

DWELLING AND
THE INDWELLER



DR. K. PARVATHI KUMAR

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Dr. K. Parvathi Kumar

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AND
THE INDWELLER**



Dhanishta

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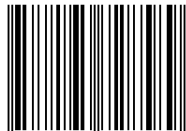
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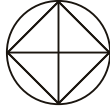


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Dhanishta

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.

Dhanishta is a non-profit publishing house.

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

This booklet is based on the teachings given out by Master K. Parvathi Kumar at Pr. Oldendorf in 1993 and during the inauguration of Nandanavana at Mysore, India in 2017.

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1. INTRODUCTION

Hearty fraternal greetings and good wishes to all the brothers and sisters. Today, I present to you some dimensions relating to *Gruha Pravvesha*. It is an interesting topic as to how to build a house and live therein.

Gruha Pravvesha is a symbolic expression of '*Pura pravvesha*'. '*Pura Pravvesha*' means entry into the body. The human body is called '*Pura*' in Sanskrit. Every body or every form is a '*Pura*'. '*Pura*' means, a city, in Sanskrit. The Soul enters into a form to experience the bliss of existence. The very purpose of entering into this body is to experience the bliss of existence in all its seven planes. For such an experience, the human form is the best. This is presented to us through the '*Puranjana Upakhyana*'. (The story of the dweller in form) in Srimad Bhagavata.

To enter into a form, and to live therein, is a science by itself. The form cannot be built in any which way, as we

like! If so done, it does not give us the related joy or happiness. Likewise, we cannot live in the form as we like, if we wish to derive the bliss of living in the form. We should know that when we are building a house, we are building a form into which we enter, to experience. We built this human form, and we started living in it. We enter into the womb of the mother and it is there that we build our form. After building the form completely, we try to experience. Be it building a city, or a house or the human form, the understanding is the same!

According to the ancient understanding, a house is no different from the house of the consciousness, namely, the human body. The human body is a house, in which we live. The body is given with a view to enable the Soul to experience.

It is to experience an abode, that man builds a house. The instinct comes from within himself. The human body is the house for the Soul and, the house we build externally, is the house for the human body and the Soul. We all would like to live comfortably, in the house called human body. Likewise, we build houses to live comfortably therein. To live comfortably in the human body, we need to observe certain rules. Similarly, to live comfortably in the

house, there is a requirement to observe certain rules of construction and living therein.

The human body is built up with five elements. So also, the house. The way we function with the human body, has its correlation to the way we have to function with the house. An unhealthy human body is not a comfortable abode for the Soul. Likewise, an uncomfortable house causes a lot of inconvenience to the ones who stay in it. Please note that, the abode which we call the human body and the abode which we call the house have many correspondences.

The human body is made by certain intelligences, the intelligences of nature. The effort of human being is to build the house also in tune with such a pattern. The ancient wisdom relating to building houses, was more out of their understanding of the human frame. For example, the human is considered to be septenary, represented by a triangle over the square. Likewise, he started building houses as triangle over a square. The triangle represents that which is the immortal and divine aspect in man, and the square represents the mortal aspect. Thus, in man, there is a part which is immortal and a part which is mortal. Based on the same same principle, since ancient times, houses have

been built as a triangle over the square. Most of the houses have, a triangular roof and a square base, which is now slowly disappearing into square blocks. Square blocks do not enable the invocation of energies into the house.

The subtle energies which are in the atmosphere, find their attraction towards projections into the atmosphere. When there is a projection into the atmosphere as a convergence, it enables the descent of subtle energies into the grosser plane. It is for this reason, temples all over the planet, are built with a triangular roof. It is so with any place of worship, be it a church, a temple or a synagogue. As a principle, any building that requires invocation of energies was built with an excellent projection into the atmosphere or space. Sharper the tip, greater is the ability to draw subtle energy to the grosser plane. That is how the cupolas, and the domes have come up, as a part of building architecture. Such is the comparison between the human frame and the ancient understanding of the building architecture.

The triangular part in the human being is considered to be the head and the square part is from the throat up to the feet. One's body is of no use if the triangular part is missing! Without the head, one is a square block! With this analogy, we better understand the energy system

of a house with only a square block. It does not enable energies to pierce through, if it is a square block without a triangular structure over it.

Man is a replica of number 7. According to the ancient wisdom, man is a septenate. We exist in seven states, via consciousness up to the physical existence. Man, as the septenate is symbolised as illustrated below.

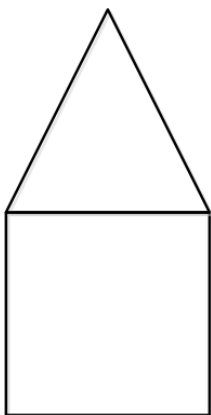
[Refer: Mithila, by the same author]



We are consciousness with existence as the background. Then, we have five envelopes. The other name for the envelope is body. What the body is to the Soul, is a house to its dweller! Thus, a house functioning in accordance with the septenary principle is the ancient understanding.

Attracting Subtle Energies

Man is thus a septenary being, also symbolized by a triangle on a quadrangle. The eternal, immortal part is the triangle representing the head, and then, the mortal part is the square representing the lower part from the neck to the feet.



Man has been building houses since antiquity, in accordance with this principle, with a square as the surface area and a triangle as the roof. Today we build square blocks without a pitched roof. If there is no triangular roof, it is like a man without a head! The subtle energies cannot be absorbed well. The energies get attracted by what is projected into the atmosphere. A pointed roof allows the down-flow of subtle energies into the gross matter.

Therefore, churches and cathedrals were built with a spire as projection into the atmosphere. The more pointed it is, the easier subtle energies are drawn down.

2. PROPERTY VIBRATION AND BUILDING THE HOUSE

Like the human body is a home to the soul, man also creates a home for the body. We would like to live well in our body and also comfortably in the house! An unhealthy body is not a comfortable home for the soul; and an uncomfortable house is a problem for the inhabitants. If the body constrains the soul, the soul does not feel comfortable in it. The house likewise, should serve us well; and not constrict our life energies. A house should not enslave its inhabitants.

The house and our life should be arranged according to natural basic patterns. Certain houses improve our energy, while others tend to absorb it. The house in which we live should contribute positively to our energy.

Righteousness

The properties that are bought must give comfort and happiness. Also, where there are proposals to sell away ancestral properties that are acquired with much

righteousness by the ancestors, much care should be exercised. Such properties also carry the luck that causes progress, across generations. Disposing such properties, considering that they are at a distance and unmanageable in favour of acquiring other properties hastily is not wise! Sometimes, the newly acquired properties may not carry such lucky vibrations. It is suggested that properties should not be bought in haste without much thought and without considering the science of Vaastu as well.

Properties are energy systems. They have an impact on us since we depend on them as much as we are attached to them. When they are changed the energy balance also changes. Changes are welcome provided they result in a new higher balance. If they disturb the balance, life is disturbed.

The ancestors pass on through properties certain energies that vibrate. One should know the value, in terms of vibrations that one begets through heredity. In acquiring a piece of land, righteousness is given paramount importance. Not knowing these dimensions, when one changes the existing energy system just for money, they disturb the ecology of the family system. Major decisions such as this should always be done under proper advice.

Quality and Location of the Land

Quality of the human body depends upon the quality of tissues it contains. Similarly, when we consider building a house, we should be careful about the tissue of the land upon which we wish to build and also the quality of material with which we build. We cannot build upon any land, with any kind of material and at any place! There is a science relating to the selection of a land parcel which needs to be considered.

A land parcel which has a convex contour is considered to be more prosperous than a land that has a concave shape. In a concave shaped land, the energies are sucked through the concave shape by the earth itself. It is so, when the construction is done in areas such as pits, ponds and low-lying areas. The scope for progress or prosperity is considered to be much less in such places.

On the other hand, a convex shaped land, is understood to be a place, where the energies spring up from the earth into the atmosphere. The best proposition is to select a land parcel which forms an apex or convex and the second best option would be to select one with a flat surface. A flat surface is considered to be neutral. The least preferred is the concave shaped one. When the land is concave shaped

and there is rain, we very well know that water collects there and stagnates. Stagnated water breeds diseases. Hence the ancient understanding is not to build on the land where there is collection and stagnation of waters.

Likewise, there are lands which are very marshy, meaning water stagnates there. For example, in the Bangalore city (India), there are instances of building colonies in the lakes and lake beds by removing water from them. When there is flooding in such areas, water gathers and stagnates causing inconvenience and agony. We should never build houses in lands which are low-lying, and marshy.

In ancient days, an important feature for house building was to build houses by the side of a water stream. In a stream, where there is flowing water throughout the year, there is continuous supply of energies on an hour-to-hour basis. That is how, civilizations on the planet emerged, on the banks of the great rivers such as Ganga, Nila (Nile) etc. Many civilizations sprung up on the banks of great rivers like the Indus valley civilisation. To find place by a water stream, is another important factor while selecting a land parcel to build. A live stream is one in which the water flows all through the year and never dries up.

There is yet another dimension, regarding the quality of the soil of the land, upon which the house is proposed to be built. If the land is rocky, it is considered to be good. Rock represents stability. By living in such places, you can have a stable, well-anchored life. There is also a kind of land which is considered good, where in, the soil enables good sprouting of plants. A fertile land is given preference to a non-fertile land. A fertile land represents unity of the earth particles, in contrast to the particles of the sand on the sea side or the particles of sand in the desert. The sand particles in the desert or on the sea side (the beach), are together but highly individualistic. Where there is too much of an individual approach, the scope for collective growth is absent. Hence, a house is to be built upon a land where the earth has the quality of cementing as between the particles of the soil.

Where the particles of the earth converge, instead of diverging towards individualisation, such land is considered good. We cannot build a big structure upon a sandy land. If you have to build in such a place, you have to dig deeper to find soil which is congenial for construction. This is another understanding about selection of land for building the house.

Another important aspect with regards to the selection of land is the past history relating to the land. A place earlier put to terrible use is prohibited for building houses. A place that carries history of murders is prohibited. A place which was used for butchery is prohibited for building houses and living therein. Such a land can take away life from the inhabitants.

A place which was earlier used as a graveyard, in other words, a place which carries the history of death to life is forbidden. Just like a river flow springs up life, the place where there have been battles pulls down life. Contrary to this, we have to build houses in places, where the earlier activity was agriculture, where crops were grown etc. Such a land enables growth to happen. This is the understanding about the quality of the land.

The choice of the soil is important, the shape of the plot is important, the five elements and their work at home is important – these are all the dimensions which we should know, if we really wish to live with much comfort in a house. The very purpose of building a house is to enter there in and live in there, with comfort.

Co-operation with the five Kingdoms

We build the form into which, we enter and experience. So, we would like to have the best of the form, so that we have good experience! That is why, we try to do our very best to build a house in a manner where we can experience every comfort, while being in the house. It is so, with the human form as well. Up to 35 years, the human form is built. If we do not build it properly, we cannot have joy in it! Continuously it give us, one or the other discomfort. Therefore, getting into the house (*Gruha Pravesha*) and living in it is a science by itself.

The kingdoms within the human being, suffer from blockages due to our ignorant behaviour. The blockages in us cause suffocation, leading to disturbance to health. Today, we believe too much in material acquisition. We fill our bodies, our houses and all our places with material. Our possessive approach develops a psychological grip in us. Through this grip, the functioning of the mineral in us is constrained. The relaxation of this grip over material is the key to mineral balancing in the beings, according to the ancient healers. Therefore, they included periodic donation rituals, as a way of life. Periodical donation of useful material to people, helps relaxation of the inner grip.

Relaxation of the inner grip not only improves bodily health, but also reduces material at home. There have been rituals in all systems of ancient life, where donations played a major role!

The functioning of the five elements, starting from *Akasha* (Ether), must be seen. A house should be able to channelize the universal healing energy. Hence cognise the five kingdoms, and their functioning in and around us, and develop co-operation and friendliness with them. A house built according to such wisdom, facilitates co-operation with the five kingdoms, and their good inter-relation and a harmonious co-existence to its in-dweller.

3. LIGHT AND AIR

Like it is with the human body, a house should also have reasonable warmth. If there is more heat, we are not comfortable; and if the heat is less, we are not comfortable either. In a healthy person, the warmth in the body, is measured at 98.6 degree Fahrenheit.

Likewise, when you are into the house, there should be an optimum warmth. It should be neither cold, nor hot. This is possible, if there is adequate passage of air into the house. For this reason, when we build the house, we must see how the five elements are!

When we build a house, the movement of air in the place is to be ensured. We must necessarily evaluate

- How is the entry of light into the house?
 - Is there enough light?·
 - Is there enough air?
 - Is there enough warmth?
-

There has to be entry of natural light into every room, regardless of the electric light. Every room should receive complete sunlight, at least during sometime in the day (From Sunrise to Sunset). There should be no dark place in the house. Wherever there is a dark place, we normally set an electric light. But that is not enough because, energy wise the Sunray is much more when compared to the electric light that we setup. Thus, in a house, plenty of air and light are very important.

Wind sets congested energies into motion, and light burns up the impure. It should be possible that the air moves freely, and the sunlight touches every corner of the house. Places without light and air promote diseases and paralyse our vitality and our awareness. Like a man who does not breathe, a room without circulation is a dead one.

In the name of civilisation, we build pigeonholes as houses, in which there is a dining and a living room, a kitchen and also a toilet. There isn't enough air and light. In many offices and public buildings, you cannot open the windows, or there is no sunlight at all. The closed rooms slowly make us dizzy and tired. It is the same with our body also. We have developed a wrong architecture, that does not allow the body to experience the soul energy properly, and

therefore, the soul cannot effectively work through the body. It is a much better situation to live in a hut where plenty of light and air are available, than in these modern houses that breed sicknesses!

Dark bathrooms are dangerous! We cannot take a shower or a bath in a room, into which sunlight does not enter during the day. This is not good for the health, of the physical body. A bathroom should necessarily have a window to the outer, through which air and sunlight can enter. The windows are the openings through which prana, the vital energy, can enter into the house.

We should not use a kitchen without window, because the food – an aspect of *prana* – is not supposed to be cooked in an atmosphere, where there is no *pranic* energy. The bedroom should receive sunlight during the day and should be airy the whole day long. Those who live in bedrooms, which are dark during the day, do not have good health. The air should be able to pass through from one side of the apartment to the other.

Further, by using right colours we can bring lot of energies into the house. Bright colours such as white, cream, light blue, yellow and orange give liveliness, while colours such as brown, grey and dark green colours devour the

vitality and should be avoided. Black and blood red colour, are also avoidable for the same reason.

We need to build all rooms including bathrooms in such a manner that there is an entry of sunlight into them. Into every room, entry of sunlight should be ensured during some time of the day. It can be in the forenoon, after-noon or the evening, but it has to necessarily happen. It is like functioning of light within the body. If any part of the body is not visited by light or consciousness, it develops carbon which is symbolic of loss of consciousness. Carbon is opposite of oxygen, which is life.

Dark areas in the house are prohibited since such a room is a breeding place for sicknesses. A room which does not get the sunlight is unworthy of living. A room into which the sunrays cannot enter is a harbour for negative energies. Darkness means ignorance and Ignorance leads to sicknesses!

There is another dimension which relates to the passage of air. There has to be a passage of air through all the rooms. Passage of air cleanses the ambience. In most modern dwellings, there is inadequate cross-ventilation, in which case the rooms tend to be unclean. We clean the floor but the ambience in the room is cleansed by the passage of

air through it. The cleansing is conducted by '*Pavana*', one of the seven *Maruths*, whose work is to cleanse!

Every room should have counter openings either by way of windows, or by way of doors or ventilators. When the natural air passes through the house, it cleanses the house. There should not be stagnation of air, in any room. Stagnation of air, breeds sicknesses. When we cannot breathe well, we are not comfortable in the body. So also, in a house, there has to be adequate passage of air meaning, there has to be a kind of pleasant wind passing through the house. It should happen sometime, during the 24 hours of the day. At nights, on account of fear ,even if we close all doors and windows, ventilators allow the passage of air in the house. That is why in olden days, they use to build ventilators also. Thus, at all times, we ensure a passage of air through the house.

4. FIRE PLACE - THE KITCHEN

The fireplace in the house has to be very clean because fire cleanses everything! The fireplace in the house is the place of *Agnihotra* (Fire ritual). To a ritualist, who also performs fire rituals, there will be regular '*Agnihotra*' place also in the house. It is the fire altar. In an average household, it is the kitchen which is the fireplace.

The kitchen has to be exceedingly clean. You cannot have a kitchen where there is no ventilation and no light. You cannot keep the kitchen unclean, even to the slightest degree. The things that you use in kitchen should also be very clean because that is where, the hygiene starts.

We have to make sure that the kitchen receives enough air and sunlight. When the sunrays and air enter into the kitchen, they conduct good work of purifying and vitalising the kitchen. When it comes to the functioning of five elements, the work of air, light and the fire is very

important. The kitchen should be in the South-East, so that it could always have the Eastern light, and the southern breeze coming into it.

Kitchen is the place of fire. If you are really sincere, you should never get into the kitchen without taking a bath! This is the original understanding of working with the fireplace. You cannot start with the fire work, with an unclean form. That is why in the olden days, to ensure utmost cleanliness, even the maids were not allowed into the kitchen. The deeper understanding is, entering into the kitchen is entering into the place of Fire-God. It is an approach to the Fire-altar.

One cannot enter into the kitchen, in any and every way! I am not pushing you back into old traditions. But I would like to let you know that one must not enter the kitchen unless we are clean! When you set up the stove or the fireplace for cooking, think of the Lord of Fire. The recollection is not just when we do the fire ritual! When we invoke the Lord of Fire, we say, “*Agnim Vrata Patim Aavahayami, Sthapayami, Pujayami*”. It means, we invoke, we install, and we worship the Lord of Fire. The kitchen therefore is a sacred place! In us, the kitchen place in the body is the stomach and the intestines.

Preparation of food, is thus seen as a sacred ritual. Food cooked with love in serene, divine and sacred environs is the food of first grade. If one cooks, with such love and purity, blessed are those who eat such food. Cooking food while chanting divine hymns helps consecrating the food while being cooked. If such hymn chanting is not possible, fortunately, we have recording of such chantings. They can be played in the kitchen. Or even music that tranquilises the mind can be played. If the kitchen, the cook and the cooking material are filled with vibrations of harmonious sound, the purpose is well served. Such food contributes much to health. Contrary to this, today, we eat food anywhere and everywhere, cooked by anyone and everyone. This is because we are ignorant of the science relating to it. We eat food cooked in restaurants, in fast food centres or even food prepared and stored on the foot paths (road-side). The effect of such food on our bodies is significantly unhealthy. Unhealthy food contributes to unhealthy thoughts.

Examination of Eastern way of life reveals many secrets to harmonious and healthy living. The Easterners used to eat in disposable plates and drink in tumblers which are their personal effects. Till recent past they did not believe

in eating in metallic or porcelain plates. Even if they did so, their plates were marked and were used exclusively by them. Of course, the Eastern are now more influenced by the Western and are losing these values fast. Let not this analysis be mistaken. It is factual. If we need better health conditions, we need to educate ourselves about some fundamentals which are lost.

The Law of vibration needs better exposure through education. Every animal has its vibration, every man too. And each vibratory quality is different from the other. They cannot be mixed up indiscreetly. We touch everything today. There are people, who sleep on others' beds, wear others' clothes and eat in others' plates – even from others' plates. Many drink from the same bottle! The vibratory quality cannot be mixed up! When the science of vibration is understood, then the related discipline is respected and picked up. Regulations in matters of preparation and consumption of food and drink are but fundamental. The practice starts at home!

5. SHRINE ROOM

“It is your responsibility to ensure the place of prayer to be of utmost purity and cleanliness. Your effort to keep it pure is the indicator of your eligibility to progress”.

- Master CVV

We understood about working with the light, the air, and the fire. In a house, the place of worship, is arranged very next to the fireplace. It is not for convenience of moving the cooked food for offering to the God! It is because Fire or *Agni* is the foremost among the intelligences of creation. We say, '*Agre Nayati iti Agnihi*'. So, where there is fire, there are other intelligences as well. Therefore, adjacent to the kitchen, orienting to the East or to the North, a worship place has to be arranged.

We all know that the worship place is to be kept as clean as the kitchen or even more! It is from here, that the

fragrance and the vibrations of your worship permeate the entire house, also the entire compound and even beyond! That is how the worship place has to be.

In the house there should be a shrine room, where there are no other activities except meditation and study of the scriptures. This is the heart of the house. A house without a shrine room is like a man without a heart. It is alright, even if it is just a very small place. Sometimes, in spite of sincere effort, arranging a shrine room like this does not become possible. It is then indicative that we are not yet ready for working with light!

It is necessary to magnetize a place through continuous meditation and study, so that the energies there co-operate with us. In the same way the group should also have a place. This is a great healing work and will also help those who later follow us. We should always read at the same place, orienting to the same direction, and if possible, always at the same time, with a concentrated mind.

The place should be pure and the things in the room should be clean and shining. Order brings an electric and magnetic effect. We should daily wash the floor, no matter if it is dirty or not. Water can insulate us from non-good elements. A candle and incense preferably of Sandal,

should be regularly lit there. It would maintain the ambience pure and fragrant and would bring in much 'Will'. The candles and the study material should not lie on the floor. They should at least be placed on a chair.

Within the house, it is good when the shrine room is located in the North or East, since this brings an orientation towards the subtle nature. It is best to have the altar placed in the north or east of your shrine room so that when you sit for prayer or worship, you would face either North or East. North stands for silence and contemplation, and East stands for light and wisdom. Northeast is a combination of silence and of light and is regarded as the place of the presence of the male-female God. Every spiritual activity in the house should be directed towards North, East or Northeast.

Spiritual Symbols

Spiritual symbols are living entities. They are not inanimate things. They generate vibrations which reset the thought patterns of the dwellers of a residence.

The vibrations are subtle and gentle. They enter into the minds of those who relate to them and rearrange their thinking pattern to fall in line with order. Disorder is eliminated at the thought plane and Order is set. Right

thoughts occur and right direction is gained. If the dwellers of the residence are devoted and relate to theistic practices, this is easy. Devotees are drawn quickly to Divine energies. To the Divine, it is easy to relate to them. The symbols could transmit the energies and bring in health and harmony at home.

In India symbols are plenty but their appropriate use is rare. Remember every spiritual symbol at home is a “Being” at home. Do not neglect them. As you relate, they relate to you! Symbol, Colour, Sound, and Number are but mediums for transmission of Divine and subtle energies. Relating to them is a science by itself!

6. WATER

We understood about working with the light, the air, and the fire, in relation to our dwelling. We now learn about functioning with water.

Water management is very important in the house. There has to be a passage for the entry and exit of the water without any impediment. The used water shall have to move out and fresh water shall have to come in, in a manner that, there is no stagnation of water anywhere in the compound. Water shall have to pass through easily. Likewise, light and air have to come and pass. This is how, we have to ensure that we have a proper management of water within the house.

It is not enough, if you make sure of this, only in your house. You have to further make sure, that the used water gets away from the compound, because it can breed mosquitoes all over. On account of our inability to manage

the towns, villages and cities, we are unable to create outlets to the used water. Within the house also, we have to make sure that there is a proper place for that water to sink. This is specifically important in places where a proper drainage system is not present. For this reason, in olden days, they used to grow banana plants in the backyard. Because Banana plants absorb lot of water, and the bananas can also be further used as food. That is how all used water was collected into a corner, mostly into South-West part of the compound. In us, Southwest is the defecation point. We have to make sure that in the South-West, water finds its passage either into the drainage, if there is a drainage system or else into a plantation where water gets absorbed into the ground. There should be no stagnation of water.

Cleansing and Bath

In traditional Indian houses, to every visitor, water is offered even at the front yard, so that they could wash hands and feet before entering the house. Even the members of the house would remove their footwear, and wash hands and feet before entering into the house. Offering water to wash hands and feet was built into the custom. Washing hands and feet before entering the houses was also a regular practice. This ensured insulation of the energy as one

walked into the house. Many are the sensibilities of the ancients, which the moderns are to sense again.

To keep one's own energy system intact, there is a need for a system of insulation. Without ensuring such insulation if we act, we contaminate and pollute the energies. We cannot mix up electrical wires that conduct different voltages of electricity without insulation. We cannot mix up the drainage water and the drinking water systems. Likewise, there has to be adequate insulation between the outer and inner, as regards the house. With the act of cleansing with water, as we get into the house, the outer impurities are dropped at the threshold itself.

Frequent bathing is another important measure. Bathing twice daily, once in the morning hours before the start of activity and then again in the evening after concluding the day's activity has a good impact on health. Water has electrifying effect on the body. Each time we bathe, we get refreshed. This is a common experience. Disinclination to bathing is an unhealthy sign.

Bathrooms should not stagnate water. Flowing water is much effective and if not, an overhead shower could be used. Use of gentle flowing music also helps the process. However, prolonged duration of bath is to be avoided.

Organic cleansing products are preferable to chemical soaps and shampoos. We gain much vitality through bath and therefore bathrooms should be maintained very clean.

Flowing waters and spring waters carry more life currents than stagnated, or stored water. It is unfortunate that we, the humans have no more access to them due to the pollution we caused and also due to the way of life that we have developed that is farther from Nature. The civilisations of the past, the Indus valley, the Ganges valley, the Nile, the Jordan valley were developed alongside the rivers. Today, our drinking water as well as bathing water are stored waters. It is therefore, no wonder, that there is even more stagnation of life current in the body, causing more diseases than before.

When waters in the body are purified, the emotions are filtered. Water insulates and restores one's own energy system. For instance, when one visits a house of bereavement, he picks up a bit of the thought of bereavement, having shared the thoughts with the bereaved. This can be overcome if one takes bath on returning home. So also, when one visits commercial places (like super markets, departmental stores, and malls etc.,) one brings home, along with him the commercial thoughts hovering

over the place. Not infrequently, we see people devitalised after visiting such places. This is because the thoughts hovering over the place gain hold on us. Upon returning home, if one takes a shower, he gets restored to normalcy. Bath is therefore, strongly recommended when one visits places of negative energy, places of dissipating energy such as commercial centres, houses of bereavement, hospitals, sick homes, entertainment centres, and crowded places.

Bath is also recommended when there is undue concern of anxiety, fear, or sensuous longing. A head to foot bath relieves one from the bothering thought patterns. Each time we move in the city (or town or village) we walk into variety of thought forms, along with our thoughts. People emit thoughts of a large variety. We live and move in this thought energy.

Thought is generally more powerful than the average humans. They are the vampires that hold weak men and women. When certain strange, unhealthy and unnatural thoughts prevail, it is better to get into shower to overcome such thoughts. It is therefore a healthy practice that as soon as one gets back home after the day's chores he goes through a shower and prepares for the rest and internalisation! This is an occult approach.

7. MATTER

We now consider the material used or matter in the house. The matter that we use for the house shall have to be light, as far as possible. It should not be very heavy. Heavy matter is like a heavy body and light matter is like a light body!

When it comes to matter, we have the minerals, the metals and the trees. Wisdom tells us that the usage of wood is much better than the usage of Iron in the house. Wood comes from the plant kingdom and Iron comes from the mineral kingdom. From mineral to plant there is an evolution. Earlier, in all our Asian houses and in Temples, wooden images and idols were used. Slowly we have shifted to stone. If you see the Temple at Puri Jagannath (India), they take the sacred tree, make the images of God, and place them for worship for 12 years. Every 12 years they are changed. Wooden images give greater life than a mineral or metal image. Even if you go to remote places in Rayalaseema

of Andhra Pradesh (India), there are Temples where there are wooden images. If you go to places like Tirumala, people collect wooden images from the shops there. The point here is, not to shift whatever you already have in your *Puja Mandir* (Shrine room) to wood, but to ensure that you tend to use more wood than Iron.

Earlier we were building very thick walls, but now the walls have become thinner. Earlier we were using wooden windows, and now we use glass windows, where there is more transparency and light coming in. You should make sure the matter is more and more light in the house and not heavy. By tradition, we are slowly coming away from heaviness towards light, and to very light objects. Through the Aquarian age, the impact of Uranus is bringing us to lighter things.

Every material accumulation draws off energy. We should only have things that are needed for a minimum comfort without feeling uncomfortable; starting with shoes and clothes. By giving away accumulated material, money is also released, which we could use for service. Things like wisdom books, crystals and the like, can be had at home. They help us with the work. If we want to make headway on the spiritual path, we have to comply with these

fundamental things, otherwise it would not work! Only when everything in us and in the house is well set, we can go outside and take charge of larger service responsibilities!

Material used for building

When it comes to material, which you are using for building, Iron is not considered so good. Iron draws magnetism from the beings. It absorbs magnetism of anything that carries magnetism and hence iron is a material which causes slight disturbance to the life.

Astrologically speaking, Iron is associated with Saturn. Iron has the energy of *Kali*. Wood does not carry such inferior energy. Slowly in the West, they are thinking of replacing iron with wood in matters of building. Use of wood from the trees which are positive in their vibration, helps a lot and is strongly recommended. Wood gives a greater vibration of life when compared with plastic or Iron.

A house which is built with mostly wood and glass vibrates with vitality. Among the building material, natural material is preferred. Bricks native to the land are more appropriate than bricks which are foreign to the land. The bricks of the land integrate better with the land than the bricks which originate from a distant land. So also, the stone and wood. Building material presently used, is generally

considered to be good except for the mass of iron in it. Stainless steel is considered to be of much better energy than iron. The steel which is stainless is purified iron and is therefore considered good as compared to iron. Slowly, the building material technology is also evolving in comparison to the past and we now have houses with lesser weight.

The lighter the house, the better it is as long as the strength is not lost. If you see the houses of the past, the wall is quite a mass. Now the mass of the material is reduced, and strength of the material is increased which is considered to be good development over the past.

Material management and maintenance

The material, used for construction and at home, must be purer and the material content is to be regulated. We do not keep on accumulating the material. Distribution of material makes one lighter! It shall be periodically ensured. Efforts have to be made to bring back the unused material into circulation and enhance the utilization of resources.

It is a third ray activity. Periodically, we need to examine at home, what material is remaining unused in the household and try to recycle them. Further, the arrangement of objects and material at home shall have to be very orderly. It enables orderly functioning and manifests

much power. All material shall be maintained very clean and in working condition. Maintenance also, is equally important. For example, we may have problems with the functioning of electrical equipment or with the water management. A flickering electrical supply is like a man who gets on and off, into the line of thoughts. It is representative of a fickle mind, a mind that does not have constant vibration. Further, it is considered as a ritualistic way of functioning is when everything is orderly, and well maintained. Repairs have to be promptly attended to. Be it a clock, a lamp or a tap. Everything has to be set to its utility and well maintained.

It is very essential that we constantly strive for the upkeep of the vibratory quality of the house and even better it over time. The work is to build a superior energy system that contributes towards efficient fulfilling of soul purposes. Every unit formation has its own vibratory note according to time and space. There cannot be same vibration but there can be similar vibrations between two units. This science of vibration, the use of matter and the contact with matter and beings is to be learnt. It is but fundamental, if any progress is to be made by an occult student.

8. ENTRANCE

When we think of frontage of the house, it has to be as beautiful as one would like one's face to be!

The frontage of the house is the face of the house. That is why, the frontage of the house should always be kept well decorated and auspicious. An auspicious *Simhadwara* or *Mukhadwara* meaning the main entry point, should always be kept very clean. In India, we even make decorations of flour and colours called *Rangoli* in front of the main entrance. There is also a practice of setting up certain fragrant things in those *Rangoli(s)*. Artificial chemical powders are unhealthy and are not to be used.

Breeze comes through the entrance. Having a plant of *Tulasi* (*Ocimum Sanctum*) there is seen as very auspicious. A plant of *Tulasi* wards off all evils. It is said, when we look to the plant of *Tulasi* daily, our face itself gains sanctity. So, if we have a *Tulasi* plant in the front of the

house, inevitably there is sanctity gained. As we get into the house and get out of the house, we look to the *Tulasi* plant. A sacred plant and flowery decoration at the entrance, also shows the quality of thought that we carry with us.

The entrance separates the inner from the outer. That is why, there is a threshold at the entrance which is seen as a point of cross over from within-to-without and from without-to-within. The threshold allows cross over from objectivity into subjectivity and from subjectivity into objective world. This correspondence exists for the human body, the house and the Temple. Practices of discipleship suggest that, these correspondences be cognised and the transformations be worked out sincerely.

Home Coming

A good house allows harmonious functioning and thereby easily facilitates rest and turning inward. It is truly, a 'home coming'. A Temple has an outer compound and so does the house. Beyond the territory, it is the world, and within the territory it is the subtle world. Within us, the central vertebral column is the home!

There is an objective or outside activity and there is a subjective or inside activity. Be it our body, house or the Temple, it is the same. Outside activity is totally different

from the inside activity. Every man knows that there is something within oneself and something outside. In one's hours of solitude, he thinks more inside. We have two minds, a mind that functions in objectivity and a mind that functions in subjectivity. Objective mind relates to the senses and moves out. Subjective mind appears when the senses are withdrawn and turned inward. The senses always tend to go out. They are compared to horses, which draw us out. Five horses move the chariot called the body and therefore we go out to see, to listen, to taste, to touch and to smell. This movement is with the help of the five senses, and we keep moving into objectivity relentlessly.

To bring back the outward moving energy to its source is what is called 'home coming'. A harmonious home allows us, to easily turn inward. Coming home means, if we close our eyes nothing in objectivity should come to us. As we close our eyes and if we think of our family, our profession and all that is relating to our outer activity, it means that though we wish to turn subjective we are getting into the objective world. Just as we park the car in our garage, and get into the house, we have to park all the senses too in the garage itself. The source of the senses is the mind. This mind, when it turns subjective, the horses stay put! In

other words, the horses are stabled. When the senses are withdrawn, then they can be put to rest. Then, the eye will not recollect anything relating to objectivity. The tongue will not recollect anything relating to the objective food that is taken. The ear does not recollect the sounds that were heard before. Likewise, all senses are at rest and the mind turns subjective.

Turning Subjective - Temple Work

A good ambience of the house, enables turning inward with ease and further relating to subjectivity. Only through such turning inward, the purposes of life can be discovered and fulfilled. The travel of life is smoother when the house facilitates this! There has to be training for the mind to open the outer activity at will and close it at will. That means, as we complete the activity at the end of the day and come home, nothing relating to objectivity should be with us. Then, it is just taking rest in its true sense!

Many people carry their bureaus in their mind and even into the bedroom. Even while on bed, they keep thinking about their bureau or things relating to objectivity. The Temple work is possible, only for those who can suspend the objective mind and turn subjective. The subjective activity is much more than the objective activity,

because the objectivity is not even 1/7th of the human activity. Only one-fold is outside, the other six dimensions are inside. It is in relation to these six dimensions that we have six chakras. How can we experience the inner side, unless we are able to close the outer side at will? In the Temple work, First Initiation is seen as the ability to suspend the mind from getting into objectivity and turn to subjectivity. This has to be daily practiced to be able to turn inward. A good house should facilitate this purpose!

When the mind can close the thoughts relating to objectivity at will, only then the Inner Temple will be opened. When the Outer Temple is open, the Inner Temple would not be opened. We may come into a hall and close the outer door and we may feel that we are already in the subjectivity. But while sitting inside the temple, when we close our eyes, do we think more of objective things or subjective things? Because the door is no obstruction for the mind to go out even if we are kept in a thick-walled prison, the mind can go out! And even if we do not hide ourselves in between the four walls, if we are able to go within by suspending the sense activity, the Temple opens to us then and there! To accomplish such an entry into the Temple within, a good house and its ambience should be seen as a

facility. The Temple exists at all times; it exists to those who can turn inward. Those who can turn inward are the ones eligible to enter the Temple. If we are given an entry to a Secret Temple, we do not find anything there unless we know how to turn inward. In the world there are many who conduct Secret Temples. Secrecy is a happening but not a doing. Secrecy comes from Silence.

The man who turns inward is silent as far as the outside is concerned. Silence is seen as a means to turn inwards. Objective mind is for objective work and subjective mind is for subjective work. Objective mind helps us to conduct appropriately in the objectivity. Likewise, the subjective mind is the means to experience subjectivity. The Temple activity is done by the subjective mind and not by the objective mind. Man should be able to train himself to turn subjective. There is no other way to enter the true temple.

The Home Within – Inner Chamber

Truly speaking, the spinal column within us is the 'original home' to the being. This is the column in which we live, and we come out through the aperture of the heart centre into the objectivity. For all objective activity we came out of that original house, and we lose the key to make an entry back

into it. Unless the practices are well worked out, we are just at the entrance of the main door and not within the house!

We came out of the 'Inner Chamber' and we are not able to find an entry back into it. The sole key that enables us to make an entry is the sound, and we need to use it to open the main door, the door that opens into the subjectivity. When you move into the inner chambers, you have moved into the frontiers of the 'Holy of the Holies', the 'Sanctum Sanctorum', which is described in the book "The Secret Doctrine" by Madame H.P. Blavatsky, and which is also called the 'King's Chamber', the 'Womb', or the 'Innermost Point of the Temple'.

As you enter within the column, you are called a 'Column of Consciousness'. Though you have an objective body surrounding the column, you cease to exist to the objectivity and to you, existence is only within the column. This is what they refer to, in Masonry, that each member is a 'Column of Consciousness' within the temple.

When once we enter into this column, there is no more objectivity, unless you wish to get back. Therein you meet a triple principle functioning in three ways, namely: creativity, continuity and conclusion. All our activity is on account of these 'three lights', they are the 'Subjective

Lights'. It is they who make you commence an act, continue the act and conclude it, only for a fresh beginning of another act.

If we make an analysis of the actions that we carryout, there is the beginning of an act, the continuity of it up to a period, and the conclusion of it only to make another beginning. Thus, activity is just triangular activity. These three energies reveal themselves to you within your own being.

Thus, the science of correspondence between entering the house, entering a Temple and entering within are to be worked out!

9. BEDROOM AND SLEEP

The entire house, including the visitors room, the kitchen, the dining and then the bedrooms must have a good passage of Sunlight and air.

We must recognise that the bedrooms are as good as the meditation rooms. Every night, for us to 'take-off' from this body into subtle planes, bedroom is the place that serves as the runway. So, the runway has to be very clean! The beds, and their placements must be orderly. There should be no disorder.

The head can be positioned towards any direction except North. (This is for those in the Northern Hemisphere). East-West orientation is always the best. If it is oriented North-South, the head has to be towards South. Bedroom is a place for transportation. Each one of us, the moment we are asleep, we move out of the bed, we move out of the room, and we move into different planes that are

subtle. In sleep hours, we do not just stay within the four walls of the bedroom. Therefore, we should sleep with a pure body, in a well prepared and clean bed and have a bed-light or a candle in the room, so that it protects our body during sleep hours.

The Masters inform us that in the Aquarian age man will walk into a booth and then press certain buttons and he dissolves his body and moves on to get into another booth in another country and then he decodes the number, to get back his body! This is a prophecy. It may seem like fiction but this is what is happening to us every day in the bedroom. The only difference is that we come back to the same place (back into the body) by flight!

When we do not come back, we are confused and frightened. Many times, it so happens that, people who have taken off, do not come back! It is called death! So, bedroom is the place where you have to practice and pursue the question of what death is, with all leisure.

Every day we are given an opportunity to practice death, because there is no death as such. As much as we fear, so much death exists! We can be sure of meeting people in the next life, but the practice has to be in the bedroom. That is why these practices are suggested for people who

have finished the other works in the bedroom. The activity of procreation is not prohibited. The beauty of wisdom is that it does not prohibit anything. It only tells you which is your priority. If that is your priority, go in the set direction and move forward. If you think, you are a yoga student, knowledge of death should be your priority! Nothing else can be a priority. Please remember, there is no science, other than yoga that can enable you to consciously travel from the state in which you are in, to another state. You can experience that you do not die really, and that death is a myth! To practice this, bedroom is the platform and a laboratory.

Hence the bedroom has to be as clean, as tidy, and as vibrant as a worship room. Normally bedroom is filled with too much material inside the almirahs! So many things are stuffed within, and when we open the door, the material falls on us! Up the almirah also, we keep suitcases, folded beds, and so many things in the rooms. You look anywhere in the bedroom; it is full of material. On the contrary, the bedroom should be an excellent place for take-off, a vibrant place, and a clean place with as little material as is necessary. This discipline is needed, so that a conscious travel is possible and also that we can sleep well. To sleep well means,

to be able to sleep in an orderly manner. There is an orderly way to sleep. Orientation to the directions as mentioned before, is to be followed. There should be a gentle passage of breeze through the bedroom. Make sure that you have light colours in your bedroom. No dark colours are to be used in the bedroom and no dark coloured bed-sheets. Very light coloured bed-sheets and pillow covers are to be used.

A place is to be arranged in the bedroom, where you could place incense regularly, before you go to sleep. The room should not smell. Incense is to be used regularly in the worship room, in the bedroom and also in the visitors' room. It is always better that the house is filled with a kind of fragrance to ward off negativities. Also, arrange a small lamp or a bed light in the bedroom. If you use bed-light, let it be of blue colour. Do not use red colour. Arrange a blue colour lamp, an incense and then prepare for sleep. This preparation for sleep is far more important than many practices that we do!

All this preparation, arrangement and practice enables a conscious travel and good experiences through sleep. Along with this preparation, you may relate to any worshipful stanzas which would also mean some kind of well-directed emotional attachment to the Lord. When the

emotion is directed to the Lord it is devotion. Prepare your mind to get into sleep with a short study of scriptures. Do not make elaborate studies and intellectual studies before sleep! That is why, the teachers give teachings on *Upanishads* and *Bhagavad-Gita* in the morning and *Bhagavata* in the evenings. They do not teach *Upanishads* or *Vedas* in the evening because they are too thoughtful. They do not cause that kind of magnetic attraction to the divinity. In the night, relate through such worshipful stanzas of the Lord in *Bhagavata* where the stanzas would make you visualise the lord just in front of you. Fifteen minutes, before you think of sleep, you may get into such stanzas and then get into sleep. Thereby, we inevitably sleep well, and we will have *Vibhuthi(s)* in sleep. *Vibhuthi(s)* means divine experiences. Instead of other horrors in the sleep by the way of dreams, we get into divine experiences. That is the best way to sleep and with such preparation, as you progress, in about five years' time, you would surely start getting much better experiences in your sleep.

Pets at home

The place of sleep is to be maintained well in terms of the quality of vibration. Misplaced love today makes man (and woman too) to entertain animals in the houses - sometimes

in the bedrooms, even in the beds! We see people kissing and hugging cats, dogs and other pet animals. We see many who feel companionship of animal better than human. It seems logical but from the standpoint of common sense it is stupidity. Of course, common sense is uncommon with modern man.

The presence of animals brings into the house, the related vibrations. For example, cats enable phenomena like dreams and visions. In ancient times in Egypt, cats were maintained in meditational places to enable a better reception of energies. Cats are not used in true occult schools, but they are used where mediumship and phenomena are resorted to. In the Hindu traditions, the cat is seen as a non-sacred animal. Cats do not really help in developing spiritual awareness. They only help with the stimulation of psychic energies. The soothsayers and the witches were mostly relying on cats in Egypt for their magnetic impact. In the path of Raja Yoga, which is intended for self-realization, the cat is seen more as an obstacle than as a support in promoting spiritual energies. People also have dogs as pets which are much better in terms of the positive energy that they emit when compared to the cats. Cows are also kept at home.

The animals can be cared and caressed, but not in the houses or bedrooms but in the yard exterior to the houses.

It must be understood that the animal kingdom is appropriately related to. Service is rendered to them. The special vibratory quality that few members of the animal kingdom hold, is also gained through appropriate relation. Examples include the Jupitorean energies of the elephant due to which they have a special place even in some Temples. However, care is taken not to mix up the energy system at home.

Right understanding is the key!

10. DIRECTIONS

Directions are very important. Basically, we all know about entry in the North or in the East or in the North-East. We know about the kitchen being in the South-East and then cleaning places in South-West. We will now try to understand few more dimensions relating to the directions. The shape of the plot on which you construct a house, must be a rectangle or a square as far as possible. This must be ensured. If it is not rectangular or square in shape, you have to cut the sides in a manner to make it a rectangle or a square and eliminate the other side, however valuable that side is! The corners need to be in right angles.

North-East has to be exactly in a right angle. If the North-East is not a right angle, you will always have difficulty in carrying out your spiritual practices. Likewise, it is with the North-West. When the North-West has no right angle, you will always have problems. North-West

brings inimical energies. Properties facing North-West are avoidable. When South-West is projected, it does not let you stay in the house. There are some houses that let you live, and there are some houses that don't let you live in them! Every two days, you pack your bags and go out for a seven-day camp! Again, you come back to pack your bags. Your house is like a transit house, meaning, it does not let you stay in the house. If South-West is not in right angle, you also have problems of continuous loss in the material world. If South-East is not in right angle, there will be problems from within the family. The spouse can be a problem or there can be problems in relation to the children. These are all the dimensions, that we have to ensure to be taken care of, in selecting a plot for the house.

Whatever kind of plot or the site, you receive, make sure that it is made into a right angle at every corner. A rectangle is better than a square, while the square is also a recommended shape. In a rectangular plot, the length of the plot has to be more than the width of the plot. The length of the house has to be more than the width of the house. It is frequently noted that, when the width of the house is more than the length of the house, there is death to the owner of the house. If he has short life, he builds like that.

There are some dimensions of Vaastu, which we have to take into consideration. Depth of the house gives depth in life. In a house which is very wide, there is no depth in life. It is very shallow. It is not easy to live in places which are wide. There has to be at least as much depth, as the width. And it is much better, if the depth is more than the width. If our body, is very wide and not tall, how does it look like? Can we survive? If we are growing horizontally, our chances of survival are few. But if you grow vertically more, and less wider, you stand the chance of living longer. The same principle applies in the context of a house. All the sciences are conceived on the basis of common sense!

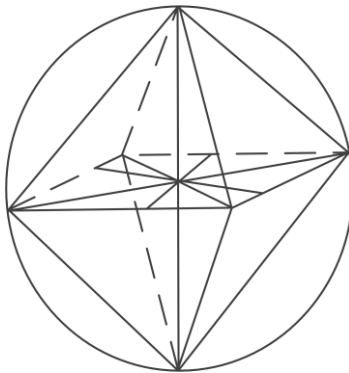
Directions and the Body

The purpose of building the house is to enter into it and live in comfort. Same analogy applies to our body also.

In our body, the face is East and head is the North. They have to be kept clean at all times. Then we have South-East which is in the Stomach which has to be clean. South is the heart region. It should be kept clean. West represents the base of the spine, and it must be very well guarded. If there is any problem to the spinal column, the life is almost half-dead because it is the very scaffolding on the basis of which, the whole structure remains. Further, North-West is at the

nostrils. You should be able to breathe well. The nostrils are seen as the '*vayavya*' or the Northwest. South-West is the place called '*Nirruithi*' and is us it the place where we excrete and throw out the impurities, which must also be kept clean. North-East is the forehead. It is our '*Ishanya*' and has to be good enough to receive light.

Our face has to be as attractive as *Indra* or *Agni*. '*mukhadindrashcha agnishcha..*' says the *Veda*. So, it should be radiant, and it should be magnetic. Because of *Agni*, it is radiant and because of *Indra*, it is magnetic. When it is so, people would like to see your face again and again. It is not the physical beauty, that we speak of. It is the kind of attraction gained, when you have the right approach to life. The face gains the related magnetism and radiance.



All the eight dimensions relating to the directions exist in us. Then, above is in the top of the head and below is in the bottom of the feet. Together, it is 10 and along with the centre, it is 11. This is also the symbol of a double pyramid.

You can also observe in you, how the five elements are working - you should have enough passage of air; and you must carry enough light causing optimum functioning of the pulsations and the five sub-pulsations. You should also, always carry optimum warmth in the body which gives you the resistance from variations in daily weather. If the warmth is well-maintained in your body, it enables you to meet all seasons with comfort.

Likewise, waters in the body must be observed. Waters in the body include secretions in the body also, both the internal and external secretions. How is our water management and how is our matter management? We must pay attention to these things in relation to ourselves.

City Building

Originally when towns such as Mysore (India) were built, they were built with roads at right angles to each other. There was no confusion! But once the kingly rule was gone, we, the masses started ruling ourselves. We started

destroying the rhythm and the system of the city. We all like to see cities like Paris, London, Vienna, and Rome. These are the cities which were built according to the human constitution. If you think of ancient cities such as Dwaraka, Hastina and Ayodhya; they were all built in tune with the human constitution. Ayodhya is divided into 12 parts representing the 12 sun signs of the body. The Heart Centre was the place where the Kingly palace was there. It is unconquerable. Even in us, the heart is very well protected by the cage. This is how, the city was also named Ayodhya – meaning, unconquerable.

City planning and building is a science by itself, very much like building of a form. When the *Devas* build the human form, they build it, in tune with the science. Our problem is, we do not know how to live in it! Further, when we build something, we do not know how to build it, and then we do not know how to live in it. We do not know, both the sides!

When it comes to human form, it is already built for us. We should know how the human form is, and accordingly build for ourselves. That is how the building of any form should be seen in tune with the human form and in tune with the creational form. These correlations are very

important. If we build without these correlations, you are building something in which you do not really experience anything. This information would help you if you care for these dimensions in all your future buildings.

11. THE PURPOSE

An Like it is with everything else, there is a purpose that a dwelling or a house enables us to fulfil. It is so, with the body, a house or a Temple. A student of Occultism comprehends this and functions accordingly. Then, there is an experience without getting into the related bondage.

Utility, Purpose and Comfort

When the purpose and utilitarian dimension is not well understood, man runs after comforts and gets into a race of expansionism, acquiring properties and looking for comfort and luxuries. A house and likewise a healthy body is essential to function with ease in objectivity, and also to retreat into subjectivity. Otherwise, both lead to a state of bondage!

Master Djwhal Khul informs us through his teachings, that the first ruffian that meets a student is called physical comfort. This ruffian binds us to the base centre or

the physical plane! Do we crave for comfort, or don't crave for it? A person who craves for physical comfort has produced the first ruffian in himself. Already the physical body started showing up its indifference to the Soul. Many of us have not crossed the state of bondage to physical comfort and the lack of it. The physical comfort and discomfort exist as a pair to us.

If we look at the lives of the Initiates, they did not care for the kind of physical comfort that do. They just did not care for any comfort. To them, the purpose of the Soul is more important than the comfort of the physical body. The physical body shall have to work in subordination to the Soul. If it starts demanding comforts, it means it is not in good terms with the Soul. If there is a comfort, the physical body can enjoy it; and if there is no comfort, the physical body should be able to put up with it, because we are working at the Soul level.

The whole life, people struggle to arrange comforts for themselves on the physical plane. Thus, craving for comfort closes one door! It means that 1/3 of our physical body decides our Soul life! Physical comfort decides whether we should do something or not. That is not the wise way to decide about doing or not doing a thing. Today

we are in a beautiful place to live, and tomorrow we will be somewhere. Today we might have an air-conditioner in the room, and tomorrow we may be totally under the hot sun. Today we might have a feast of things, and tomorrow we may have to fast. Are we prepared for these situations, or do we have complaints? If we have complaints, the first ruffian has won over us. If we are conditioned by physical comforts, then we are very far away from the Temple!

Physical comforts cannot be given priority, if we wish to walk towards the Light. It means that we are very much conditioned by the material path. That is why the first test is about comfort. Lack of things should not disturb us, and presence of comfortable things should not put us to attachment! Today we may be sleeping on a soft bed, and tomorrow we may be asked to sleep on the road. If we have reservations about it, we have no entry into the Temple! We should be prepared for both! We do not have to say: “No, no, I am a saint, I do not sleep on soft beds”. We do not have to deny comforts to ourselves, but the lack of comfort should not make us weep. That is how, physical comfort itself can put us to a terrible imbalance with us. A student of Yoga works in moderation. To such one, there is a good comprehension on the rules of right living, a house and

living in harmony with the surrounding life. There is no excessive pre-occupation towards a life of comfort and luxury. Needs of the body are attended to, through a good understanding of functional health. The student understands the need to function with these wisdom dimensions to facilitate the Soul experience through the personality, which the body or a house is!

Where the Soul functions, there is no question of comfort on the physical level. Where the Soul is put to sleep, we only look for comforts everywhere. When there is lack of comfort, all equilibrium is lost. Let us therefore, examine for ourselves, how far we are fit to enter into the Temple!

Space – House

When a house is built, there is space in the house. There was space even before, which is now understood as space inside, in contrast to space outside. Inside and outside, it is space only. But the space in the house, is called the house. It is so, with the man too!

House is in space and likewise, Man is in God. There is space in the house, and there is God in man. The structure of the house makes a difference! It is Nature that tends to create the illusion of a house, relating to the space in the house. The inseparable and immutable space is

seemingly transformed into dining room, bed room, kitchen, toilet, etc. They do not exist to the space in the house.

Space is space everywhere. God, is God at all times! Man too therefore is God in essence. This dimension must be comprehended. The moment he comprehends, that, in essence he is the master that can preside over his mind, senses and the body and upon his speech, thought and action, he regains his originality. But instead of being the Master of the house (the body) he begins to be a follower of the members of the house (the mind, the senses and the body), and gradually becomes subservient to them. He tries endlessly to fulfil the demands of the subordinates. Mastery is, to fulfil the requirements of body. Slavery is, to serve the demands of the body. The choice is left open!

Recollection of self-existence is the wisdom taught from eternity to eternity. This wisdom enables focussing inward, in contrast to focussing outward as mind, senses and sense objects - and the consequent externalisation into objectivity. Comprehending these dimensions enables right living and unity of the being. When a house is built in a place, the space is distinguished as space within and as outside the house. The space, which is one, is apparently

distinguished as two. Further, the space within the house is further distinguished as drawing room, dining room, bedroom, kitchen, toilet, etc. All these demarcations are only to those who live in it, but not to the space itself. The space remains to be space, be it in bedroom or kitchen. The apparent distinguishing is for the limited purposes of functioning within the house and is not applicable to the space itself. In creation, the Nature thus distinguishes the One eternally existing Essence into many, through its qualities and principles. Consequently, the diversity or separativity is apparently felt by the created beings.

This unity, harmony and oneness with oneself and the surrounding life is the purpose of a good dwelling – be it the body, the temple or the house!

The Indweller

The Creation, the house or the body is first built, in accordance with the law and thereafter the Indweller enters into it to experience. When the Soul decides to incarnate, body can be prepared. The Grand Cosmic Person (*Purusha*) is thus hailed as the entrant into the field of creation having created such a field: rather, the field having emerged out of Him. It is the descent into that, which we create; to live in it for a period of time. He is called *Purusha*, as He dwells in

Pura(s) - the cities or the forms. The cities or the forms, having been formed of Him and out of Him, He lives in it - of course, without change.

To an Occult student, the body, house or the Temple is a dwelling place or the Lodge where the Indweller is the Lord!

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“To me, Ashrams are living beings with devotion and service.

Every house must be an Ashram with husband and wife as co-devotees and co-workers in the service of humanity. Let us be among the World Servers, who work for the lord”.

- Master EK



Dhanishta