourself to see how the energies have swerved from left to right or up and down. All this can be observed for a while. If you develop this habit of observing, slowly you are out of the system that is ever in movement. The energy system is ever in movement. If you stand out and observe it then it falls into normal order. That is why observation as part of daily activity enables us to overcome many of our over doings and under doings.

Q 22) In Violet Flame invocation 95, cooperation, coordination, correlation, conviction, is also there. How to understand this?

A) The more you get into your heart energy the more you understand. Not in the mind. Mind never says, cooperate. It would like to differ. The beauty of the mind is that tends to differ from the rest of creation. The beauty of the heart is how to synthesize everything. Therefore, if you are with the heart, cooperation is possible. If you are with the heart coordination is possible. If you are in the heart, everything else is possible. All are possible when you are in the heart because the heart is inclusive. Therefore, the first step for humanity is to walk into the heart, which is the fourth dimension relating to man. Up to solar plexus there are three centers. Heart is the fourth center, and we humans have to be in the fourth center, being the fourth kingdom. Therefore, learn to be more in the heart and read biographies of persons who function with the heart or who function through the heart. That inspires us; that magnetize us. Therefore, understanding leads to misunderstanding. Please know this. The more you try to understand with the mind, the more questions come up in the mind. Mind here means that our awareness is posited in the chamber called mind. From that chamber, bring it into the heart. Then, slowly everything is very clearly understood. Understanding by itself is a quality of heart but not that of mind. Mind immediately takes to different positions and tries to defend itself and never understands the other person. A man in the mind would like others to understand him. A man in the heart would like to understand others. There are a lot of differences between the two. Man of heart tries to understand the other. Man of mind wants to be understood by others. So, as long as you demand others to understand you, only a man of heart can understand. Therefore, when you ask, how to understand? The answer is, get into the heart. That is how it is.

Q 23) Do we clean the deities kept at home once weekly or only during festivals?

A) The answer is, do you clean yourself monthly, daily or do you clean once a week or once during festivals? That is the answer to you. As you clean yourself you should also clean the deity at home. The deity is by itself a replica of purity. If you go to see a house in a family how the deities in the house are, you can also see how the people in the house are. If people in the house don't take a shower every day, you don't like to go there, so also with the deity. The instruction is, you have to daily cleanse it. People who don't take bath and keep applying

perfumes, they smell horrible. Putting on lots of perfume has come to us from cold places where they do not take a bath regularly. If you take a bath regularly you don't even need perfume. Whenever the body is smelling, you are required to take a bath. If it is required to be done three times, four times, do it. That's how it is in the health sector. So, coming to deities. Please, first you take a bath and then give a bath to the deity we kept at home. If you cannot do that, better give them away. Give them away in some place where they get better attention than what you have done. Don't hold the symbol of a deity and stop giving it shower, giving water to it, giving food to it. Don't starve the deity at home. It will have a consequence on you. Therefore, daily you shower the deity at home and do it just like you take a head bath. You are supposed to take a head bath. According to Ayurveda, you should take shower every day from head to feet. It is a dictum. So, when you take a special bath, give a special bath to the deity also. When you make a special gift to home, offer it to the deity. It is another entity in the house. You should clean the deity at home as another entity in the house and most important entity. Therefore, please follow this discipline of giving daily bath, daily food to the deity.

Q 24) Dear Master Garu. How are the mind and brain related? We know where the brain exists but, where does the mind exist?

A) Mind functions through the brain. Mind is not an organ in the body. Brain is the organ through which, mind functions. Just like the heart is the organ and the heart principle is the function. The pulsating principle enables the heart to beat. Even if the heart is not good, if the pulsation is OK, the knowers don't care about it because the heart can function. If the pulsating principle stops, the heart will stop. One is different from the other. So mind is the superior principle of the brain. Brain is an organ through which the mind functions. Therefore, you should ensure that your mind is stable, that you are mentally peaceful so it will not affect the brain. Thank you.

Thank you for the questions. I did not give all the answers because there are many questions. For some questions I referred to the books, please do so because to save time I do such things. When the answer is too large we have to refer to related books. If it can be quickly answered, it can be answered right here. So it happened.

Thank you one and all for your patient listening. I always wonder how long you listen.