Teachings of Master Koot Hoomi

Volume - 2

Dr. K.Parvathi Kumar

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Dhanishta

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Dhanishta

Dhanishta means Wealthy Wind.

Wealth is not measured in terms of money or business; it is measured in terms of richness of life.

Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. K. Parvathi Kumar. Such teachings are published in English, German, French, Spanish, Hebrew, Telugu, Hindi and Kannada.

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About the Composer

Dr. K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

"Wisdom belongs to none and all belong to Wisdom."

The Publisher

1

The danger of denial

"Hierarchy is an illusion. It is the wild imagination of a few crazy persons." Such is the thinking of many. It should be known that nothing could be named without its existence. If a name exists the related phenomenon exists. One cannot imagine that which is not in existence. Whatever is in existence continues to be either in the subtle or in the gross. Ponder upon this. The egoistic ones deny what they cannot see. But what one could not see; could be seen by others. What is not possible to one; could be possible to another. Those who deny the hierarchy are frequently those who believed in it initially. They did not do enough labor to transform themselves to experience the hierarchy. Denial will have double impact. It not only disables to envision the hierarchy but also arrests the progress to the denying one.

Denial is the energy of ignorance. Acceptance is the energy of knowledge. The denying ones are shutting doors upon themselves of a possibility of

enlightenment. Learn not to deny. Learn to include what is sought to be denied. The great ones included those whom the society denied. To deny, it requires no knowledge. To accept, much patience and tolerance are required. The path of denial is not a path of bliss. Modern life teaches much denial than acceptance. There is not much civility in it. Through denial and exclusivity one would become lonely. Through acceptance and inclusivity one expands to find the one in all and all in one.'

2

The four states

Creation exists in gross and subtle as well. You cannot understand the gross in its totality unless the subtle is also understood. The subtle exists again in three planes: subtle, subtler and subtlest. The creation is thus four-fold. The four-armed cross is but an indication of that. From the subtlest to gross the creation comes down in three steps and again in three regular steps it gets back to its subtlest states. The descent of energies and the ascent of energies constantly happen enabling continuity of existence of all planes.

Man is also four-fold. Man's actions are visible and are at the fourth state. But, for such action there is the driving thought in him, which is not visible. The thought itself has its basis in Consciousness and Consciousness is an emergence from Existence. Thus Existence, Consciousness, Thought and Action are the four states of man. Creation as well as man are visible in the fourth state and remain invisible in the earlier three states, which form the basis for the fourth. The

invisible three are symbolised by a triangle and the visible fourth state is symbolised by a square. The triangle over the square is thus the symbol of man, which also is the symbol of a temple. Continuous awareness of the existence of the subtle, concurrently with the awareness of the gross enables vision to happen. Otherwise, one would carry just the sight.

3

Opportunities availed

Do your ever think of your past life? What have you done in the past? What were your aspirations of your past life? What is the reason to be here and now? What are the opportunities that are offered to you now?

The opportunities that one has in the current life are but the fruits of actions done in the last life. The obligations that one has now are but the unfinished jobs of the past life. Fulfilling the obligations enables shedding certain loads. Availing opportunities would lead one to move forward.

Obligations need to be fulfilled and opportunities should be availed. Obligations do not leave until they are fulfilled. Opportunities slip away when not seen with a keen eye. Missed opportunities result in wasted life. Unfulfilled obligations become heavy.

Each life is a new placement but is a continuity of duties and obligations of the previous life. For example, a police officer when transferred from one

place to another he continues the same work; a doctor does the same work; the businessmen also do the same work. So is the case with all. It is continuation of work through different placements. The progress is as per opportunities availed. Avail the opportunity and move forward.

4

The value of sleep

Many glamour to meditate, but their own nature forms a stumbling block to get into the meditative state. From their nature they get an array of irregular thoughts many times disturbing and discomforting.

One's nature is the dweller at the threshold for those who strive to get into the meditative state. The reason for a strong dweller at the threshold is the activity of the mind throughout the day. The dweller cannot be overcome so very easily until and unless one synthesizes the activity, food and rest of the day. The key to gaining quiet nature is in following the laws of right relationship and to daily associate with the knowledge of eternity. When these two are coupled with an orderly daily activity one's nature calms down.

The ability to do so depends upon one's linkage with the objectivity. The linkage could be bondage when it develops obligatory Karma due to one's own ignorance. I am sure by narrating the above you are more discouraged than encouraged to walk the

path of occultism. That is not the purpose of this title. The best way to set a good routine is to ensure good and regular hours of sleep. All aspirants are strongly recommended to give high value to sleep. Let not other priorities disturb the attempt to rhythmic sleep. Let your sleep be set to a rhythm. Students are recommended to retire to bed at the least by 10:30 in the evening and wake-up by 5:00 o'clock in the morning. Remember that the sleep hours are hours of meditation. Consciously prepare and get into the sleep. This is much more helpful than meditation for the aspirants.

5

Co-operation

Do your mind senses and body cooperate with you? Are they mutually helpful or inimical? Seek not cooperation from objectivity when there is no cooperation from subjectivity. To accomplish deeds of goodwill you need internal and external cooperation as well. Internal cooperation is what you need to work out. Then you gain eligibility to find such cooperation from the surroundings. As much there is cooperation within, so much you find cooperation around. Even the five elements cooperate; the tree and the animal also cooperate. Develop internal friendliness between body, senses and mind. Then you will find co-operation from around. For true disciples co-operation comes from all sides to fulfil their work. The Sun, the Moon, the Air and the Water as well as the Fire co-operate with him from within and from outside.

Co-operation! Co-operation! Co-operation! Cry out the Hierarchy. These are the three bells that awaken a yoga student to function in one's daily life.

6

Devotion

Devotion is the foundation stone upon which the superstructure of discipleship can be built. The corner-stone of the temple is fundamental in the temple. Devotion is such corner-stone. Devotion enables one to be humble, simple and unassuming. Devotion enables one to be alert to see, to listen and to sense the subtle activity behind the gross. As devoted one is ever alert of his duty and responsibility, he does not deviate from the purpose of life. He does not get drifted away by circumstances though he may be temporarily disturbed.

Devotion enables one-pointedness and focused approach to life. Devotion has to be demonstrated not only towards the Divine but towards every act in life. Devotion has quality of permeation. If man learns devotion, such devotion spreads into his daily routine. Experiencing the events of the day-to-day life is possible to the devoted ones. They enjoy the juice of life much better than others. Life is for

experiencing which includes in itself learning. It is only learning that enables a smooth change to move forward.

The men with pride live in prejudices, feelings and in judgment of others. They are full of opinions about others. Their mind is platform for others. Such mind doesn't help them in the process of self-transformation. It is the men of pride who suffer most even while they have the best of life's situations. Men of devotion live with cheerfulness regardless what they have, for, their mind is subtly experiencing the Divine in the daily life. The key of devotion cannot be abandoned. The proud ones do not have it. Many proud men and women confuse devotion with emotion and abandon such devotion. They are the stagnated ones. Generally, by nature, women carry devotion and stand as the back-bone of human family. When women lose devoted approach to life the key to life is lost by humanity.

7

Truth and Religion

As Truth manifests through flesh and blood a religion or a cult develops therefrom. Every time a man becomes a Master, it is a celebration of Truth. Though Truth is one, it expresses in variety from time to time. This is so not because Truth has variety, but 'the soul's individual' is different. It is for this reason, each time when Truth manifests, it is different from the previous manifestation. It looks as though it never manifested in that manner. For this reason the seers extol that it is Apoorva.

The variety of manifestation is joyful and is enjoyable. Poor are the ones who live in the differences of the variety. Besides the variance of the individual soul, the variance in place and time also contribute to the variety of manifestation. Those who wish to follow us are expected to appreciate the splendors of Truth in the variety. This is the Path of Synthesis.

8

Strengthen the Will

Differentiate between the weak and the wicked. The weak are not stable. They are the unstable ones that shift their stand according to time place and circumstances. The wicked are stable due to their strong crystallization and concretization. They are stable in their ignorance. Stability is their strength.

The weak are weak due to their instability. Men of goodwill are also weak because they do not have adequate stability. They too need to be stable in goodwill, just as men of evil are stable in their ignorance. Today's crisis in the world is that men of ignorance are more stable than the men of goodwill. The former do not compromise on their principles but the latter compromise on their principles. Will cannot waver if you wish to do good.

There are thousands and thousands of groups all over the world who want to do good. But their will is very weak compared to those who are engaged in the activities of ignorance. The Goodwill worker would do

better to know this and strengthen the will by himself and till such time he cannot be an instrument for goodwill.

9

Study of self

Study of scriptures should be preceded by study of self. Study of self has to be dispassionate. Study the thoughts that are generally entertained. Study their quality, enquire the self if it is satisfied by their quality. The conscience will not accept entertainment of thoughts of inferior quality. Study dispassionately the thoughts that hover around you. Put up their quality before your conscience; examine their worthiness. It shows to you the inferior nature that is hidden in you. Inferior nature brings up inferior thoughts. Many times your nature is more powerful than you. You may not be able to avoid, eliminate or overcome this nature. The only way in such situation is to pray the Omnipotent. The power of the Omnipotent potentates your will, enabling you to overcome the undesirable nature in you. This is a game of patience which you have to play with yourself. It helps you to relate better to the surroundings. It helps you to gain the mind which is fit to read the scriptures.

10

Help yourself

We extend our cooperation in thousands of ways which is beyond your imagination. Our help reaches you in the most unexpected ways. Your expectations are generally not fulfilled in the way you look for it. For that the cause is in you. Through your expectation you block the way to receive the help. Therefore, we do our best to reach you through unexpected ways. Expectation is but minds projection that blocks while you invoke our help.

Your sleep hours offer ample opportunities for us to help you out. For this reason ardent prayers just before sleep are strongly recommended. Most of you know this recommendation but seldom you practice it. Those who regularly pray during sleep hours would receive abundant energies from us that would enable stabilization of your psyche. Your practices during the day of prayer or meditation are not as effective. This is due to the fact that you are also mentally awake and active.

While mind is a facility it is also an obstruction in so far as it is not neutral and wandering. Another way to notice the help that we render is to be alert to the Presence and to remain grateful for every small cooperation coming through the surroundings. Be alert and be engaged incessantly in the work of goodwill and enter into sleep with a prayer; this will help you to receive help. Help yourself, for our help is ever available.

11

Tapas

The fire of knowledge burns every limitation and leads one to liberation. This fire in an aspirant is called Tapas (fiery aspiration). When this fire is not on, one stays narrow minded. He suffers from limitations. He cannot transcend the boundary set by the family, the vocation and the society. They remain as frogs in the well to which everything is definitive. Such ones are the multitudes who are on the eternal wheel of birth and death.

Taste for knowledge is the only cure to transcend. Knowledge is the other name of God.

12

Divided you perish

A man built a house of seven floors with the cooperation of his lady. He begot 7 children and let them live in it. The man and the lady went on pilgrimage. The seven children married and begot children. They divided the house into 7 parts. They started living in portions owning them up as theirs. Each one of them gave birth to 7 children. As the children grew up they further divided the house by 7. The house was thus divided into 49 little portions. Every one found themselves uncomfortable with the little portions. They thought of annexing others portions either crudely or intelligently. The disputes arose and they have ever been quarreling and the quarrel has not ended.

The grandfather along with his lady received the news of innumerable quarrels and wanted to set right the situation. He sent 7 helpers. The 7 helpers are working incessantly to impart knowledge. The work did not yet bear fruits. One night the seven

teachers/helpers gathered the whole group under the sky and a voice broke-out from the sky, “divided you perish.” And the second night it happened again; so also on the third night. On the fourth night when they gathered again in the open area outside the house a thunder and lightning struck the house and the house perished. The group is now trying to find the way to rebuild the house.

13

Mending and Amending

Man naturally knows to preserve valuable personal articles. He takes extra care of them. He takes care of all that he thinks it is his. In fact, there is no other specie more intelligent than man in this regard.

Man lives on Earth. Within the Earth there are invaluable treasures of minerals, metals, gases, oils, besides the surfacial fertility, which helps the plants, animals, and humans. Man does not take real care of them. This is unfortunate. He cares not for the fertility of the land and pollutes it. He least realizes that the pollution he causes comes back in the form of germs that spread incurable diseases. He has no concern for the fauna and flora of the Earth that support him. The degree of pollution that is reached ever since industrialization and specially with chemical industries, is fast making the planet a poisonous place to live.

Man should know that he lives by the planet and hence should learn to preserve it as he would

preserve his personal affection and properties. This cannot continue. If it continues he would get affected by the planet, for the planet is a far, far bigger being than the puny human being. Humanity fears calamities, but the humanity should know, the natural calamities are mostly their own making. Fear not the future calamity, but amend the way of living on planet. There is the needed amendment.

14

Presence

If you wish for the presence of the Divine you may think of the following Five:

1. Do any suggested practice with deep consecration for 7 years.
2. Pick up a virtue of your choice and conduct it uncompromisingly for the rest of the life.
3. The first and second, if carried out truthfully, develops alignment in you.
4. The second inspires you to practice further virtues, which you may pick up and practice.
5. Decide that your life is for service of others. Carry this attitude in every act you do.

You are sure to receive the Presence.

15

Cooperation

Brotherhood is an alien concept to those who do not cooperate. Cooperation is a much better word. Every person expects that others have to cooperate with him. He least knows that it is he who needs to extend cooperation before he seeks cooperation. The true cooperation is, extending cooperation without expecting cooperation. Many group workers complain that in the group there is no cooperation. It means, all are expecting cooperation from others and are not extending cooperation. We say, "Extend but expect not cooperation." Such ones receive our cooperation. We care of the spirit of cooperation that you demonstrate. If you are regularly and wholeheartedly engaged in extending cooperation, we extend our cooperation to you. Expecting cooperation is ignorance. Exercising power to receive cooperation is utter ignorance.

Look into your own being, into your own personality: do you extend cooperation or do you expect cooperation?

16

Separativity

Separative attitude is dangerous. Co-operative attitude antidotes it. Separativity leads one to be an islander circumscribed by waters. They suffer from emotional break-down due to their separativity. Know that you tend to be separate, since you have not submitted yourself to the spirit of cooperation. Your consciousness is already separated from the universal consciousness by your own definition of yourself. For this reason you remain an individual within a frame of flesh and blood.

When you tend to separate through inability to cooperate with the fellow beings your consciousness suffers further disintegration. Thereby you become a prisoner of your mental, emotional, and physical body. You tend to be stiff, inflexible, rigid, and difficult to yourself and to others.

In such a situation we cannot reach you, even if you pray. Be friendly and be loving to the fellow beings that surround you. This would enable your

consciousness to unfold from its contracted state. Without such readiness to unfold into the surroundings not much light can reach you. Be cautious of your separative thought.

17

Bridge into the Subtle

Humanity at large is blissfully ignorant of the subtle and the Divine world that stands behind the visible world. This is unfortunate. The visible has its basis in the invisible. When there is disconnection with the invisible the humanity cannot fulfil itself. Enquiry into the invisibility is as important as enquiry into the visible. The visibility is up to the infinity, which science is realizing.

The enquiry of science is transcending the world of matter. It is therefore seen that science would provide the key to human fulfilment. When science touches the subtlest of the subtle, it gets the touch of the spirit. Such is the work at hand. The strength of a scientist is in his enquiry into the depths of matter. The spiritual student also need to have such a deep enquiry into himself. He too has to touch the realms of subtle, the subtler, and the subtlest. This way he would touch the spirit.

Without such deep enquiry into oneself one

cannot grow into the light which he aspires for. We therefore recommend to you to bestow thought for a while upon the super-mundane, upon the forms of light and places of light. This would enable building bridge into the subtle. Continuity in effort enables building of the bridge.

18

Brotherhood

Know that among the brothers there is a difference in the state of awareness. Though the state of be-ness is common to all, the one that has better awareness is naturally helpful to the one around him. There is a natural inclination to follow a person of better awareness. No one follows the other, unless his or her conscience feels comfortable to receive advice and to follow. Big brother attitude cannot be shown by a true big brother. It is a place of respect that others give him by virtue of the love and the knowledge that is with him. It is but natural that in the field of knowledge the non-knowers follow the knowers. The Hierarchy is thus naturally established. It cannot be artificially imposed. When a tree is big and well spread, naturally beings take the cool shade under it during hot sun. A plant cannot demand it, for it has no shade to offer.

19

Ideal - Effort

As long as the aspirants live in their personalities brotherhood remains an ideal - an unattained, ever illusive ideal. To the aspirants that do not wish to transcend their personalities brotherhood, friendliness, love - these are handy words frequently used as between them, not knowing what they are and how they taste.

Many times, on Earth, humanity tried to establish a spiritual brotherhood. None of them succeeded. But individually each can set such an ideal and strive for it. It would help perfecting oneself as one moves forward towards the goal. To such one evolution happens, transformations take place at a rapid pace. As much one anchors to the thought of brotherliness, his actions gradually orient to be brotherly. Therefore one need not be discouraged of unattainable ideals. Every effort done towards it yields the related expansion in consciousness.

20

The only key to group living

To live as a group has one cardinal principle. That is, to see the soul in each other. Group living or collective living is possible only when the One Soul is seen as working in many.

Reading the soul, observing the soul, constant recollection of the soul enables one to gain fitness to be in the group. But by habit a student steps down and sees personalities. Personalities are necessarily different. They are meant to be different. Personalities do not agree with each other at all times. It is not possible for personality to be in agreement with another's personality. Therefore one has to step up one's awareness to be a soul.

Soul is the meeting ground for group life and group living. The place of soul in each one of us is the heart. Holding the heart there can be meeting of personalities. There is no other seat where they agree. Even the five senses do not agree with each other unless they meet in the heart. When they do not meet in the

heart the five senses drive you in five different directions. Soul awareness is the sole key to unity. There is no other key!

27

A Few Hints to Chelas

1. Do not speak of occult principles to the disinclined. It would result in insult of occultism.
2. Avoid as far as possible those who are overcritical of Scriptures and Masters of Wisdom.
3. Associate not with persons who do not work for the family and the friends. They are the irresponsible ones, unworthy of friendship.
4. All those who know and who are intelligent need not necessarily be men of goodwill. Be discriminative in associating with such persons.
5. Care not for others insults, hecklings and obstructions, in doing the work of goodwill. Ignominy in the path of goodwill has its invaluable fruits in due course of time.
6. The sacrifice that you demonstrate in serving Men of Wisdom never goes a waste. On the contrary it gives such fruits, which are not otherwise available.
7. As you refine yourself, you grow proximate to us and stand the chance of visualizing us. Crazy demands

cannot be responded.

Responsibility is the keynote both for you and for us. If we respond to your emotional call, your energy gets totally disturbed and will unearth the deepest undesirable traits that are buried deep down in you. It is also likely that you would become lunatic.

22

A Double Threshold

Humanity generally dislikes discipline. It is a sickness. Discipleship is all about discipline. If you are not disciplined you are disabled. The disabled ones cannot fulfil their tasks. They cannot fulfil themselves. Discipline is the first and fundamental threshold to walk into discipleship.

Remember, this does not mean rigidity, inflexibility. Discipline relates to focussed attention with ease. When ease is absent, discipline also becomes sickness, because it generates discomfort. It also gives birth to intolerance of indiscipline. Humanity has the threshold to development. That threshold is discipline. Since they are undisciplined they are not able to develop as a whole. The few disciplined ones among the humans also have a threshold. They have the threshold of tolerance. Unless they gain tolerance they stand cut off from the general stream of human life.

To be disciplined and to be tolerant enables one to gain the First and the Second Ray, qualities of

Will and Love. Such ones are needed for goodwill work. They are capable of manifesting the Light with Love.

23

The Ideal

Do not insult the brotherhood by imposing it on the people. It cannot be imposed. It can only be realized within one's own heart. The platform for brotherhood is the heart. External impositions do not work. When people utter the words 'brothers', 'comrades' and so on, there is not much meaning in it nor is there life in such utterances. They are fashionable for some and fallacy for many.

The brotherhood is but brotherhood of souls. Therefore, to realize the brotherhood one has to realize the soul that he is. Many societies were founded in the past and are founded in the present and will be founded in the future to attain the spirit of brotherhood. It is but a personality aspiration to create a brotherhood. Such an aspiration exists to each one within one's own heart. Those who realized themselves as souls naturally and concurrently realize the brotherhood.

24

Attachment

Attachment to non-self leads to illusion. The grip of illusion is unimaginable. Men may lose their teeth due to aging. Men may not be able to walk due to aging. Men may not be able to eat and digest. Men may become harbors of ill-health. Men may lose their sense of sight, hearing, smelling, tasting, and touch. Yet men do not leave the body! The attachment is amazing. Men hold on. Even then, they decay and die.

Men need the fire of knowledge, which can burn away the attachment. Men cannot say that they carry knowledge when they carry other things in them. The fire of knowledge does not let any other around the knower. Such knowledge only is The Knowledge. Other knowledge is illusion.

25

Love in Action

Action is inevitable. Inaction is dangerous. Inaction is contrary to Nature. Many are in action. Few add the tinge of love to action. Love in action eliminates heaviness in action. Do not say, "I have to do it." While it is true you may slightly transform the thought to, "I love to do it." When you love to do, action is not heavy. When you feel that you have to do it, it is heavier than what it is. Bring love into your thought. Percolate it into your speech and action. Such action carries magnetic impact. Be at work. Be a magnet.

26

Kriya Shakti

Action is the key. Action holds the forces together. Inaction leads to dispersal of the forces. Action for social good brings the forces together in a much better way. Let there be no self-centeredness. Where action is, there is less gossip. Gossip causes diversion to action. Gossip displaces the acting one. The action-oriented ones need to set role models who achieve greater good to humanity. Such role models inspire one to act.

Let not leisure overtake action. During leisure one may fall into self-praise, self-pity and self-recognition. If one falls into these pits the progress is arrested. Let not the ones engaged in goodwill action care for armchair criticism. Listening to criticism discourages one from action. As one continues to act in goodwill a group gathers. The work may be increased to engage all in action. When multiple hands join in action goodwill is better realized. As much as one finds hurdles in the path of action so much one should persist to act. Actions turn mountains into mole hills.

Action accomplishes all. Action is but Kriya Shakti of the Mother which is unimpeded. May this hymn of action be chanted daily.

27

Prayer

Engage in work throughout the day. Open the day with prayer and study. Close the day with prayer and study. In between understand that you are entering upon the stage of drama where you do what is to be done and you speak what is to be spoken. You have a role to play during the day. Just like an actor has a role to act on a drama stage. The actor speaks as he should and acts as he should and withdraws from the stage. So is your daily life. You enter into and you exit in a play and the world is the theatre. If you do so daily you sleep well. You speak less and since you speak less the inflow of thoughts is also reduced to the essentials. Live life with essential thoughts, speeches and actions. For such ones the study reveals and the prayers align.

28

A Few Keys For The Work of Goodwill

1. Do you think you are capable? You may think so, but we consider you capable, if you have the ability to work with your group members. Many can do work, from our standpoint, that is not seen as capability. Ability to affect a groupal activity is the real capability.
2. Check-up how is your psychological resistance when a new member enters into the group and tries to work prominently. Do you resist him? Do you desist him? Do you feel jealous? Do you comment? Do you criticize? Do you look for being his guide? If you find these tendencies in you, you are unfit to be a group member.
3. Every person has a heart. He can receive a warm and vibrating response of others heart only through your good deeds, not by speeches or by bombarding him with your bookish knowledge.
4. Would you like to do deeds of eternal value? If so, follow the instructions of a Master of Wisdom for life. Do not deviate therefrom.

5. If your work of goodwill is receiving acceptance in the society and if you are growing prominent in the society, normally the society tries to admire you, honor you and even felicitate you.

If your personality gets attached to such honors, admirations and felicities, you would not progress in your manifestation of goodwill work. You should think of intensifying the work, unmindful of the public praise. It is but common sense that the rise is due to the work and as long as you continue to work, the admiration etc. follows you as a shade.

29

Uneducated

Men preserve precious articles. They take good care of those articles which they think are precious. The ability to preserve precious things is a positive ability. But unfortunately men don't have such an attitude towards a plant or an animal: they don't have such an attitude towards earth, water, fire and air. They do not preserve the speech which is most precious. Man inflicts man, animal, plant, minerals and elements. We wonder why man does so. We also wonder if humanity is really getting educated. Until man realises the importance and thereby preserves with care all that surrounds him we cannot consider the humanity as educated. The elements, the beings are much more precious than the gold and the diamonds that man preserves.

30

True Healing

True healing involves peaceful transmission of healing energies. Uniformity of the waves is equally important. The sick should neither be frightened nor should they be put to any confusion. Anxiety in the patient does not enable cure to happen. Healing is not just prescribing medicines and ensuring their engulfing. Many are the psychological factors that are required to supplement the medicinal treatment. Sedations are not true cure. They may be done at times of extreme discomfort of sickness. It should be remembered that the treatment of a human is delicate and is totally different from treatment of a beast.

Among the humans there are very delicate and sensitive beings, while there are also very dense and hard ones. Treatments need to differ as per the refinement of the human, which cannot be measured by etiquette but by culture. Enthusing the patient with sensible humor, inspiring him with noble conversations is recommended, while discussions

upon sickness, human conflict, corruption and low quality of politics are totally avoidable. Today, but for medication, many other factors of healing are ignored, including indifference to patients. This is not progressive.

31

Service

Service can be done by all. Even if you are impure and ignorant you can still engage in service. But you should know that your service is basically for your upliftment. It may not cause upliftment to the surroundings. Ignorant and impure service helps the server to reduce one's own ignorance and impurities. Persistent service causes the necessary cleansing and brings the needed stability. Unless you are an initiate your service suffers mortality. It does not tend to be immortal. Through service mortals can transform themselves to be immortals.

The immortals do not look back upon the good work done. The ones who look back and the ones who aggrandize themselves with the work done remain mortals forever. Urge for recognition of service done leads one into the quagmire. The one who falls into the quagmire can never help himself. Serving others is but the fundamental law of Nature. Serve and be normal. Let not service lead you to be an abnormal being.

32

From Anxiety to Happiness

Happiness is what every human aspires for. But anxiety exists and even settles. Anxiety is the uninvited guest that comes home, breaking open the threshold. Happiness is the much awaited guest that does not turn up. Anxiety needs no door to enter the house. It can enter even through walls of resistance. It is as mysterious as the Master of Wisdom, who has the ability to walk through walls. This is the paradox of human life.

Why does anxiety, fear, suspicion, tension, insecurity grow so very easily in humanity. Why does not the New Age usher in. There is much awaiting in the New Age and the related happiness. Uninvited always come. Invited joy does not. People wish each other sweet dreams, but inevitably nightmares arrive. What is this enigma of human life? How could it be overcome?

The key is simple. Since it is simple it is often misplaced and even forgotten. The key is with the

nature. Nature is not self-centered. Man, the product of nature, is self-centred. He is therefore, not with the flow of nature and of life. He swims against the currents and invites trouble. Service is the way to make a turnaround in life. The self-centred ones are self-wound ones. As much as one is self-centred, so much tightly he binds himself. When he adopts to service self-winding stops and unwinding starts.

Service is trying to see the self in others. The self which is in the centre, now moves out to the circumference since self is seen in the other and service is done. Serving the surrounding life is the message of the nature. Self-service is man-made. As man learns to serve the surroundings as much as he serves himself the needed expansions happen, fear and suspicion dissolve, anxiety disappears, insecurity dies down, trust takes birth from the corpse of mistrust. Happiness dawns distant and reaches to proximity. We have learnt this key over lives. This is the key that we wish to pass on to the ones who would like to unlock themselves into the expanse and beauty of nature. Such ones settle in happiness. Their happiness is causeless.

33

Compassion, a Dimension

"Compassion develops insight". Ponder upon this statement. Compassion is but simple and yet a Divine quality. Consecration of life to one such principle transforms life to nobility. When compassion is picked up, one lets others also share and live joyfully. As much as one intends to lead life comfortably so much every other being intends. When concern for others' comfort is ignored the energy in oneself hardens itself.

The hard ones are those who care not for others, others' comfort and others' well-being. When the others are at discomfort one cannot be at comfort. If it is so then such a one is a diabolic. When in the surroundings there is much discomfort, one has to question himself, if he is the cause for such discomfort. If so he needs to amend himself of being distant to the others. If it is not so then one can stay where he is and make efforts to extend a helping hand. The others may or may not respond to the extended helping hand. The choice is theirs according to their Karma. The lives of

great initiates reveal the quality of compassion in its height and its extraordinariness. To save the one in distress, even while the distressed one holds hatred towards the helping one, is the height of compassion shown by the initiates. While such compassion is not demanded from aspirants, a little concern for fellow beings and a little spirit of cooperation are expected. When these are absent, not much can happen for improvement of the general conditions of living. Compassion is seen as the fundamental quality of heart. When it does not exist, man is no man!

34

Good Seeds of Growth

A nation, a race, a family or a man falls when he thinks not well. Sound thought is the foundation for an individual, for a group, for a family, race and nation. If the foundation is weak all that is built on it, is bound to fall.

Thoughts based on doubt, suspicion and fear invite the related fall through time. The fall of developed nations and races in the past was due to thoughts of suspicion, doubt and fear. Thoughts of goodwill are therefore the good seeds of growth.

Once a servant with a thought of goodwill decorated his Master's chariot in a very special way. The Master looked at the chariot and admired the servant of his devotion. He said, "I respect your intention in decorating the chariot in such a very special manner, but the chariot becomes heavy with the decoration and causes additional load to the horse. The consequence is that the travel would not be smooth." The servant rearranged the chariot to look

normal, simple and clean. The Master and the servant traveled therein with ease. The Master was wise to see the consequence of heavy decoration. People who excessively decorate their life are only adding loads in leading their life which tends to be heavy. Such foresight in thought relating to present action enables free flowing life that does not end abruptly due to aggrandizement.

35

A Play of The Letter 'D'

Discussing Divine things, is a Disease. Discipleship Demands Disconnection with such Discussions. Discussion about the Divine Ones is still worse, it leads to contrast, comparison, criticism, and judgment. Be cautious not to fall into Discussions, instead Devote yourself to Duty.

The other name for Duty is 'service'.

36

Immolation - Sacrifice

Self-immolation is not self-sacrifice. Self-immolation is fanatical. It is no different from suicide. Extremely emotional persons only resort to self-immolation. It is done out of hatred towards a sect of community or a section of people. Despise, hatred, intolerable nature lead to self-immolation. Self-immolation results in destruction of others.

The contemporary human bomb is an illustration of it. Self-sacrifice is totally on a different footing. It is based on virtues but not on vices. It emerges from love, from knowledge, from atonement with universal being. It emerges from expansion of consciousness. It happens naturally as man progresses to realize, "I am That, That I am". It is a state where the unitary existence is gradually replaced by the unity of existence. In that state illusion of individual existence ceases. This is also called 'Surrender to That I am' (Samarpana). Master CVV, Sai Baba of Shirdi, Ramakrishna Paramahamsa are recent examples, while

Jesus, Buddha, Socrates are earlier examples for self-sacrifice. Such self-sacrifice inspires the fellow humans for ages. It stands out as a model for others to follow in evolution. It is a state of pure knowledge. Comparing self-immolation to self-sacrifice is utter ignorance. Self-immolation is destructive; self-sacrifice is illuminative. The former is an act of evil; the latter is an act of goodwill.

37

Reincarnation

We like some people; we do not like some people. Why do we like some? Why do we not like others? However much we question of this, there is no answer found. However much we investigate, answers are not found. We like some for some time. Sometime later we do not. Even for this there are no real causes. Causes are weaved for not liking or for liking as per mind's logic. But logic is not truth.

When we like persons we like everything they do. All mistakes and shortcomings are forgiven. But, when we do not like the very same persons, even if they do better than before, we still do not like them. The causes for liking and not liking, the causes for liking for some time and not liking for some time are mind's game of logic but the basis is not in what mind thinks of.

There is truth beyond mind which brings people together for some time and distances them at some other time. They can only be known through the

story of series of births and deaths. The doctrine of incarnation explains it in its fullness. The story of the Soul cannot be judged compartmentally relating to just one incarnation. Only the doctrine of reincarnation can reveal the causes of likes and dislikes. Discipleship hints at being neutral in either case of likes and dislikes. Neutrality is Yoga: Neutrality is the golden middle principle.

38

Passion – Dispassion – Despair – Depression

Dispassion is dangerous. Be passionate for a right cause. Passion is dynamic. Dispassion leads to static state. Be passionate to the Truth, to the light, to service, to study. Passion comes from the Mother Nature. Passion is the double-edged weapon. It can cut either way.

Right use of passion is what makes one progressive. If you remain dispassionate you turn to be inert. A veil of illusion falls around you when you are dispassionate. It leads you to distorted thinking. Distorted thinking drives you to distorted doctrines. The dangers of inaction are too many. Therefore we recommend passion to dispassion and to channelize such passion into right action.

Find out what is dear to you and see if it is useful to society. Let your energies flow in that direction in a passionate manner so that you become much more lively and the fruits of your action are enjoyed by the surrounding life. If you are

overpowered by despair and dispassion the mind tends to be blank. It gets dispirited and becomes excessively self-critical. In such a situation, even friendly suggestions seem bitter. Such ones reject help from others and reject help from within. Such ones tend to fall into depressions. Depressions cannot be cured unless one is driven into channels of activity which are utmost dear to them. True friends shall have to find what is dear to the depressed ones and cooperate patiently with them to pull them out of such depressions.

39

Dangers of Doubt and Disbelief

Disbelief is different from doubt. Doubt is a state of indecision. Disbelief is decisive. A doubter swings from one pillar to the other. He cannot tend to believe easily. Any information you give him, the moment he receives it a doubt emerges out of it. The doubters always settle down to a compromise either way. Conviction is not their cup of tea (coffee...). Their life itself travels with shunted thoughts. It is a movement of regular shunting. They are easily tired due to this forward and backward movement of thoughts and related energy. Their tiresomeness is due to their excessive thinking and inadequate action.

The believers are on a different footing. Their belief is their strength. Their belief is their spirit. They do works in a spirited manner. Their belief also keeps the aspiration alive and high. Blessed are the believers. They first tend to believe, they make adjustments to their belief if things occur otherwise or contrary. Their minds remain childlike.

Children are near to God, so are the childlike ones. They live much happier than the doubter. Believers do not perish, is a classical statement. When the doubters get tired of their indecision, they gather around them information that is contrary to belief and eventually settle in disbelief. When the doubts crystallize disbelief settles. Once one settles in disbelief, to wriggle out of it is an awesome task. Disbelief is like the quagmire, the ones who fall into it cannot come out of it. They also do not seek help since they doubt the help. Even teachers cannot help them. Only the Mother Nature helps through a shock that brings about the needed reversal of the process.

40

Sight without Insight

Blindness is frightening. But all worldly beings are almost blind. They are blind to the pollution that they create regularly through their thoughts, speeches and actions. The human pollution through their triple activity of thought, speech and action is much more poisonous than the industrial pollution that is often spoken of.

The human diabolism and intelligent manipulations and maneuvers of the weak and the meek are far too high. The developed humans exploit the under-developed and even abuse them causing continuous pollution of the surroundings; and it is they who more often speak of pollutions and infections. Watch out people that often speak of pollutions and infections. These are the ones that unconsciously pollute and infect and promote it even through their speeches.

Simple ethics of life are good enough to neutralize the human pollution. When ethics are

ignored men continue to sow the seeds of pollution. Let humanity think afresh, speak cool, and act simple.

41

Paradox

Many profound teachings have happened on Earth. All those teachings taught unity of life, God as Existence – Awareness, Love as the basis to realisation, pursuit of knowledge as the means. The fundamentals have always been the same. The variety is in presentation as per time, place and the listeners. The listeners listened according to their perception which varied from person to person.

The one teaching thus was perceived as variety conceived and conceptualized bringing out many teachings from one teaching leading to falsehood. The original is distorted. And religions are founded on the basis of the substituted truths. Substitutes are plenty and are cheaper by the dozen. The whole process resulted in promoting untruth in the name of Truth, leading to fights and destructions in the name of God and in the name of Truth. Each time the Truth is distorted a Son of God emerges and imparts Truth afresh which is denied by many but accepted by a few

who are hungry for Truth. And among those who are touched by it, pursue against odds. A precious few succeed and others drop. This is what it is!

An enormous effort yields a little result. Aspirants make little effort and look for enormous response. This paradox remains.

42

Consecration

Regular consecration at all the three levels unfolds the wisdom from within.
Wisdom needs to unfold, it cannot be acquired.
Acquisitions are susceptible to loss. Unfoldments are not.
Prefer consecration to mental study.
Without consecration, the occult world is not gained.

43

ESP

How able are you? Many think that they have abilities. Even the socalled able ones cannot perceive the ensuing dangers before a mishap. Nature always gives hints. Nature is benevolent. The true able ones perceive the Nature's message and get prepared. The so-called able ones who generally aggrandise in life are unmindful of such subtle messages of Nature. This is because the able ones are generally engrossed in the worldly affairs and are not attuned to Nature as they should. Attunement to Nature is the primary ability; such an attunement enables to perceive the messages of Nature.

To gain this perception one is required to be in Nature from time to time all by himself. To be in Nature is not for picnicing but to relate to Nature with a peaceful mind. Solitude is but a daily necessity for an aspirant. In that solitude he needs to relate to the fauna and flora of the Nature, to the sky and to the wind, to the cloud, to the bird and even its chirping. One

should be alert to listen to the Nature. In solitude the eyes and ears need to be wide open, the sense of touch may also be kept alert. Except the sense of taste all other core senses need to be alert to receive a gentle touch, to listen to a subtle sound, to witness a momentary happening and to experience a likely fragrance. These sensory perceptions require to be cultivated and developed on a daily basis.

Besides the above one may have concern for the well-being of the world. Let this be cultivated as part of your discipleship program.

44

Drop your two-way blindness

Do not be arrogant to ignore those who agree with you, who cooperate with you and who even follow you. Cognize their service with gratefulness. You deny those who criticize you, who oppose you and who argue with you since it hurts your ego. Learn to be neutral with them and also try to see if there is a message in their criticism, in their opposition and in their argument.

Ignoring those who agree with you and denying those who argue with you makes you doubly blind. It's like losing both of the eyes. Such ones cannot be progressive in life. Their own stupidity comes in the way in their own progress. They meet a dead-end in their travel and do not know which way to move. Such ones have only one way to recover themselves - it is only through loneliness, self-introspection and prayer for direction. Association of men engaged in useful work is also useful. Drop your two-way blindness, introspect and move forward.

45

Enlightening

It is but natural that the eyelids shut the eyes when there is dust around. In dusty ambience not much can be seen. Similarly, a mind filled with worldly thoughts cannot witness light that surrounds oneself. Beyond the world is the light. Within the world also is the light but it is veiled by dust. One should learn to alleviate oneself from the dusty unclear worldly thoughts. Entertain thoughts of clean life daily, as distinct from thoughts of the world. As much one entertains in mind, beings of light and thoughts of light so much one walks into the vision of clear light.

Let vision prevail and enlighten the world!

46

Divine Bias

When you receive a SOS, you cannot ask for a repetition. An SOS is never repeated. When you are listening to a telephone call you do not seek a repetition, when you see a movie you do not ask for a repetition of dialogue. But when you listen to a teaching you repeatedly ask for the teaching. Why is it so? Why should the teachings be repeated? Why not the telephonic message? Why not the dialogues in the movie?

The reason is simple. When you talk and listen on a telephone you are attentive. When you see a movie you are attentive. But you are not as attentive when you listen to a teaching. We have been repeating the teachings generation after generation for thousands of years but somehow you look for listening but not practicing. How justified it is?

Mundane things need not be recollected to you. You remember them very well. But when super-mundane information is given it does not stick with

you. There is no doubt that there is a taste for listening, but not for practicing. When you practice, recollection becomes easier. Though not justified, even the Lord says, "Repeat to them the teachings. Even if they forget, repeat again and again. They are children. They require to be lovingly reminded." But it is not so with us who are in super-mundane. If we do not recollect and do, we have severe consequences. You are privileged to be forgetful. But we are not that privileged. It looks the Lord is biased in your favor. We accept it humbly!

47

The Balance

Observe the two pans of a traditional balance. The two pans are but the two opposites. Balancing the opposing forces is the message of the balance. Mind is like the two pans. It has in it the duality and the related opposing energies. A lop-sided balance is indicative of imbalance. When you pay too much attention vis-à-vis one aspect of life, the other aspect of life tends to get neglected. Then the imbalance takes place. Too much thinking leads to too little action. Life thus gets imbalanced. Too much physical comfort when sought, mental comfort tends to be weak. Too much emotion also leads to imbalance. Excessive material orientation causes imbalance. Excessive spiritual orientation also causes imbalance.

Life is multifaceted. Paying attention to all facets of life leads to balance. A facet that is neglected contributes to imbalance. Yoga is defined as equipoise. The equipoised one stays balanced vis-à-vis the family, the vocation, the social and the spiritual activity. That

is how avatars like Rama and Krishna showed the way. A multi-faceted life is a multi-dished dinner, it gives fulfilment. When every petal of a flower grows and unfolds fully the flower stands beautiful. Such flowers only are acceptable. May you flower in life. May that be your comprehension of yoga/discipleship.

48

A Saint

If one is a saint, he would not promote conflicts. On the contrary, he dissolves them. He would not promote revolution, he promotes evolution. He promotes evolution through imparting light and the related enlightenment. He encourages a stupid, a student in a right way and never discourages. He ignores none and insults not; he always shows the way to synthesis.

His approach is one of friendliness. He shows the way to those who seek; he does not partake in side issues. He ever lives and works to dispel darkness. His basic quality is availability and accessibility. He has no personal work or personal mission to accomplish. He is ever enthusiastic, and his way of life inspires. He keeps on sowing seeds of knowledge and eliminates the weeds that grow around. His existence is harmful to none. His very gestures promote Ahimsa. Verily a saint is an embodiment of love and justice. A saint works day and night for the welfare of others.

Never and ever slight criticize, comment or

hurt a saint. If you do so, you and your clan encounter calamities in life. If you can, you may respect a saint.

49

Dip Deep

As you see, be focused. Do not be vague, arbitrary and superficial. See deep. If you see so, you find everything as a shape and a color. If you see deeper, you listen to the sound vibration. If you see further, you see the number potency. The number, the sound, the color and the form, manifest due to the Self. It is the basis of every form. See the Self in the object and seek revelation. Let this be your penance.

As much as you see the Self and the force surrounding it, you would also see the Self in you, your number note, sound note, color note and the related formation. The things around you co-operate with you as you align with them in this deeper sense. This is advanced occultism.

50

The Pest and the Pesticide

The doorway to conflict is in your mind. When your mind entertains opinions about others, it puts you to a magical mis-understanding. Opinions are generally prejudicial, meaning, they lack in judiciousness.

When mind entertains such opinions, your actions cannot be neutral. They lack in balance. They tend to be conflict-promoting. It is but natural that mind entertains opinions. The practice is to set them aside. Never act upon the basis of an opinionated mind. Act with a clean mind; let not opinions find expression into your action. This is where you really need to be alert. If you are not alert, the mind does the mischief. Opinion'ating mind is like the louse on your head; it eats away the hair. It prevents even germination of hair and you remain bald. That's why the work of the louse is called lousy (disgusting).

You feel lousy of yourself when you make a fool of yourself by acting through your opinions. A clean mind means a mind without opinions. A clean mind is

the basis for true action of knowledge. The opinion'ating mind is also compared to the pest. The pest subtly eats away the whole field. Looking from a distance, we see you all infected with pest. We warned you through our teachings. If you do not care to the techniques which we give, you will destroy yourself through your opinions. At least treat our teachings as natural pesticides. For your sake, and for the heaven's sake, come out of this habit of forming negative opinions of others.

51

The Slipping Key

Do not be crazy to look for divinity in distant places. Traveling far, seeing the popularly known sacred places satisfies only your ego. You gain nothing by such outward travels. They only help you to aggrandize yourself. There are many who visit sacred places, come back with photographs and videos only to show up to others. It is an ego-gratifying activity.

Self-gratification and self-publicity helps you not to cause the needed transformations. Transformation is an inner process. The sacred things that you tend to find in distant places would normally be very proximate to you; it may be in your own village or town. A sacred person of your place is as big as a sacred mount in a distant continent. The mount may not be able to impart knowledge to you since you do not know its language but a sacred person can communicate and show you the way. When a live source for transformation is available, why should one travel to distances to relate to something hidden which

is not communicable. Man does this kind of activity due to the complex nature he holds in himself. Somehow man's mind accepts not that which is simple and obvious.

Most of the occult students lose their simplicity in their pursuit of occult knowledge and create insurmountable blocks to themselves. This is a funny state which is not so funny for the ones who suffer from this tricked state. Ensure at all times that you remain simple. As much simple you are, so much you stay on the path. Simplicity is a frequently lost key. It has to be fetched on a daily basis.

52

Saturn

Those who are affected by Saturn can never forget Saturn. Do not decline Saturn as he approaches you. He comes to teach you patience. He slows you down so that you learn better in detail. He teaches you how to forbear. He makes you learn to overcome your faults. His teachings are no doubt bitter but they turn out to be sweeter than any others. But remember Saturn is but the Son of the Solar God, the Sun.

The Son of Sun is even more powerful than the Father. You can afflict the sun also. When Saturn transits over your birth sun, you shine less since a shade falls on you. Even the most active can become inactive when Saturn transits the birth sun. Make sure that you do not tend to be lazy. Saturn shows the loopholes in an active man and makes them visible. The active realizes that deep down within him, there is still laziness. Saturn makes you labor. He likes you to labor. Only good labors turn sons of men into Sons of God.

Be grateful when you have a highly

disciplining teacher; his discipline could be bitter but you shine forth the best. A generous teacher may not be as beneficial sometimes as a bitter teacher. The teacher who disciplined you in your childhood is the teacher whom you remember most in your later years, so is Saturn.

Every Master of wisdom is initially a Saturn, later a Venus, still later a Mercury, much later a Sun and finally a Jupiter. That is how it is with the Teacher. Be informed of this.

53

The Bird of Peace

There are too many demonstrations for peace on the planet. There are so many peace foundations, peace movements, peace walks, peace pilgrimages, conferences on peace. So much noise is happening in relation to peace by which contrary to peace is achieved!

Only peaceful ones can transmit peace and they are doing it peacefully, ever since they realized peace. Man of agitation, conflict and selfishness who are after propaganda cannot work for peace. The world peace is more uttered by the diabolics of the day. The truly peaceful ones are peacefully contributing to peace. How can men of speech transmit silence? Through speech, they are working contrary to silence.

The silent ones, namely the Seers, are silently transmitting silence. Their silence is strikingly effective. You can reach their silence and even their speech of silence when you tend to be peaceful in you. Unstable ones cannot speak of stability. Stability can

come from the stablest ones. Among our brothers we see Master Morya as the stablest one. He is the ablest one. He is ever peaceful, ever silent, and stone stable. He in turn admires the World Teacher who truly transmits peace to the planet through his divine palms on a daily basis. Orienting to him and transmitting his energy would truly transmit peace. There are better techniques for transmission of peace than the daily demonstrations on the street.

54

Characteristics of a Teacher

A teacher is one who has a peaceful dwelling place. It needs not to be a house. He may or may not have a house. He ever dwells in his dwelling house, which is but the cave of his heart. He may reside either in his own cave or in the caves of those who have offered their house to him. He is not an intruder and enters only other's hearts, when they are offered to him.

He generally enters the hearts of those who are aligned in themselves and are open to receive him. He resides in the caves of those who offer themselves and even conducts work through them. A teacher touches not others. He touches not even those who regularly move around him. If he touches, it is with a purpose. Such purpose is alleviation of suffering and enlightenment. A teacher does not participate in the pleasures and pains of those surrounding him. He remains neutral and offers assistance when there is pain in the surrounding. The teacher is engaged with training his pupils and never punishes the pupils. A

punishing one is no teacher. A teacher is ever grateful even for the smallest acts of good will done onto him. A teacher dexterously eliminates the weaknesses of others by lending his strength. A teacher promotes no ego in others, nor does he entertain egoistic ones and the gossiping ones. He cares for those who care for knowledge.

55

True Leaders

The welfare of a community is dependent upon the collective mind of that community. The collective mind decides progress, regression or stagnation and accordingly, the community tends to progress, regress or stagnate.

If in a community there are creative thinkers, the community tends to be progressive. If there are men of vision, their vision helps to progress. If there are not such men in any community, the community stagnates, but a community where there are many manipulative minds that exploit others, such community is bound to fall. If you see the collective mind of humanity at large, it is engaged mostly with amusement, entertainment, excitement, corruption, intelligent robbery and so on. The energy of such a mind dampens the few progressive minds that the community may have.

In any nation, the masses are engaged with sports, games, races, lotteries and movies. The players,

the movie stars, the politicians are projected as leaders, brand ambassadors and heroes, which shows the infancy of the mass mind. Where a scientist, a reformer, an inspirer of souls, a healer of higher order and an effective server of the society are projected as heroes, there the mass mind aspires to emulate them and thereby develop. A movie star or a football player need not necessarily be a high quality human, while he may be of high ability related to his field.

High quality humans are the true leaders. They demonstrate virtue, sacrifice and nobility. Where such qualities are not honored, there not much of growth can be expected. Whom do we honor in society as long as humanity honors no-quality beings? The quality of humanity remains low. One should distinguish the quality and the ability.

56

Self-Enquiry

I would provide certain questions for self-searching and self-enquiry.

1. Do you feel that you are righteous enough?
2. What is it that tempts you in life? Can you be tempted by money, luxuries, sex and power?
3. Do you doubt the teacher whom you follow? If so, in what aspects? Did you ever try to clarify your doubts?
4. Are you critical and judgmental of others?
5. Are you manipulative in your speeches?
6. How many times are you impatient in a year?
7. How stable is your mind? Do you suffer from inconsistency?
8. Are you focused enough at work? Do you suffer the work with indifference and negligence?
9. Can you bare physical strain when needed?
10. Are you God-fearing or God-minded?

57

Comprehending The Teachings

Our teachings seem to be contradictory. Students of lesser mind find too many contradictions in our teaching. Truly speaking they are not contradictory. They are complementary and are many times varied. The student should know the context of a teaching. If one applies a teaching in a different context, it looks to be unworkable. There are teachings, which are of universal order, and there are teachings in relation to the context.

The second category of teachings is applicable in relation to certain contexts. When they are applied out of context, the student gets upset. Students are generally upside down until they gain a stable mind. The stable mind happens through long years of experimentation. Generally, students are affected either by inertia (Tamas) or by hyperactivity. With such tendencies in them, when they receive the teaching, in them the teachings get colored (distorted).

Until the students learn to put themselves to a

daily routine and unless they stabilize their routine and their activity, they do not get an unwavering, stable mind.

Setting up a rhythm in daily life, and letting out even activity on a daily basis, the needed mind is not gained to truly comprehend the teachings. For this reason, a good teacher deploys people into work and those who are consistent in the work are given teachings. Giving teachings to those who do not apply the wisdom in their daily work causes constipation and congestion in the minds of the students. For this reason, in Yoga, rhythmic action stands prior to imparting of knowledge. Even in Bhagavad Gita, the Book of Knowledge succeeds the Book of Action. May that be so in a student's life.

May the students be consistent in their good will work and the consistent ones be taught the knowledge.

58

Over-Assumption

The law of correspondence is one of the major laws of the universe. The modern scientists observe the changes happening with the planet earth and draw inferences of their own, which are bound to be incorrect. In relation to the universe, the Earth is but an insignificant planet. The changes are but concurrent to certain changes in the surrounding universe.

Every change has its counter-balance elsewhere. It is therefore childish to predict the fate of the Earth. The humans on earth believe that the pitiable living conditions on Earth are mostly due to the ignorant acts of the humans. While there is ignorant human activity on Earth, the humans are not big enough to impact the Earth. The Earth can impact the humans.

The planetary being is incomparably big for the humans to think of affecting it. Just a flood or a tornado can affect the humans in a matter of few

minutes and man assumes too much, thinking that its ignorant activity affects the Earth. Man is affected by the pollution he creates on Earth. He reaps as he sows, but the Earth as such is not affected. It is good if man thinks of self-rectitude. It is not very wise for a man to think of being saviors of the planet. The planet is well protected, guided and enlightened by far gigantic beings, who constitute the guides to Earth. May not men over assume his ability.

59

Small Can Affect

Our planet Earth is the youngest family member of our solar system. When the youngest member of the family is unwell, the entire family is depleted in their spirit. Likewise, when the planet Earth is heavy with many ills, the solar system itself feels the pull down effect. The ills of the planet may also tend to be contagious to weaken the other members of the solar family. When a weak limb of the body is affected, it affects the entire body. When an injury to the foot turns septic the whole body stands the danger of death. This dimension is not seen by many.

The seers are concerned of the health of the planet, for it has its impact on others planets. If Earth is allowed to be sickly for long years, it affects the equilibrium of the solar system. In such situations, nature proposes major adjustments to ensure health to the planet and health to the system. Humanity is walking through a period where major adjustments are the need of the hour.

60

Nero

How long should one be entangled with silly and childish attractions of the world? When will one learn to be responsible? Responsibility indicates the measure of good will in action. It is not enough if one has good will; the good will has to be in action. As much as one walks into a measure of light, so much one should tend to be responsible. Humans have great responsibility. They have responsibility towards animal, plant and mineral. They need to learn to appropriately utilize the resources of nature, but never to abuse. Abuse is irresponsibility. Do you look for your shoes when the whole house is on fire? Do you look for decent dress to go out when the house is under deluge? Do you think of dressing your hair, when the house got fire? When the human life is in danger, is it not silly to think of fulfilling personal desires and comforts? That is how humanity is. They speak of the emperor Nero, but the emperor Nero is a true sample of the present day humanity.

67

Ready-Made

Inspiring messages are ever brief. A word is enough to inspire. What a word can do, a discourse cannot. In a fertile soil, you do not need to plant a huge tree; you plant a seed. It eventually grows into the tree. Tree planting is not natural. Sowing the seed and enabling the tree to grow is natural. Transplantation is the fashion of the day. In rich countries today one can buy a 60-year-old tree and have it planted in the garden by paying the related money. Is it not equal to buying a son who is 60 years old? Is there not a difference between a child being born to you, growing into your womb, delivering, allowing him to grow and giving him nourishing and experiencing all this process? Instead, if you adopt a 30-year-old boy as your son, who is well educated, well employed, already married and has a couple of children…?

This ready-made business is growing beyond proportions in human minds, which never let them gain the rich experience of the related processes. Be

oriented to receive the seeds of thoughts, which can unfold through you as acts of good will and manifest on earth. In the process, you are transformed.

62

Follow Not the Followers

Inspiration is the quality of the heart. Execution is the quality of mind. Inspiration is like a lightening. It causes enlightenment. When the inspiration is translated into a plan of work it establishes light in one's own system. Do not let your inspiration be put on a round table for a discussion. Just work it out quietly in accordance with the plan of action. Those who find the work interesting to them would join and follow. Do not follow those who follow you. Follow the inspiration. It enables others to follow you. Following the followers is an illusion. As one dedicates oneself more and more to inspiration, the group of followers increases. One may care for them, nurture them, and nourish them and enthuse them. One may not subject oneself to their discussions, arguments, views, judgments, etc. Inspire followers; continue to follow until the inspiration is fulfilled. One's inspiration is one's own leader that one has to follow. Following the followers would lead one into a golden prison.

63

A Cultured Student

Water knows the levels. It fills the low areas by its flow. The Teacher knows the levels. He flows into the student and levels up the student unto himself. The river fills the low areas without depleting itself; it is connected to the waters of space.

The Teacher too is not depleted in his energies as he flows into the student. He is also connected to the energies of the sky. The inclination to receive the teachings and thereby the presence of the Teacher, has to be cultivated by the student. A cultured student receives well from the Teacher. The uncultured one causes blockages. When the blockages are recognized by the student, let the teachings be taken in a more focused manner and let the Teacher's presence be sought more sincerely!

Blockages also happen in the student due to the texture of the body, which he brings forth for him. The past karma causes the texture; the right discipline would support to refine the texture. Food plays an

important role in this matter. Culture yourself. The Teacher will conduct the flow. He is waiting for you.

64

Inspiration

Follow your inspiration; it is like the Pole Star for those in navigation. Never deviate from it. As you follow undriftingly your inspiration, a few follow you. For those who follow you, you are the inspiration. They follow you as long as you follow your inspiration. They join you only due to your inspirational work. If you dilute your inspiration, the followers around you also get diluted of their inspiration towards you. If you suspend your inspirational work, the followers are also suspended. Don't you see teachers suddenly losing their students, pupils and followers? Do you know what happens in such situation?

The one who has been following the inspiration suddenly starts feeling important on account of the followers sprouting around himself or herself. When an inspired person turns out to be egoistic and holds self-importance, suddenly the followers also feel themselves to be self-important. Around an egoist, only egoists gather. Around the

workers, workers gather. Around an inspiration, only inspired ones gather. The life force for all good will works is inspiration. When inspiration ceases things fall apart. The inspiration is magnetic; it holds together. The whole creation is held together by such inspiration of the Creator. The Creator is inspired by the One Whom He utters forth regularly.

65

Subtle Communication

The messages from the subtle world are equally subtle. Unless the mind is subtle enough, it cannot enable reception. A clean mind needs to be an open mind as well. It should be open enough to receive subtle hints coming through nature. Nature has multiple agencies to communicate. Unless one is clean, open and inquisitive, one cannot grasp the subtle messages. The sunrise, the sunset, the moon rise, the full moon, half-moon, the seasons, the planetary conjunctions, sextiles, trines and oppositions, the colour of the sky, the colour and form of the clouds, the movement of wind and of water are but a few avenues through which nature can communicate. It also communicates through the chirping of birds and the sounding of the animals, the speeches of men and other sounds that surround one. If one intends to be an occultist he should be alert enough to see and to listen to them.

66

A Contemplation

When beginning is not known the end is also not known. Unless the end is known the beginning is not known. The beings that merge after the beginning and merge before the ending aspire to know everything. The beings emerge much later in creation. They merge much before the pralaya. How can they know that which was the beginning and the ending? The only way to know is to know themselves, their beginning and their ending. Those who know say, "The beginning is in the ending. The ending is in the beginning."

There is neither ending nor beginning but one continued existence, upon which there is apparent beginning throughout gloom, contraction and ending. Contemplate upon your own existence to realize the grand ritual of the creation.

67

Truthful Smile

A smile is ugly when untruth prevails. Where there is untruth, smile is not natural. When it is not natural it is ugly. Untruth is the first step towards fall. To hide the untruth, to smile makes it ugly. Where truth prevails the smile is not only natural but also profound. A smile of an initiate enlightens the surroundings, alleviates the sufferings and elevates beings. Such a smile gives a tender touch to the hearts of the surrounding beings. It is like the touch of a beam of moonlight that is cool. A truthful smile gives an everlasting impression. To the truthful one, the smiles of others reveal the light or the darkness of others. There is a science of knowledge relating to smile, which every follower on our path is aware of. Our community consists of men who speak truth and speak it pleasantly. They have a natural smile and related light.

68

Unlearn to Learn

We look for clean minds to work with. We strenuously search for them, for it is not easy to find clean minds in the modern humans. Minds are struck with ideas, concepts and the related ideologies. Minds are also loaded with local cultures, traditions, belief systems and the related doctrines. The loaded minds are also restlessly loading further information relating to wisdom by listening and reading. As their reading and listening is with the help of loaded mind, they make their own understanding. Their canvas is already painted and tainted with many. Any further painting on that causes further confusion. It is like the modern painting which is hardly intelligible.

Unlearning is an important tool for learning. A true teacher is one who subtly causes the process of unlearning the students mind. By this, he wipes out the earlier impressions emerging from the past. He strenuously works with the student, so that the student gains a virgin mind, meaning, a mind that is not

impressed with ideologies, concepts and beliefs. A white paper is the minimum requisite to write the alphabets of wisdom. A newspaper is ineligible. The student should know the importance of unlearning to enable learning.

69

Gautama, The Buddha

Gautama Buddha is relentlessly working for humanity. He transmits enough fire of yoga to enable transformations to happen amidst the members of humanity. Every yogi is a fiery one. He transforms the student through the fire of will. The student forms are transformed from gross to subtle.

An Agni Yogi is an eternal transmitter of yogic fire. He ceases not from fiery transmission. He lets not the students to rest. The students are ceaselessly put into the work of transformation. Agni Yogis are ever transmitting the solar fire to stimulate the frictional fire that lies dormant in the student's body. He ensures that the frictional fire transforms into Kundalini fire and moves upward to be solar fire.

The yogis in the ancient times transformed the fire in them into solar and even cosmic fire. They are ever in attunement with the cosmic Father-Mother, called Siva-Sakti. From this cosmic male-female, an Agni Yogi ever receives enough yogic fire to cause the

needed transformation for the birthing yogi. The work of Agni Yogi is mostly silent and is unnoticed as well. My brother of the ancient times has been conducting Agni Yoga whose dimensions are little known in the world of sound and noise.

70

The Presence

In whose presence the mind is tranquillized,
In whose presence there is no conflict.
In whose presence transcendence is effortless.
In whose presence the inner diabolics are tamed.
And whose presence trumpets the gospel of Truth in your heart.

Such Presence be comprehended as the Presence of the Teacher.

71

The Splendor of the Heart

Look for the pulsating principle in you. It subtly hides behind respiration. Wherever you notice the resonance of pulsation, there your heart is. Look not to your physical heart. Look to the heart principle that resonates the pulsation. Be with it. It is the centre relating to you. It is the centre that reveals to you but reveals the light of knowledge. It is the centre from where the light and the magnetism of love are also expressed.

Let light and love be expressed from out of that centre. Witness its light. Witness its outpouring. Its outpouring into the surroundings alleviates the sufferings of the fellow beings, elevates them and even enlightens them. As much as the heart outpours light and love, so much is the revelation happening within. The outpour dispenses fears and sense of security and unveils courage, steadfastness and one-pointed progress into the realms of light.

May your life be one of alignment with the

heart and one of service in the world. When these two are predominantly with you, we stand by you.

72

A Declaration of War

Each time the sacred word is uttered forth, it is like a declaration of a war. As the word is uttered forth, there is commotion in the world of matter. This is because the consciousness hidden in the matter responds to the call and causes movement. Its movement causes a stir to the matter. The matter gets rearranged. Each time the sacred word is uttered forth consciously, matter finds a pre-arrangement in all the seven planes. Men of inertia are disinclined to utter forth Om.

The inert persons are dominated by matter and matter would not let itself be disturbed to invocation of the sacred word. But the consciousness locked in the matter and mind needs the support of the sacred word to find its release from material conditioning. When consciousness presides over mind and matter, the journey of life is progressive, fulfilling and joyful. When matter conditions the consciousness, the soul experiences imprisonment and lack of progress. The diabolic presides over the matter, while the divine

preside over consciousness. The fight between the divine and diabolic is the fight between the spirit and matter in the lower planes. Mythological wars between the diabolic and divine should be understood accordingly. Every aspirant is but a soldier fighting the war within himself. The sacred word is the celestial weapon that enables him to eventually win the battle of life.

73

Cleansing the Inner

Between the container and the content, which is more important?
Between the indweller of the body and the body, which is more important?
Between the packing material and the packed articles, which is more important?
Between the content of a book and its setup, which is more important?

The answer is clear to every common figure. The content is primary and the container is secondary. A man with good heart and bad bodily health is preferable to a man with strong and healthy body with a malicious heart. A cultured heart is preferable to a cultured body. An act of good will is preferable to a volume of good speech.

The civilized men and women are preoccupied with bodily health, neglecting the health of the soul. They are looking for excellent packing materials but they neglect what is being packed. Inner frills and outer

cleavages are much more dangerous than outer frills and inner cleavages. In Yoga we speak of cleansing the inner first and cleansing the outer later. Let cleanliness commence at home. Let cleanliness commence from the heart, the true home.

May all the practices be directed towards a clean heart and a pure mind. One cannot call himself a student of yoga unless one has developed a tender heart that responds to the needs of the surrounding beings. May the students work for a benevolent heart, for heart will be gateway towards sublime experiences.

74

Notice and Rectify

In common life certain common things remain unnoticed. To notice and rectify is an act of discipleship. It is common that people do not listen. They listen other than what is said. It is common that people do not see. Inability to listen and to see indicate lack of direct perception.

It is equally common that people do not notice dirt. Even if they notice they do not clean. It is also common that many do not notice the disorder of things; even if they notice they do not rectify. Setting chairs and tables in order develops order within. Cleaning the dirty articles develops inner cleanliness. To bring back to function the non-functional articles also adds to one's discipline, such as setting batteries to appliances, keying the wall clock, cleaning the door latches, resetting the broken things and so on. These common aspects of life indicate the degree of awareness that one carries. As awareness grows within oneself, one tends to be aware and active and attends to

every disorder. When the disorder around is set, disorder within is also set. The order within enables expansion of consciousness. This is a practical way to gain eligibility for expansion of consciousness through wisdom.

Wisdom is not for the disorderly and gullible.

75

Incessant Labour

As long as one holds the thought relating to success, profit, splendor, power and comfort, one is an imprisoner of mind. To overcome the mind's imprisonment, the keys are labor, dedication to ordained work, non-avoidable transferability, and alignment of thought, speech and acts. As one is at labor relating to the ordained work, the mind, senses and body continue to align. Speech transforms into silence.

A silent alignment enables liberation from mind. While one is at work, thoughts of expectations and imaginations and even aspirations stay at a distance. To such one, fulfilment is a happening. Aspiring for fulfilment shall have to be replaced with incessant labour relating to ordained work. Know that work is true magic. Other magics are torturing.

76

Check-List of Discipleship

Self-check the following to know where you stand in discipleship:

1. Do you speak of service or do you render service?
2. Have you devotion to work or glamour for it?
3. How tasty is service to you?
4. Do you wish for worldly recognition?
5. Are you surrounded by co-workers or flattering followers?
6. Are your associates engaging in discipleship or using the association for personality fulfilment?
7. Is your service really and tangibly supporting the society?
8. Do you gossip of your dream experiences to gain importance?
9. Do you claim that you have known the occult keys to self?
10. Are you self-contradictory in your speeches and actions?

77

The Fire of Jealousy

There are only a handful in the world today who are not affected by jealousy. The habit of comparing with others is the source from which jealousy springs. From ancient-most times destruction happened to individual communities, nations and even races that succumbed to the energy of jealousy. Once again the spring of jealousy is at its height now.

When jealousy is at its height, knowledge is at its lowest ebb. The Scriptures say that jealousy is the emperor of the diabolic qualities. Vengeance is the younger brother to jealousy and violence is the son. These triangular energy kicks the being into the hell of the world. The first teaching to Lord Rama by his Master was of this triplicity. He alerted Rama not to allow this triangle into him at any time. Lord Krishna also alerted Arjuna of the same. The fall is normally due to these triplicity- vengeance, violence and jealousy.

May the disciple guard himself with adequate alertness!

78

Right Relation Between Teacher and Student

May not the aspirants give room for indifference! Indifference throws away opportunities for self-enlightenment. If you are indifferent to the teacher, you throw away a lifetime opportunity. It is foolish to throw away a gem that fulfils you at all levels. It happened to Judas. It happened to the first tribe.

In every teacher's life, there are such foolish ones who come into the teacher's aura and get away due to indifference. Disrespect and indifference towards the teacher is the height of ignorance. Kali instigates the egoistic nature in the student and leads him to the doom implanting seeds of indifference and disrespect. Rarely do we see in Kali age right relationship between the teacher and the student. When such relation happens, we celebrate, we nourish it. We transmit abundant fruits of knowledge through such relation. May the teacher-student relation be fructified!

79

Love of Work

Hard work is a virtue. Those who are disinclined for hard work stagnate. They are susceptible for deeper sicknesses. All our followers strive with due diligence. They love to strive. They love to work. Such lovers of work transformed to be our followers through their dedication to selfless work. Note that selfless strivers enter into the subtle kingdom.

The slaves of body strive not. They follow the dictates of the body. The body is dominant of inertia. The indweller of the body unless he tames the body, he shall be a slave. Dedicating life to serving the body the indweller gradually tends to be ignorant, since matter dominates the spirit. Let love of work be as predominant as love for the other gender. In love there is offering but not seeking. A seeking lover is beastly. A lover that offers tends to be divine. True lovers offer even their life for their loved ones. The true lovers of work, offer their life for the work. Such workers surround the Hierarchy and support its work.

80

Strive to Benefit Others

When the work is on the increase do not think that it is unfortunate. On the contrary, it is very beneficial, if one responds to increase in work. Increased work, when attended to, it generates much fire and causes transmutation of the body cells, in so far as such work is one of goodwill. Shirk not from work of goodwill. Shirk not from loads of work of goodwill. Respond to it at once. If the work is truly one of goodwill, one would not feel tiresomeness. On the contrary, one tends to be joyful at work. Joyful striving is the quality of discipleship. In such joyful striving much karma is discharged and the body tissues tend to be electric and magnetic. Strive to benefit others. In such striving, rest and joy are concurrent. It tends to be transparent and translucent.

87

Expressions of Light

A pure heart shines forth like a clear crystal. Hence, holding crystals in the altar on a crown should remind the onus of the need to gain a crystal-clear heart. A crystal is transparent, so should the heart be. Heart is ever ready to unfold itself and show of its beauty and transparency. But it is tensed by the mind which has the ability to be manipulative.

Break the manipulating tense of the mind, uttering forth OM with intent and with much vibration. The vibrating sacred sound clears the tense of the mind, unfolds the lotus of the heart and enables the shine to dawn.

Each utterance brings forth the light of the dawn in a greater measure dispelling the darkness of ignorance. May the light hidden in the heart find its expression, just like the light finds its expression through darkness during the dawn hours! May the purity of the white light, light the house of the utterer so that the house of personality ceases to be a haunting

house and shines out to be a lighted house! The Lord in Gita strongly recommends uttering forth the sacred word to light the house to start with. In a lighted house there can be transaction of light.

82

Seeing The Truth

Miracle-mongers cannot see the truth. Truth is simple and is not miracle. All miracles are illusion. If your mind is still looking for a miracle, know that you are not yet fit to walk the path of truth. If you tend to be simple in your attitude, you are fit to realize the truth. To see the truth simply around you and within you, you see that all sprouts from truth. The basis for all sprouting is truth. The basis for your awareness is truth. The basis for the pulsating prana in you is the truth. The basis behind universal awareness is truth. As long as you are engaged with sprouting beings, you cannot visualize the very basis of sprouting. All that is, is a buildup of one truth. Even time is routed in the truth, while nature sprouts, grows, evolves and recedes as per the cycles of time. If you are ready to see the truth, see the basis of your sight in you. The other name for the truth is Brahman!

83

Electrical Manifestations

The sky around us is electrical. Whenever there is a lightening there is the corresponding thought. Only seers comprehend the thought emerging from a lightening. They make a concerted effort to translate their thought into action to benefit humanity. Every lightening has its related disturbance, which in turn causes a rearrangement through its ripple effect. There is a change of chemistry with every electrical manifestation. The world today is put to much chemistry through continued electrical manifestations in a subtle manner in the sky around. Those who are stable in meditation are able to perceive the ever-changing chemistry in the world. The nature is benevolent to churn the world substance, so that the buried problems find their surficial expression. When the problems are thus brought to surface, they can be attended to and cleared. Crisis after crisis, nature is in a cleaning process by bringing the hidden, the buried and the unadjusted problems of the past.

84

Inner Chamber

When someone praises, you like him. You are even attracted to him. If someone criticises you, you dislike him. You even become repulsive to him. In life you keep meeting both the varieties. You therefore swing between attraction and repulsion. This swing causes unrest and you become a victim of ebb and flow. You become unstable and inconsistent. The life gets wasted in your crossing between love and hate.

Praise and criticism are just worldly. If you dip deep into your being you would care neither. You would only mind your work. Do not tune out the mind into the world. Learn to tune in, where the pairs do not exist. Tune in and meet us and rejoice in your heart. Heart is the inner chamber of mind. There exists ever-lasting peace. In the depth of the ocean there is neither low tide nor high tide. Remember this.

85

Food Service

To feed with love was the original understanding. Feeding has become manifold, but the love disappeared. People feed themselves with busy minds. Their attitude for food has become of one of routine, while it is an act of loving nourishment. Only men of wisdom know to nourish with love. Anything they serve, they serve with love. Be it a cup of tea or a plate of food. With the multiple growth of fast-food centers and self service centers, there is no service of love.

To serve with love is a noble act. For commercial reasons, servers are replaced by self-service. The ones who serve themselves, have missed importance, while they feed their body. They do not feed with love the intelligences of the body. Their feeding is no different from filling the stomach. The ancients knew the beauty of feeding the body. They created the related ambience of serenity. They had time to make an elaborate arrangement for food service. They used to decorate the places of eating, with flowers

and fragrances. They gather in circles and were feeding the bodies more as a celebration than of a mechanical functioning. They thank before and they thank after each meal. The thanks are invariably in praise of God. There is richness in one's attitude to food. Rich food has no meaning. This attitude has every meaning. It is deplorable that even educated mothers do not breast feed their children with an attitude of love and in an ambience of tranquility. With a busy mind, they feed the children. The infants are induced into busy-ness through milk and tend to be hyperactive for the rest of their life. Humanity craves of peace and tranquility, but every act of their feed is working out the contrary.

86

Guarding the Solar Plexus

Guarding the solar plexus was known to Aryans. Solar plexus is the means of man to move into objectivity. Objectivity is the field around oneself with which one relates and experiences. In such act of relating to objectivity, discriminative will shall have to be appropriately exercised. If not, man is lost into objectivity; he gets imprisoned in the objective world. Solar plexus is the gateway from within to without and also from without to within. It requires to be guarded.

The ancient Aryans always covered the solar plexus with a golden waist belt. The belt carried a round shield that protects the solar plexus. The touch of gold not only gives the needed vitality but also supplements the discriminative will of the person. The waist-belt was used by men and women alike. The navel was always under the protection of the golden vibration. It was never left open to the winds. To display the navel is but a bohemian act of high ignorance. It was considered an act of shame to show of

one's own navel. Today men wear pants below the navel and women also do so showing-up the navel. They least realize that they have exposed to the winds of Kali by leaving the navel-centre unguarded. Civilized ways are ignored. Uncivilized and barbaric ways have come to be. The new-age civility is but incivility. Ignorance pretends as knowledge today. May not the aspirants fall into shameless lustfulness of exposing their navel!

87

Be Precise and Accurate

Precision is the keynote of the discipleship. Accuracy is needed. Dependability grows, when accuracy is entertained. Vague speeches are but indicative of absence of precision. When one is precise in thoughts his action tends to be precise. His speech tends to be precise. Ambiguity and approximation disable aspirants to walk into spheres of light. An accomplished archer is the one who can precisely shoot the target. Only such ones are selected for a battle. So also in the battle of life, one should cultivate the habit of being precise and accurate. Without such precision, the aspiration to progress into life remains a fantasy. Arjuna tended to be the disciple due to the precision that he holds. When the precise ones are in the acts of goodwill, they render great service. They waste not time, energy and resources. All is converged to serve life. Aspirations get fulfilled when actions are precise. The story of Arjuna is the story of an aspirant, who fulfills to be a disciple that rendered world service.

Service cannot be fulfilling, unless precision is at work. In recent times the Aurobindo's precision is admired in our circles.

88

The Ceremony of Order

What is visible and audible to one is not so for another. A picture hanging on a wall may take to a slant. The residents of the house many times do not observe it. They see it daily but they do not see the slant. Likewise, there may be dust accumulating to articles in the house which is not noticed. Even if noticed, it is not cleared. Likewise, there may be disorder in the arrangement of things. Yet, they are not attended to. A clock in the room may have stopped for want of keying or of batteries. They are not attended to.

When such things appear, they indicate the un-attentiveness of the residents. It also indicates their indifference. It further indicates the disorder in their nature. Disorder is death to discipleship. A disciple is one who tends to be orderly from the tip of the toe to the top of the head. He ensures that, from pin to bed, all is in order. Disorder arrests growth. Order enables growth. Seldom men know the value of being orderly. Members of our community are extremely orderly in

their appearance, speech and action. The ambience around them is so orderly that it spreads magnetism. The awareness finds its expansion through orderliness. The expansion can even grow beyond the planetary spheres. Such are the Adepts. It is for this reason they stand as models for aspirants.

May order be gained and practiced in a ceremonial manner!

89

The Sunrise

The most wondrous gift that the beings of Earth receive on a daily basis is the sunrise. No gift on earth is as great as this which the solar angel bestows. The best of the seers also cannot describe in completeness the gift that the sunrise offers. The sunrise enables rise of awareness and of life. The soul is nourished by awareness and the body is nourished by life. Blessed are those who receive light and life through the sunrise. The true Sun worshippers do not falter.

The Sun is as much in each one of us. He too rises in us as awakening from sleep happens. Be thankful for the daily awakening. Pray the rising Sun in your heart for seven minutes without fail as you wake up from sleep. Do not be in haste to get into the routine of life. Stay in thankfulness with the Sun in the heart as he transmits from within the Will, the Knowledge and the ability to Act. Such a prayer is auspicious. The ones who pray thus are ever progressive.

90

Miracle

Know that there is no miracle. There is no supernatural happening. All is but natural. Nature has eight folds, one being different from the other, one being subtler than the other. The eightfold nature is presided over by the root nature which is the ninth one. Events can happen in any of the nine states of the nature. The ninefold nature needs to be known to understand the science of magic. Science of nature is not taught in its completeness today. Only the physical or gross nature is studied but not the subtle. The future study of natural sciences would include study of subtle nature such as colour and its velocity, sound and its vibration, number and its potency, symbol and its efficacy.

91

Neutrality

Learn to be neutral. The neutral state of mind is the yogic state of mind. Only the neutral one can listen better, see better and comprehend better. Neutrality is Yoga, says our Lord. You stand in the centre when you are neutral. The Lord's life as Krishna was a demonstration of neutrality. Even we are bewildered at his neutrality sometimes, but neutrality is the only key to experience Be-ness and to express the Divine. Prejudices, opinions, and partialities would lead you to the blind spot. Thereafter you can neither see, nor listen, nor comprehend.

Neutrality! Neutrality!! Neutrality!!! This is the slogan. This is the certificate of eligibility for entry into the Ashram.

92

The Flame

Only the fire of the heart has the sparks to kindle the hearts. The creative givers emerge only from the heart but not from the mind. Mind is but an organizer but not a creator. Even for the mind, the vital power is supplied by the heart. Manifestations emerge from the heart and are organized by the mind. The fire of the heart uplifts the surroundings while that of the mind burns things around. Verily, we say unto you 'tend to live in the heart, think from the heart and keep the fire in the heart aflame at all times'.

93

Nature

A disciple is neither shocked nor excited or frightened at sudden events. An earthquake, a tsunami, a fire accident and the like are witnessed. They do not affect a Yogi. Events that happen in Nature are observed with keen eye. What is to be done is done with alertness. He participates not in discussions about unusual happenings in Nature. Instead, he does what is to be done. Such a stable one would slowly gain understanding of the subtle work of the five elements around and their chemistry. He adapts himself to it, remains stable and conducts the work. He is the unaffected one. Untimely rains, floods, earthquakes and tsunamis, phenomenal fire accidents are all seen as natural. There is nothing unnatural in Nature. Knowing this, the disciple tends to be natural and supplies such naturality to the surrounding beings.

94

Tolerance

The most profound among all virtues is tolerance. The tolerant one is the most virtuous one. The intolerant one is most ignorant one. He tends even to be wicked. Tolerance enables forbearance, forgiveness and containment. Sudden events do not disturb the tolerant one while the intolerant gets disturbed and contributes to such disturbance, causing confusion in the surroundings.

The tolerant one is admired in the subtle world. He is respected. To him, the cooperation in the subtle world is available in as much as he evolves faster than the rest. Tolerance is the quality of the heart. It enables unfoldment of the heart to be accommodative. Inability to accommodate persons with different views, different ideologies and different habits emerges from intolerance. Men become human through intolerance while humans become men with tolerance. Humans are but men that tended to be mundane. Humanity shall have to transform itself as mankind.

Mankind is that class among men who are kind and tolerant. The rest are conditioned by humus – mundanity.

95

Natal Teaching

It is but a good tradition to impart love to the child even in the second year of its life. The natural teacher for such imparting is but the mother. The mother is the first teacher to the child. Whatever the mother imparts in the initial years, gains a deep impression on the child's mind. Even while feeding the child with her milk, good mothers impart many a good dimension to the child. Such mothers are divine.

Until the child grows to seventh year, the child-mother relation is like the student-teacher relation. It is a relation of hearty nature, for child does not develop the mind as yet. When virtues are taught by the mother to the children during the initial seven years, the children grow well to be aspirants and disciples. In these days, where the modern life usurps a child's heart, in great haste, mothers would do well to shield and seal the heart with needed virtuous discipline.

Let mothers know the natural likes and dislikes of the child to bid out their undesirables and nourish

the desirables in the children. Mothers who do not do so are no mothers. They tend to be monsters. Impatience, intolerance and ignorance is prevailing over the motherhood tending the children more towards diabolic energies than the Divine.

96

Other Possibility

We subtly knock at the doors of life that exist in you. If you are alert and keen to listen, you would be able to open them. The doors we speak of exist in the heart. If only you can open the doors of your heart, you can listen from the distance, you can feel the distant places of beauty, you can relate to the beings of distant land. The beings you meet as you open the doors of the heart do not let you know their address. They relate and inspire you. Their presence gives assurance and a sense of protection. They are very proximate to you. They are on the other side of the heart while you are on this side of the heart.

The aspirants are recommended to open themselves to other possibilities and not to limit themselves only to objectivity and the related, limited possibility.

97

Teaching

The best service that can be done to humanity is to Serve with Love the children. Teachers of elementary schools can lay the best foundation of the next generation. The children are tender in their energy and can be moulded well in terms of human values. They can be taught habits of cleanliness and thoughts of purity. They can be introduced to clean life and can be trained to hold an open mind. Their intellect can be enthused towards knowledge which would enable them to be contributors to the surrounding life.

The children should be taught of the need for hard work. They should also be taught that work is a means of offering oneself to other's welfare. The teachers who serve the children are truly the best servers of humanity. They need to transform the children to be like the busy bees that strive to gather knowledge. Work hard and offer the honey of the work to the society at large. Blessed are such teachers. Best is their service.

98

Loop-hole of awareness

Do not look for Ashrams. It is crazy. It would lead you to illusion. Wherever good work happens regularly for a period of 12 years, there the Ashram is present etherically. In the Aquarian age Ashrams move along the lines of good work. Where goodwill is in action there the Ashram is. Serve the weak and heal the sick and teach the gospel of Truth. If you do so with enough zeal the Ashram reaches up to you. You do not have to reach up to it.

Never speak of you nor speak of the Mahatmas. Speak love, speak pleasant, speak to heal, speak the Light. Buddha's last message to the followers was, "Stand in Light and do your lot; speak-not of yourself. You shall be in my eternal presence."

The aspirants generally speak of themselves, the hard work that they do, the little accomplishments that were gained and also speak of their connection with Mahatmas. Such ones are into the loop-hole of awareness.

99

Who Said vs. What is Said

The ten directions around oneself are but ten invisible doors through which wisdom can reach oneself. The aspirant is required to be adequately alert. It is a misnomer that knowledge comes only through the East. It is equally a misnomer to think that only scriptures give knowledge. When one has a clean life and an open mind, knowledge may reach him from any direction, in so far as one is an aspirant.

An aspirant is one who is hungry for knowledge. He minds not the direction from which knowledge comes. Knowledge is more important than the means of knowledge.

It is common knowledge as one reads a book, he looks for the one who said than what is said. In so far as what is said is followed, it unfolds the personality. It matters not who said it. Inspiring knowledge is preferable to instructing books of religion. Through inspiration, man moves towards knowledge much better than through structured classes.

When a drink of immortality is offered, it is immaterial whether it was coming from angels or demons. I wish the aspirants to be open for knowledge from whichever source it comes. Let them not search for the authority of the source.

100

Need for Master Gardener

One nonsensical act causes a deep root into the psyche. The root sprouts in terms of nonsensical thoughts. However much the thoughts are pushed away, they keep sprouting from the deep root. Ignorant deeds invisibly root into the psyche and bring forth incessantly deep rooted thoughts of ignorance instigating the beings into ignorant acts. Men cannot perceive the deep rooted seed as it happens through an ignorant deed. To uproot this deep rooted seed, one needs a special gardener who we call a Master of Wisdom.

101

The Blinders

Blinders are set to the horse when one rides a horse. The blinders enable the horse only to see the path. It disables the speedy horse to see hither and thither. Likewise, aspirants also shall have to set blinders to enable only for striving in the path of Discipleship. The blinders help avoiding the distractions. Just like the horse which is oriented only to the path, the aspirant should be one-pointed in his striving. This would develop in the aspirant, the needed degree of alignment.

The will, the knowledge are aligned to action to progress in terms of the teachings. Such ones are cognized by us for recruitment into the work of goodwill. There are such goodwill workers in the world who continue to strive without being distracted by name and fame or even ignominy and criticism.

The brotherhood constitutes persons of such discipline. It is not an old age home or a community of retired persons. Ensure that each one of you strive in

terms of Discipleship, setting the blinders to insulate from distractions.

102

The Way to Light

We cognize and recognize those who regularly and rhythmically pray to benefit the less fortunate ones on the planet. Amidst humans, there are many groups that starve for want of food, that are exposed to the extremities of nature without adequate clothing and shelter, that suffer and die for want of health and cure.

Humans are really those who think of them, feel for them, pray for them and tangibly help them. One cannot call himself a human when his fellow men are suffering for want of basic needs. Serving such ones and praying for such ones is the true eligibility to be a human. We serve those who serve the cause of the less fortunate ones. We serve not those who look for selfish enlightenment through prayers and meditations. There is no way to light except through the heart.

103

Key to Joy

Many religionists say that life on earth is but a retribution, a punishment for the sins committed. Many astrologers say that earth is a non-sacred planet and is the abode of sinners. They ball out from platforms that earth is the hall of sorrow. To be born on earth is generally depicted by religions as the effect of sin.

There are many others to whom earth is a place of experiment and experience. It's a place for creativity and fulfillment. They see many spots of bliss such as river streams, mountain peaks, valleys, sacred caves, sacred trees and sacred ashrams. Thus, one group says that earth is hell while another group says that earth is heaven. It proves one eternal principle, "As we think, so we see". A black shining horse can be seen either as ugly or as beautiful according to how one sees. One sees darkness while the other sees the shine. Hell or heaven is what man makes for himself according to his attitude, his application of knowledge and his

understanding of situations.

Through our experience over long cycles of time on earth, we found the key of joy which enables us to be joyful wherever we are. That key is Enthusiasm. Propose enthusiasm, live with it and live by it. When you are enthusiastic, all around tends to be joyful.

104

Awaiting Darkness

Wherever the Light is, in its periphery, there is darkness. The darkness always awaits at the periphery even for the light. Darkness cannot be eliminated in its entirety. Even the Sun cannot eliminate the darkness beyond his area of operation.

Darkness awaits and tries to bounce back. The sun's aura covers the solar system. But, beyond the solar system, there is again the darkness which is called "The Ring Pass Not". It is called Pluto in Puranas. Beyond the limits of sun's light, there is darkness. This truth has to be recognized and accepted so that there is no tension of the impending darkness.

If you light a candle, the surroundings are enlightened. You can perform in the surroundings with the help of the light. You do not have to worry that at a distance, there is darkness. The candle light is enough to perform your work within your field.

Like the candle light, there is Light of Wisdom, which can be ignited in oneself. In that light of

wisdom, one can perform one's due deeds. Wisdom is meant for due performance by every self. During times of work, perform with the light of wisdom. At other times of rest, be the light itself. Ponder not on the dark regions which are distant to you. As long as the light is in you and with you, darkness approaches you not.

105

Silence, the Friend

There is a Chinese saying that true friendliness is silent. There is another saying that silence is truly friendly. People speak of love and of friendliness frequently. Speeches are empty words. Empty drums make more noise. If one is truly friendly he shows in action but not in speech. The shallow ones speak of it. As much as one is shallow so much he speaks. People engaged in flowery speeches are so shallow that they fall in love with their own speeches. They confuse people with such words as love, friendliness, trust, brotherhood, honesty, cooperation, etc. The ones who are truly friendly exhibit these qualities without uttering a word.

Actions speak by themselves. Speeches do not prove anything unless translated into actions. The disciple is advised to read the biographies of initiates to gain the meaning and spirit of the friendliness of silence.

106

Dweller of the Heart

You think you are hearty.
But, are you?
If you are a dweller of the heart,

- You think not of the self
- You fall not to flattery
- You suffer not ridicule
- You feel not of false I Am-the phantom

If you are dweller of the heart,

- patience,
- compassion,
- friendliness,
- equanimity,
- sense of justice and
- poise

prevail.
If you are dweller of the heart,

- you are no more worldly
- you do not indulge in argument
- you live not in logic

If you are dweller of the heart,

- you perceive others needs,
- you experience others pain,
- you remain common (but not uncommon)
- you remain calm
- you comprehend the surroundings in right manner
- you remain hidden

107

An Inversion

Evolution of a being is known not by the achievements one carries out but by the heart that accommodates and comforts. Achievers are not generally hearty. True achievement is to be hearty. An army General who dares to save a wounded soldier is much more evolved than the General who kills all in the opposite camp, gains victory regardless the loss of life in his camp.

A disciple who arrives at the threshold of our ashram is not permitted to enter until and unless he makes sure that his co-workers are also along with him. Reaching the ashram early has little meaning, if a disciple cares not to ensure others' safe arrival. Remember, our Lord is a cowherd boy and a shepherd and has not been a warrior.

Collective progress is what is admired in preference to individual progress. Ensuring every lamb to its shelter is more important for a shepherd than sheltered lambs. The Lord cares for those who cares for others. Seldom aspirants remember this. They are just

worldly and therefore, compete. Competing ones are rejected. Cooperative ones are admitted.

108

Occult Study - Purpose

Study of Occult Sciences not only enhances the comprehension but also causes expansion of consciousness. It should result in cleansing of the mind, unveiling of the heart. One cannot say that one progressed adequately in study of Occult sciences, unless there is concurrent, increased measure of patience. Impatience and Occult Wisdom do not co-exist. An impatient one is considered as an uncultured one from the stand point of wisdom. Patience is the bedrock upon which super structures of wisdom are built. Impatient mind is unfit for wisdom. Modern minds are tending to be impatient, intolerant and fragile. Modern men and women breakdown at every single disruption. Modern education is heading for a mental crash.

May not study of Occult Sciences be a fashion. May it lead to unlock the mind to find the way to the heart.

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