

Master E.K
Spiritual History of Mankind
(Overseas Messages-V)



KULAPATHI BOOK TRUST
VISAKHAPATNAM

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Spiritual History of Mankind
- Last 5000 Years

MASTER E. K.



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Foreword

The seven overseas messages of Master E.K. published by Kulapathi Book Trust were all delivered in Europe, for which I am a witness and participant too. Master's talks were listened to, with rapt attention by the participants. They were all drawn to him through the magnetic voice, radiant smiles and brilliant looks of the Master. The Master was different whenever he invokes and speaks. A lot of phenomena happen around him, and the ambience is filled with sublime silence. The listeners are mesmerized and are directly put to transformation, regardless their understanding of the topics.

While the topics were very enlightening, the listeners are absorbed into an electromagnetic field and are subtly charged and lifted up into another state of awareness. Master E.K. carried not only the science of wisdom, but also the related magnetism. Till date many groups all over the planet listen to his voice, as also his teachings in regular rhythms.

I congratulate the team that worked for bringing down the lectures of the Master into book form at a uniform speed. They are blessed to do the work. May they flourish in life every way.

K. PARVATHI KUMAR

Sacred Mission

The Brotherhood of Machilipatnam Branch of W.T.T undertook the sacred mission of printing the “*Overseas Messages*” of Master E.K. in 2003. Eversince they have been doing it with indefatigable zeal and zest by the grace of the Master. Presently they have brought out the fifth volume in the series entitled “*Spiritual History of Mankind*” to be released in 57th Gurupuja Celebrations - 2018.

We are very much indebted to the W.T.T. European Brotherhood for providing us the recordings of Master E.K.’s Overseas Lectures.

Finally we attest with gratitude, the untiring efforts made by Brothers Ch. S. N. Raju, K. Rama Prasad and T. Nagalingeswara Rao in proof reading and editing these lectures.

We fervently hope, by entering this treasure house of wisdom never revealed before, the readers will get absorbed in its content that is higher and unknowingly undergo a transformation in their inner being.

Visakhapatnam
11-1-2018

Kulapathi Book Trust

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May his family be blessed by the Divine Grace of Master E.K.

11-1-2018
Machilipatnam

Ch. S. N. RAJU
Managing Trustee
Kulapathi Book Trust



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The publishing unit is constituted to propagate the Ancient Wisdom given out to Humanity from time to time. The proceeds from the sale of the book are utilised for reinvestment in similar books in pursuance of the objective of the propagating Truth.

The contents of this book are dedicated to the humanity at large. They belong to the One Light and the One Truth that pervades and is beyond the concepts of Caste, Creed, Religion and Nation.

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Spiritual History of Mankind *- Last 5000 years*

The spiritual history of mankind during the last 5,000 years is the subject of the evening.

Actually, the spiritual history follows the spiritual evolution of the human beings. History is the surface value of something that is going on in human beings. It is a statistical record of results the causes of which are there in the human beings. The causes depend upon the stage of evolution of the human beings. The story of evolution on this earth belongs to a very ancient date, whereas the date of the so called biological evolution belongs to the date of Charles Darwin and his followers. But, the concept of biological evolution is only a piece meal record of the real evolution. There are many questions and many problems which the theory of biological evolution cannot solve. The real theory of evolution which is age old belongs to the ancient nations. It can be gathered from the scriptures of all the nations which have been systematized during many centuries on many occasions. The latest has been systematized by the present Theosophical movement.

By the word Theosophical movement, I do not mean the Theosophical Society or any one organization that was

there in 19th or 20th centuries, but I mean all the standard and spiritual bodies. For example; the Theosophical Society, The United Lodge of Theosophists, The Organization of Alice A. Bailey and the various ritualistic orders of the day and many philosophical institutions and theosophical institutions in general. All these institutions put together form groups or parts of one big organization which has been going since the ending of the previous century. It started gaining momentum, in gathering all the information of the scriptures of the ancient nations and once again systematizing the knowledge, so that the human being of the rationalistic age can understand it easily. This is what I mean by saying the Theosophical movement. That is, the spiritual organizations that are not imprisoned by any religious organizations.

There has been much move and much stir in the understanding of the term "evolution" after the Theosophical activity began during these two centuries. Necessarily, the word evolution has two different magnitudes of meanings in two different fields today. To the biology student and professor, the word means something. To the student of spiritualism, it means some other thing. The concept of evolution, according to the biology professor and student, is very narrow having many missing links which cannot be answered. It starts from the unicellular organisms like amoeba, euglena and chlamydomonas, and it runs up to the stage of the human evolution and beyond the stage of the human evolution. It has nothing to present us except a very ugly picture of the future human being.

For example, it was described that the future human being will have a big head with all the other parts of the body suppressed into the head, because he does not need to use the mechanical organs of the body. His intellect will be developed in such a way that he has the technological and scientific development enough to have everything at his beck and call and the use of his organs will not be there. According to the biological theory of use and disuse of organs, all the other organs will be suppressed and the head will develop into a bigger size. Except this very ugly picture of the future human being, the present biological science has nothing to present a hope to the humanity.

So, by the word evolution, we are compelled to use it only in the spiritual sense and not the biological sense. ***The difference is that, in the biological science, evolution is meant as the evolution of matter and form, whereas in spiritualism, we are made to understand that matter has no evolution, it is to be handled by an intelligence who is governing matter.*** For example, we are existing in this physical body and we have to handle this body. Otherwise, the body has no significance or use at all. The use or misuse of this body never depends upon the quality of the matter of this body. It depends upon the indweller of the body, the person who is living in the body. Evolution is something which belongs to the indweller and not to the matter, just as the maintenance of this hall depends upon the person who manages this hall, and not the quality of the walls or the brick or the mortar. Similarly the evolution is something which belongs to the indweller of this body and here the present biology has nothing to give

us. It is the spiritual science that gives us the idea of true evolution. Therefore, the spiritual science is important and the one who follows the spiritual science and the one who is a real student of spiritual science can make a good use of any science existing.

When one is a Master of any other science except spiritual science, one can make a use or misuse of any science one knows. Real education never exists in the knowledge of any science except in spiritual science, because whether man uses his scientific knowledge for destruction or construction depends upon his own disposition and personal training which is part of the spiritual science. One who is not a real student of spiritual science cannot have a mastery over the knowledge in various branches. Hence, the spiritual history of humanity is very important and the spiritual evolution of humanity is more important because history is only a catalogue of incidents, a chronological study of facts which is not independent. It has its causes in the behaviour of the human beings. The spiritual history of humanity has its causes in the spiritual evolution of humanity.

So, the subject for today's evening, the history of the spiritualism of humanity, has its true causes in the evolution of spiritual science through the past 5,000 years. I do not exactly understand why 5,000 years is taken, but I take it for granted that there was a great event 5,000 years ago which is marked as a mile stone of human evolution. It is the beginning of one of the bigger cycles of time which marks the geological and the human cycle. The earth has its own cycles which can be called geological cycles. There

are sub cycles in the geological cycles which belong to the real history of mineral kingdom of this earth and they have their sub cycles which have to do with the plant kingdom of this earth and they have sub cycles which have much to do with the animal kingdom and its evolution on this earth. And still there are sub cycles which have much to do with the evolutionary human kingdom on this earth. The sub cycles that deal with the human kingdom are generally called the zodiacal cycles, the astrological cycles which are marked by the precision of the equinoxes through the 12 signs of the zodiac.

For example, when the equinox was passing through the constellation of Aries, it was called the age of Aries or the **Arian Age**. When physical and mental ability was the criteria, heroism and war-like nature was the deciding factor. And then, after 5,000 years, there was the age which was called the **Piscean Age**, the age of fishes where there was the development of intellect, replacement of physical ability by the intellectual ability and replacement of crude weapons by finer and more destructive weapons, and replacement of armies on land by the ships in the ocean. International supremacy was decided in the Piscean age by the naval strength of any country or nation. That age passed away and now we have entered into an age called space age which is called the **Aquarian Age**. The age of naval supremacy and ocean supremacy is over. The supremacy of air has taken its place. The aeroplane has occupied the place of the weapon. The radioactive energy has replaced the other things and whether destruction or construction has taken a more effective and significant turn.

These are examples of the sub cycles of the human kingdom. But they are minor cycles whereas there are the bigger cycles. For example, this is one unit of the bigger cycle. So, many earth, human, lunar years, is considered to be one unit of the mineral, biological and the human cycles. In the scriptures it is called kali or the unit. The word "kali" means a unit. It is called *Kaliyuga*. Yuga means age. It is called kali age. We are now in this age. It is 5,000 years ago, this age started. I think this is the reason why today I am asked to speak about the spiritual history of humanity during the past 5,000 years. I think it may be the cause. About these cycles we can speak some other day, because it is not the main subject of this evening. Anyhow, to those students, who are regularly attending the classes of Pythagoras teachings, I will devote one full class for these cycles going into deeper details of the subject, because Pythagoras was the past master of the study of these cycles. In a class we can go into the details, but not in a conference. So, just I leave it here.

We are living in the *Kaliyuga* or Kali age which has its magnitude of so many human, lunar and earth years. Remember that they are not the calendar years according to our Gregorian calendar. We go wrong if we calculate them according to the calendar. We have to make calculation only in the scale of the lunar year. A lunar year means one unit of 12 New Moons and 12 Full Moons. This cycle put together is called one lunar year. So, many lunar years is one *Kaliyuga*. 5,000 years ago we entered into that *yuga*.

It is generally described in the scriptures that we are in an age of reasoning, rationalism and understanding. Previously, instead of reasoning, we had what was called "belief" as the motivational force of human activity. One person believed another and they could live together. Now one person should reason out the reasoning power of the other and the possibility of peaceful coexistence is less.

Instead of rationalism, there was what was called faith. That is, in the goodness of humanity, people used to believe one another. After this Kali age has started, it is difficult to have faith upon the goodness of humanity, because everyone knows himself how good he is; and he can have only that much of faith on others. So, the possibility of peaceful coexistence is therefore less.

Instead of understanding, there was what was called devotion. Devotion was the motive force of achievement in the past ages. Now understanding is the only motive force that the human fellow has. This is what is given in the scriptures about the present age. The mutual relationship between two persons, two groups, two countries and two nations is described as utility, that is, a commercial relationship. I will try to be useful to you, because I want your help. This is the human relationship in the present age, whereas in the previous age, it was mutuality. Another aspect is remuneration and labour are decided in the order given. The remuneration is first decided for what we have to do, whereas in the past ages, it was in the reverse order. Labour is contributed by 10 people and remuneration belonged to the group and not to the individuals. It was called sacrifice whereas it is now called remuneration. This

is another difference between the past ages and present age. These are a few points described in the scriptures about the *Kali age*. We have the concept of greatness as one of the motive forces, whereas in the previous ages, it was the concept of goodness and not greatness.

At the present age, we have something valuable which we consider as the motive force. In the ancient age, one thought about something useful. He never cared whether something was valuable or not. Like that there are many things described about the present *Kali age*.

Analysis is the keynote of the present age, whereas synthesis was the keynote of the previous ages. Finally it is said that there will be an essential disintegration of human society into groups little and little. Bigger nations and countries will exist no more. People are forced to go into little self-sufficient administrative units, that is, a thorough rearrangement of the human society which is necessitated and compulsory and not voluntary. The result is wars and destructions become more and more frequent.

This is what is given about the *Kali age* in the scriptures. We need not think that it is a bad age. In the same scriptures it is also said that it is a challenge of human virtues. It is a call forth of the essential goodness of the human beings. It is an inevitable application of the goodness of the human heart. The spiritual progress of the human being will be faster than in the previous ages. Any little spiritual movement will have its maximum utility and value during this age, because the smallest candle gives its maximum light in the darkest room; whereas when there

is Sun light, even a light of 10,000 candle power cannot be a light. This is also given in the same scriptures. Finally it is said that any individual can think of the one man living in all the human beings of this earth; he can understand the one human being having so many millions of human bodies. That individual goes into meditation very easily, whereas in the past ages, one had to conduct austerities and meditations, and one had to retire into the forests and observe great practices for prolonged periods of time. For the better results, an easy meditation is enough for the present. ***One who follows the path of devotion can neutralize the effects of the Kali Yuga around oneself. He can influence the environment in a positive way to his maximum ability which was not at all possible in the past ages.*** This is also given in the same scriptures about this age.

We are living in a very peculiarly important age for the past 5,000 years or more. Astronomically speaking, there was a major planetary conjunction of all the planets on the occasion of a New Moon in the beginning of this age. That was the beginning of the present Kali age. Just a few years before that conjunction, there was an international war which was called the *Mahabharatha* War. After the *Mahabharatha* War, 33 years passed and then this Kali age started. This is about the astronomical evidences of this age which you can find in the contemporary writing of a great Epic which is called *The Mahabharatha*. You will find the same evidences given in English with good discussions so that we may understand them easily in a great book called "*The Secret Doctrine*"

written by Madam Blavatsky under the heading "The Zodiac and its Antiquity". Of course, afterwards we will find it in many books. But she was the first person who introduced the topic in English among the English reading public.

So, when we make a study of these 5000 years, we have to begin our study with the *Mahabharatha* war which began with a great initiation called the *Bhagavad Gita*. We have to start the history of spiritual evolution with the *Bhagavad Gita*. Let us start with it and try to trace the spiritual history of humanity till now.

BHAGAVAD GITA

The *Bhagavad Gita* started with a question: "Is war desirable or undesirable?"

The fellow who was expected to fight in the war went into the midst of the squadrons of the army and he found his own people in the two sides of the armies, his own brothers, cousins, uncles and his own friends. He felt very much awful and he understood that war was very much horrible. It would lead to destruction and therefore it was a crime. So, he said, "I do not prefer to fight".

Then the spiritual teacher who was with him smiled and questioned:

"Is it for the first time you are fighting? You fought many hundreds of battles. You killed many thousands of people in the war. Was it not wonderful that you did not find war as destruction? That was because there were no people who belonged to you in the previous wars. There

were no relatives or friends or colleagues involved in the previous wars. So, if you have your own people, war is something cruel. If there are other people war is a duty. So, if this is to be your reason to decide, you must be a criminal of a cheap type of mind pretending to advocate peace. Peace cannot be established by criminal minds that are cheap and motivated. ***Once again consider the issue from another point of view and take decisions according to the requirement of the situation and not according to your own personal likes and dislikes.*** In personal likes and dislikes, understanding and doing, which is more important? Some people say that understanding is more important than doing. Ok. I understand how to cook, and then I do not cook, because understanding is more important than cooking. To understand how to eat is more important, when I do not eat because I have understood how to eat and if we understand what digestion is, what alimentation is, that is enough. No agriculture, no production. A wonderful logic! Therefore, some people argue that doing is more important than understanding.

There are two schools of people living from the beginning of creation till today, living as two different parties who do not come to the common platform. ***One group believes that it is more important to understand than to do. Another group believes that it is more important to do something than to understand.*** But the first group argues that it is better not to do some nonsense; you have to understand and do what is right. Which is greater of the two? It was not decided, but one thing is definite that the fellow who thinks which of these two is

important; he thinks and thinks and dies. He is the fool of the first grade.

Therefore, you start at some point, be sincere and devotional; you will reach the second point automatically. If you try to understand things properly, you will be able to do things properly. Or if you begin to do things with the help of someone who is experienced, you will have experience with him and you will have a proper understanding of doing. What is important is, you start with one end instead of being a speculative philosopher. Be operative. All these speculative fellows are useless. ***Start at one point, you will reach the other point, because the two points belong to the same straight line.*** With this, the teaching started.

There was the discussion of importance of success and failure; right and wrong; the convenient way of thinking and understanding. Trying to do the convenient things and trying to avoid the things that are not convenient, finally going into a miserable way of living. So, convenience and inconvenience should not be the deciding factor.

The next point that was given in the Bhagavad Gita is the difference between what you want to do and what you have to do. We want to do many things which are often not required. So, we get involved. We have to spend much lifetime again to mend and stand at the original point. When once we take a step in life simply because we are interested in doing something and when that something is not scientifically required in our procedure, we get involved in many things.

Suppose a professor like me wants to do some business, because it is very easy to earn big amounts of money by doing business. I have to bring money to do business and I have to stop my profession of teaching, because I want to do business. I have no experience in doing business. My money is spent away and I will be involved. By the time I realized that it was a mistake, I left my profession and I sold my house; and I am on the streets with my wife and children. Then once again to mend myself to stand in the same position in which I was previously, it takes at least two decades. Sometimes, it is not possible at all. So, first of all, decide what you have to do and what you want to do. Observe the difference between the two. Understand the zero error of your wonderful instrument which you call your intelligence. You have to eliminate the zero error of the instrument. Otherwise, you will go into hell from which you can never return.

So, eliminate what all you want to do. Let it be replaced by what you have to do. Have a scientific way of approach and then the next step is why such a zero error exists in our intelligence? Why should I think wrongly and understand wrongly? Why can't I understand? What I should do correctly? Why should I want to do some things which I don't need. It is what is called the birth place of mistake. What is the birth place of mistake? Why do likes and dislikes occur in us? What is the cause? Then it is explained that wherever there is a machine working, there is a wear and tear in the machine. There is a product which is a refuse which is produced by the action of the machine. As long as the machine is working, the production of

unnecessary products is inevitable. You have to clean the machine daily, wash of the unnecessary materials produced by the action of the machine. Then lubricate the machine properly and then put it into action daily.

So, here is a machine without knowing its technical knowhow, without undergoing training under an expert of this machine; everyone is beginning to use his own machine. The result is the machine is misused or disused many times. The machine is worn out or torn out before time. There is a science and technical training which makes us understand this machine and its use. How to purify it daily? Purify the physical parts with physical wash. For example, daily having a shower bath and changing the garments daily. But on the mental plane, you should know how to make it a mental wash. On the emotional plane, you should know how to wash it emotionally. This is also taught in the *Bhagavad Gita*.

The whole process is called the eight-fold yoga path which is also taught by *Patanjali* in his yoga sutras. It is called the science of synthesis, the science of oneness, the science of yoga. ***The real meaning of the word "yoga" is oneness and synthesis.*** It is the science which makes you experience your oneness with the body, mind and senses, your emotions, intelligence and your remaining faculties of the intellectual plane. All these faculties of the human being are the higher existences. All the tissues of the physical body and the organs and the parts belong to the physical aspect of his existence. All these things put together should have oneness and synthesis, just as all the hundreds of the petals of a flower, they have their fitness

in the flower in such a way that they do not exist in plurality. It is only flower. In spite of the fact that there are hundreds of petals, the flower is one. This is what is called the science of yoga. Unfortunately, in the present days in occident, the word yoga is used in many ways. If a fellow does 10 or 15 asanas on a physical plane; instead of saying I am doing asanas, he says I am doing yoga.

The word yoga has its own real meaning different from what we understand. The *Bhagavad Gita* gives us the science of yoga which includes the science of emotions, the science of instincts and reflexes, the science of intelligence and the science of doing, thinking and understanding. Finally, the *Bhagavad Gita* teaches us not only the science of yoga, but also yoga living. That is, application of yoga in practical life. How do we apply it in our daily incidents? What is it that we gain by doing so? The motives of all our actions are removed from our mind; the action that is required is taking place through us. What we want to do will be totally eliminated. We stop doing things and things are being done through us. An instrumentality will be understood by us. If we eat tasty food, we remember that the body requires food and taste is only a convenience to supply food to the body. Instead of eating for taste, we begin to use taste for eating. That makes all the difference. The same change takes place in us in matters of food and drink; in matters of rest, work and sleep and in matters of sex. In all these things fitness takes place in us.

Utility decides the purpose. Actions are no more motivated, but the need and significance decides the

actions. The result is we stop doing action and action takes place through us. Convenience or inconvenience is not at all the deciding factor. Then we will experience that this vehicle is lived by the Lord of the vehicle and it is no more lived by the servant of this vehicle. Previously we were living in it as the servants of our desires and tastes. By our desire, we are used as a dog carried with a chain, whereas we have our own human way of living. We are no more led by our desires. We have nothing that we want to do. Action takes its own place. Just as the most experienced best driver of a motor car or the greatest artist of the pilot of an aeroplane, speaking to his friends and cracking jokes at them while driving, discussing the most intricate points of the *Bhagavad Gita* or the Gospels. This is because he is not at all driving. His hands are driving, his feet are driving, his mind is driving, his eyes are driving and he is not at all driving. Driving is taking place through him. He is sitting leisurely in the vehicle discussing the *Bhagavad Gita* and the Gospels with his friends. Automatically when the direction on the street comes to him, the hand drives the vehicle to the right or the left required. He has nothing to think of the driving, because he is not driving at all.

This is called the end of karma, not the end of action, not the end of activity. End of action and activity is death whereas end of karma is the end of the chain of cause and effect. Since no causes exist with us, no results or effects exist with us. This is how we live when we follow the spiritual path. This is also taught in the *Bhagavad Gita*. Many things are taught and we can go on speaking about the *Bhagavad Gita* for years together.

After the *Bhagavad Gita* is given to Arjuna, the teacher never asked the fellow to go and fight. "I want you to reconsider the whole situation from all these points of view. Then decide for yourself whether you want to fight or to go home." That is what the World Teacher said in the end of the *Bhagavad Gita*. He never asked the fellow to fight. But he said, "If you are fully convinced that it is bad to fight, go home". That was the teaching.

After sometime, we have the teaching of Buddha, because evidently, there was no betterment of humanity after the teaching of the *Bhagavad Gita*. Humanity remained as before, because already the *Kali* age has started.

LORD BUDDHA

Buddha said: "Your yoga is true. Your yoga practice is true. Everything is true. But only one thing is true when all these things become true. As long as your intention is compassion, then yoga is true. Otherwise yoga is to make a trade or business of it. Every fellow can start a little Ashram in his house, teach yoga and make his livelihood, earn money and start one more Ashram. This is the fate of the sacred science yoga. So, Buddha said, "Yoga is yoga when you do it with compassion. Knowledge is knowledge when you have compassion as the motive of your knowledge. So, first of all try to understand if you have compassion towards humanity or not".

Then one fellow questioned him.

"Is there a God in this creation or not?"

Then *Buddha said:* "Suppose there is God, what are you going to do? Suppose there is no God, what are you

going to do? It is not going to make any change in you. Therefore you shut up about the matter. Let God take His own care. First of all you take care of what you have to do"

This was very inconvenient to the humanity and immediately humanity called him an atheist. Some people conveniently called him a revolutionary. Some people started a religion in his name and they called it Buddhism and Buddha was killed with Buddhism. So, worship Buddha, you need not follow his path. That is what is called a religion. Krishna was also killed in the same way. Worship Krishna, you need not follow the *Bhagavad Gita*. You can have a nice picture of Krishna in your room, Krishna driving the chariot. That is enough. So, Buddhism is enough, Buddha is not necessary. If at all he is necessary, you can have a picture of Buddha in your room. A golden Buddha is more valuable than a bronze Buddha. An ivory Buddha is more white.

So, the eye of the humanity was turned towards compassion. A right attitude to understand what law was given by Buddha. The Wheel of Law is revealed to humanity. See how the wheel is going. Water goes up in summer. It takes the form of clouds. Again in rainy season it comes down. See how the seed is made to germinate. See how the cycle of water is going on in the form of the activity of the year. This is what Krishna described in the *Bhagavad Gita*.

Buddha said : "See how nature is manifesting its law in the form of a wheel rotating". See how Sunrise and Sunset occur automatically. See how flame burns from

below upwards and water flows from above downwards. How sugar is sweet and salt is salty. Nature has its own way of functioning in the form of the properties of matter, properties of mind, properties of the Solar System and the planets and properties of Time and Space. This is called the Cycle of Law and you are in the midst of it. Rectify your instrument, your mind, reasoning, thought, etc. Understand that you have a discriminating faculty in you. It is called Buddhi. Try to take refuse in it. You will know the Buddha in you. ***Buddha means the enlightened one. Buddhi means the discriminating factor of the creative will.*** So, in the light of this, you try to understand the law that is eternal. Try to follow it. Make yourself fit to follow it. Purify yourself with the process given by the ancestors. Have com- passion as a motive of all your actions. ***Let the suffering humanity have your hand on their shoulder. You give yourself up permanently for those who are suffering. Instead of expecting someone to lift you up, try to give your hand and lift up someone who is suffering. You are automatically lifted.*** Towards this end Buddha tried to open the eye of humanity. Yet humanity remained the same!

PYTHAGORAS

Once again there is the birth of another Master whom we call the Grand Master Pythagoras. In the morning classes we are learning things in detail, how the Master gave the same ancient wisdom in his own way, how he tried to galvanize humanity into the virtues once again, how he tried to bring out the light of the soul of humanity. People enjoyed his conferences. But they kept themselves at a

distance from him, because they feared his discipline. Nobody was ready to follow the discipline of Pythagoras. He had to search for disciples. He had to pay for the expenses of his disciples to learn from him. Though he was honoured, worshipped and accepted as the Light of the Lord, people stood at a distance. To the closest of his disciples he himself expressed a sentence about him that his wisdom is happier than his presence. The disciple said that Sunlight is happier than the presence of the Sun. We can enjoy the light of the Sun, but we cannot look at the Sun.

Once again humanity remained the same.

THE ADVENT OF CHRIST

Then Christ came down and he made the greatest of the sacrifices. Once again he was crucified not upon the cross, but upon the religion called Christianity. It is enough if we are Christians, we need not follow Christ. The same story repeated once again. Even though he lost himself on the cross, the success belonged to humanity, because humanity remained the same even after Christ. The coming down of Christ proved a thorough failure during the present 2,000 years. Humanity went down into immorality, wars, politics and religion. This has been the history of humanity during the last 2,000 years after the advent of Christ. Christ gave us the path of purification. Once again he gave the same teachings, because he was the same Light who came down again. If you read the *Bhagavad Gita* and the Gospel, you will find the same teaching and the same Light giving the teaching, but with greater force and greater candle

power and illumination because the sacrifice is greater. It is the greatest because no one can have a greater sacrifice. If he got himself crucified for humanity, if anyone wants to do a greater sacrifice, what is it that he can do? So, there is no greater sacrifice that can be imagined by humanity. So, we once again expect the coming down of Christ. We write books in the name of Christ, we sell them and make our own money. We shout and cry that Christ is coming, take care. We predict the dates of Christ coming down. On behalf of the poor Christ, we promise that he speaks in the television. The Christ is helpless because we promise on his behalf. If we fail, we say he failed. So, let us not be foolish to promise on his behalf. Let Him come down again.

5,000 years ago, He said, "Whenever there is lawlessness among humanity, whenever there is a total destruction; whenever misbehaviour predominates; I come down to earth once again". He promised 5,000 years ago in the *Bhagavad Gita*. According to the promise, He came down as Buddha. According to the promise, He came down as Christ. He is working through the humanity and we still expect that He will come down once again according to His promise. ***No doubt He comes down, but not according to our expectations but according to His plan.*** We have to understand His plan. We should not boast of promising for Him. Let us try to understand why and how He comes. How He establishes the Law once again among us.

Every time we speak of the Lord coming down and every time we speak of the world crisis. These two aspects have become the mental symptoms of the human race. It

has become an obsession to speak of the world crisis. Humanity has been speaking of the nasty world crisis for thousands of years. Even today we speak of the world crisis and there are people who shout that the world is going into destruction. Take care. If at all it were to be true, what care could you take? If the world is going into destruction, there is no care which you and I can take. So, let us not be foolish to imagine all sorts of nonsensical things. Let us be sensible and practical to understand the teachings of the Lord whenever He comes down.

He has come down many hundreds of times till now. Some of the comings we know and some of the comings we do not know. What all He wants to teach us, He had already taught through His previous comings. There is nothing new or very, very dazzling and important still to teach. There is nothing for you which He is to teach still. There is everything for us to practise. He has taught and taught and taught. We are waiting and waiting before we can practise. This is the situation. If at all the Lord comes down into humanity, it is only in the form of humanity and not an individual.

So, in the present age, a spiritual event takes place and wherever there is service motive, wherever there is compassion and love, wherever there is spirit of cooperation, there is the presence of the Lord automatically. He comes down in the form of groups of humanity. He never proposes to come down for the present in an individual body. That is what the Masters of wisdom promise us. The Lord waits until we are prepared to receive Him. If one individual is prepared, the Lord will be with

him. If a group of ten people are prepared, He lives as that group. If ten such groups exist, He exists in the form of those ten groups. If a thousand groups begin to exist, He simultaneously exists in the form of the thousand groups. He proposes the network to take place. It is in this way He is going to descend once again into humanity. Let us be prepared to receive Him instead of sleeping till He comes down. This is what He indicates in the present age. We are given the responsibility of preparing ourselves, whereas in the past ages, the Masters prepared disciples and they used to impose vigorous discipline upon the disciples. Sometimes they used to punish the disciples also. But, in the present age, humanity does not require those methods any more. We have come to such a stage as to understand the real meaning of the word 'responsibility'. The responsibility of living on this earth or killing ourselves lies with us. War or no war depends upon our sense of responsibility. Lord awareness or materialism depends upon our sense of responsibility. So, the Father has given the keys to the children. It is for the children to use the keys or misuse them. So, we stand. This is, in short, the history of spiritualism in this humanity.

Let us try to understand the word "responsibility". Let everyone of us behave according to his or her own responsibility. Already we are with the Lord if we do this.

Question : *Is it the end of the subcycle?*

Ans : There are sub-periods in it. We are in the first sub-period which is going to end almost with this century. There will be a re-establishment of the Law of the Lord and there

will be a rearrangement of humanity, either after a global war or after a reconversion of man from war nature to peace nature. The change has to take place in either way. So, one sub-cycle is going to end.

Question : *What is the difference between the Spirituality and Religion?*

Ans : Spirituality is not at all a religion. It is the science of human being according to which one has to understand his own mechanism and vehicles. **Religions are institutions of discipline like schools. Spiritualism is like education and religion is like a school.** That is the relationship between a religion and spiritualism.

Question : *What is the relationship between the Meditation and Service?*

Ans : It is the development of awareness of the existence of the Lord in everyone and submitting ourselves to service to humanity in one form or the other. It automatically leads to meditation and God awareness.

Service is the key note. The discipline required to live a life of service is one aspect and meditation is another aspect. Service is the foremost requisite. That is the key note. It can be developed through any group that follows the same procedure that is, serving the humanity. Wherever there is service it may be in the form of education or medicine or healing, in any one of the essential forms of service. Even the people of these professions can do service, when their profession is done with a spirit of service. The spirit of commercial relations will end and the spirit of mutuality will exist. We begin to exist together on the

group level or what is called the soul consciousness. The soul contact should once again be established among all the humanity. When that is done, the problems are automatically solved. That will be done through the spirit of service. Whatever activity or whatever profession we may follow, it is better to make ourselves belong to one of these groups. Which group, is not the very important question. What we do, what we want to do and with what spirit we do is the thing that counts. It automatically makes us belong to one group. That is why the group activity is proposed by the Masters.

Question : Should the sex be opposed?

Ans : We need not oppose the thought of sex. Because by opposing the thoughts of sex, we are giving prominence to the thought form of sex. Once again we are bringing the idea to the awareness of humanity. When we begin to go into a group consciousness and soul contact, when we begin to live in an affectionate way towards each other in terms of our daily activity and our professional activity, automatically the sex disappears, and group contact appears.

Question : How will the Masters help in transforming the Humanity?

Ans : There will be a silent transformation, whereas, if we begin to oppose the evil, we will be forced to think of the evil once again. We need not destroy any existing structure. For example, the furniture in the hall can be rearranged in a more beautiful way, instead of condemning the existing furniture and purchasing new furniture.

Similarly the existing structures need not be condemned or opposed. When everyone of us begins to approach from another point of view, that is, a positive and affectionate point of view, then automatically the structure will have an infrastructure which makes the supra structure more significant. That is what happens. There are factors from many corners of the earth. Individuals should begin to work in terms of their own activity and they begin to stand as centres of light. Then there will be a formation of network of individuals into groups. Then there will be a network of groups. Like that every individual can begin to work from his own place, position and point of view. Only the intention brings the extension.

So, the Masters have taken a path of propagating this idea and bringing this idea to the notice of the humanity; bringing the individuals into this idea and making them active into this idea, so that the various professions and occupations are moulded according to this one idea. Then we will have the manifestation of a power and a light which rearranges the deficient structure; and the establishment of one institution which includes the existing institutions, will be the result. It is only for us to have a common intention and that brings about the change. It is like gathering magnets on the four corners of the globe and charging the iron pieces of the globe. That is how the Masters are working for the present.

Are the parents happy with the naughty children? They all are happy with us. They want us to be happy. That's all what they want. They have no second idea about us. They have no complaint against us. They have no fault

finding with anyone. How can a fault finding mind be a Master? They are all love and affection and nothing else. Those who have a mastery over themselves and those who live among us, they have mastery over their thoughts, their time, their habits and their capabilities. They are called the Masters. They are simply human beings like us. They want us also to be Masters. They are not miracles. They are perfect human beings who want us to be perfect also. They are our hope. They are there to prove the possibility that we can also be like them.

Thank you all.

Our Responsibility to the Lower Kingdoms of Nature

(Lecture delivered at Geneva on 28-8-1982)

Brothers and sisters who have gathered, I am very happy to see you and have your presence once again after a long time.

This evening, I am asked to start a series of lectures under the title “Our cooperation and our duty to the lower kingdoms of nature”.

The human birth indicates certain responsibilities which are not there in the other kingdoms. But in fact we can't say that we are human until we are convinced that we have responsibilities. See, evolution has produced a human kingdom and we are not much responsible for it and often it so happens that though physically we are born in the human kingdom, and many times mentally we are not well prepared to live in the human kingdom because evolution is two-fold according to the spiritual science.

One is the evolution of the form, the other is the evolution of the consciousness of the ego, and responsibilities are like the petals of a flower that are to get blossomed from the ego. The form side takes its own care, and we need not take care of it. To have our legs

reduced in number, from four to two, and to have our stature promoted from horizontal to the vertical, that is from the quadrupede state to the bipede state, definitely we are not responsible. We have no virtues to achieve this. We never have undergone any yogic exercises or penitences to achieve this. We conducted no prayers to get this vertical body from the horizontal body.

Just, nature gave us the chance and opportunity to be born as a human being. Those who know the value of the human birth, they say that it is a great opportunity, and those who do know, they say that it is a great privilege. Those who believe that human birth is a privilege, they push through the other kingdoms of nature, and they prove that the human existence is to the destruction of all other kingdoms. Further, they prove that it is the key-note of the human kingdom to have competition. And the consequence is fight internal and external, which was not there with us when we were animals and plants, In fact we had external fight but we had no internal fight when we were animals, and had the instincts like fear etc, which helped us a large when we were animals, they have been intellectualised after we are evolved into the human kingdom and the result is that we live a life of constant fear, with an intellectualised and civilised instinct of fear magnified enough to have many facets. We struggle for a false sense of security and we drive our sense to gather and hold things for ourselves and we think of tomorrow, and we believe that we are wise, but in fact, we have to live in constant fear whereas the animals are not. If it was to be called wisdom, and if something which causes

constant fear can be called wisdom, then really the human intellect should be pitied.

That is sometimes how we drive ourselves. This is because we sometimes believe that the human birth is a privilege and not a responsibility.

But the great men say that it is a great responsibility and also a great opportunity. In fact, it is the difference of the mechanism of the body to have a more accurate and more efficient physical vehicle. It is just like a privilege which is given to us to live in a more costly hotel and a more sophisticated building.

That is one aspect of looking at the human birth, because our mechanism permits us to do certain things which the animal cannot; whereas we are mutilated of certain faculties like flying and the capacities of birds, and at the same time, we are permitted to discover things like aeroplane to fly like birds. So, we have to think twice or thrice before we decide the value of the human birth and as long as we remember that it is a responsibility and a great opportunity to be born as a human being, I think we have a chance to live happily, at least as happily as the animals live, and rarely, sometimes, more happily than the animals.

Now, we have more channels of knowledge and more opportunities to have the subtler branches of knowledge and we have multiplied the arena of our knowledge after we entered the human kingdom. But every new discovery involves many responsibilities. Just as when we were children, we had no responsibilities and when we are grown

up, and when our age permitted us to have many things enjoyable in life, it also gave the necessity to have many responsibilities and many considerations which were not there when we were children.

Same thing applies in the promotion of evolution. And now, we have kingdoms lower than the human kingdom but we have kingdoms that are far much advanced than the human kingdom. Many of us are conscious of the lower kingdoms and we call them the mineral, the plant and the animal kingdoms. Of course, in between, there are many many kingdoms and many of us are not conscious that there is something ahead of us and more developed than ourselves. Even the scientists and the natural philosophers in fact faulted and committed mistakes in estimating the superman.

Some of them are sure that the human birth is the highest. Experience proves otherwise because the growth of the civilisation of the human being on this earth till now resulted in a crisis, an explosion, a destruction, a failure. That is what history proves as far as man knows. Every nation, every race, every civilisation advanced into a finer and finer way of living, discovered better and convenient ways of living only to go into competition and mass-killing suicide, in the name of war.

I think many times this is the history, and many times it is a tragedy, it ended in a crisis. And I think many times it is not the same with the animal kingdom or the plant kingdom. Then we have to doubt the statement that the human being is the highest in evolution. And also, our logic proves that there is something ahead, because we are on

the top of a spiral in evolution, it proves that it cannot stop with us, we have the spiral road ahead and we have some more journey which is to be completed.

So, we have something before us and something behind us, and we are in the middle of evolution. That is what the scriptures say. The ancient Indian scriptures describe that the human being is the middle being of the creation. The human kingdom is called, "*Madhyamaloka*"; *Madhyama* means middle, *loka* means plane of existence. So, we are in the middle of the ladder of evolution and I think there is some stage to be covered before we reach some level of perfection.

This possibility gave a speculation of how the superman would be, and some biological philosophers like H.G. Wells, they gave us an idea of how the superman would be. They said the head will be much bigger than what we have now, and the trunk will grow into the head, and the head will have two hands and two legs and a mouth wide open. That is the most beautiful picture some natural philosophers gave us. I think we call it an ugly picture, I believe that you have no objection to call it a very ugly picture. They believe that man would discover everything to have all privileges and conveniences at hand. He will be having no necessity to move anywhere at all, and hence no necessity of the limbs for locomotion etc. because through science he may develop telepathy, and tele-movements, and broadcasting of matter through space, teleportation of things, all these things will be made possible through science. So, man stands as a particle and he requires only a head much solemn with his science.

In fact, it may be something wrong, not because Krishnamacharya says it is wrong, but because the foremost thinkers like George Bernard Shaw ventured to put forth that the concept is idiotic and foolish. We have to believe some foremost thinkers and I believe in the statements of Bernard Shaw because he is in tune with many philosophers and he is in tune with many of the scriptures of the various nations. Over all, he did not lose his head and he had his common sense.

So, as it stands, let us take the human being at the twentieth century as standard, let everyone of us take ourselves as standard and consider if we have some responsibilities towards the lower kingdoms.

So, there is the mineral kingdom, we have some responsibilities, there is the plant kingdom and we have some responsibilities, there is the animal kingdom and we have some responsibilities. Because we are still foolish enough to call them lower kingdoms. So, we have responsibilities. We have to grow much.

One way of understanding evolution is the Darwinian way of understanding that is, there were primitive beings and life started with the non-living mineral kingdom and then the plant kingdom evolved, and there were the unicellular organisms that were neither plants nor animals, and some of them branched off into two. Some going towards photosynthesis, preparing their own food from the Sun's rays and attracting the chloric group of elements and then evolving into the unicellular organisms of the plant kingdom. The other groups developed into the unicellular

organisms of the animal kingdom. And then the higher plants developed from the plant kingdom. There is certain amount of evolution in the plants and there is certain amount of evolution in the animal kingdom. There is the fish, there is the bird, and then there is the quadruped, the reptiles and then the ape, the anthropoid ape, and then human kingdom, and the plane landed in the airport of Geneva, then the passengers do not know where they have to proceed. This is one way of understanding the evolution. This, we can call the unilateral way of understanding, because it is assumed that gradually the lower kingdoms will drop off and go out of existence from this earth and according to the theory of the survival of the fittest, only the more evolved kingdoms are to live. Of course, it is according to the human logic and not the logic of nature. Nature is very sorry to express that the human logic is not nature's logic. Because human logic is like the logic of the foremost countries. Politically they want to live and annex the lower worker, lower nations, and that beastly instinct is not gone from the human being till today, and the beastly instinct of war and blood thirstiness is not gone out of the human kingdom.

What happens when all the lower kingdoms disappear? The higher kingdoms leave the alternative of eating the lower kingdoms, and we have to eat one another and each other, because we have nothing to eat in the lower kingdoms, so the higher kingdoms will eat each other, like the foremost countries and nations of the twentieth century.

I think human logic is not correct : Always nature's logic is more benevolent, and more providing, more factual,

and more altruistic. Let us consider the topic in those terms of nature's logic.

There is another way of understanding evolution because here we are left with a future which is hopeless. The Darwinian theory assures us that we will be left without the lower kingdoms after a certain time. And also, it gives us a description of the evolution of form and it gives nothing of the evolution of consciousness. And, without consciousness, how can matter evolve? This question is not answered according to the Darwinian theory. It remains a dead end. So, we should have a better and a brought up theory because this is not enough to cater the needs of the twentieth century's scientific mind.

There is another theory which I put forth roughly:

That theory says that evolution is two-fold. One is, matter begins to evolve and manifest more and more incandescence of consciousness, because consciousness descends into matter more and more and the whole cycle of evolution is represented in a cyclic way and when the highest point of incandescence gives its existence as the centre of the Sun of every Solar System, and then the consciousness descends into grosser and grosser planes with lesser and lesser degree of incandescence until it comes at a certain point of consciousness, a sleep like state, which we call inanimate matter. Each atom of inanimate matter after reaching this point, begins to ascend once again into greater and greater incandescence of self-consciousness, until once again it reaches the same degree of incandescence.

In the meanwhile, the light of Sun descends to form the various kingdoms. In one of the ladders of the descent, we have the formation of the globes of planets and these globes contain the atoms of those planets, they become grosser and grosser until they reach the physical planetary globes, and each atom once again evolves as a living being from the planet, from the stage of what we call the inanimate kingdom, to the stage of what we call the mineral kingdom, the plant kingdom, the animal kingdom and the human kingdom. When the hour strikes three fourths of the cycle, from here there is another ninety degree arc ascent, and from here there is what we call the superhuman levels of evolution.

This is roughly the theory given by the ancient scriptures and when the units of existence of this degree coexist with the units of existence of the next degrees, there is what is called the manifestation of qualities.

For example, the mineral qualities, the atomic and the molecular qualities, the qualities of solid, liquid and gas and then the biological awakening and then the first biological, the plant awakening, and then the second biological awakening, the animal kingdom. You see, the units of the more advanced existence take the units of less advanced existence as the vehicles or tissues of their touch to the atoms of the evolution of the lower kingdoms, that causes the promotion of the evolution of the lower kingdoms.

So, we have the millions and millions of cells in our body, made up of the millions and millions of atoms of the various substances. We are one among them but a little

ahead in evolution. So, we are given the place of a soul, and all the other brothers are given the place of the body and the same thing continues. This is another way of looking at things.

What we call minerals, they are minerals to us. They are not minerals to themselves. What we call water is water to us, it's no water to itself. What we call the block of ice, it is cold to our touch, it is not cold to itself. What we call fire, it burns our tissues, it burns the physical fuel, it never burns itself. What we call sweet is only sweet to our tongue, it's not sweet to itself. So, it is neither good nor bad but it is simple existence. So, here, when we understand that they belong to the lower kingdom, it is our impression about the minerals that they are of the lower kingdom.

When there is a big office and a constitution for administration which we call Nature, when we are asked to work in that office, and when everything is taking care of the office, and when there are people to provide everything for us, including food, clothing and housing, including marriage etc, and if we call some of the staff as lower and some the higher, if we call the person who polishes our boots, lower, and the person who gets his boots polished, higher, that is poor human logic, and not the truth. Of course human logic is always defective in this respect, because the human eye inevitably sees something low and high. That is the inevitable error of the human logic which should be rectified by the human being himself, because the human being is capable of getting it rectified.

Now, what are the units of the lower kingdoms ? According to the ancient scientists of evolution they are the units of the homes of certain officers, they are the offices and residences of certain intelligences who serve as the builders, and the scientists and the engineers and doctors. They have their own professions and their own duties. This chart is the form of what we call the properties of these minerals.

We say that sugar is sweet but it is the work of the millions and millions of these intelligences that work in the atoms of sugar and also in the atoms of our tongue. And it is the work of their equating capacity and giving us that particular vibration of touch which we call sweetness. So, salt is saltish in taste, sugar is sweet and so on.

So, these intelligences are working in the name of properties of matter, properties of substances, properties of the senses, sense organs and mind. When these intelligences are working, they should have their own houses and offices; they should have offices with highly sophisticated equipments, completely computerised systems, and these offices are what we call the mineral atoms.

So, what we call the mineral atom is the office or residence of a band of workers and intelligences that are working.

In fact, we do not know that we are also millions and millions of workers, we do not understand that each one of us is an office and not an individual, because we carry millions and millions of atoms and cells in us, each atom has its own office, working, each molecule has its own

office, each cell has its own office, each group of cells has its own office, each ganglion has its own office, just as some villages together form a unit with a town and some towns put together form a province, and some provinces put together form a country or a state, or a nation. It is all for the sake of administrative facility, it's a convenience.

So, these atoms and molecules have their own way of administrative convenience, and they have their constitution that results in what we call our own constitution.

Now, this is the second way of looking at evolution. According to this, the intelligences that are at work are the earliest beings on this earth, because they have to build everything fresh. They established the chain actions of this earth, in the beginning when the earth was not a physical matter but only a whirlpool of forces, and then gradually, as it got solidified, these wonderful beings came down from the Sun's rays and from the distant Suns also, more evolved than our Solar system's Sun, those distant Suns whom we call the stars.

These beings became the residents, first inhabitants of our earth globe and gradually they have conducted the office work of the cycle.

Then they caused the three steps of evolution which we had previously. At first they became the first group of egos on this earth and they had their matter prepared by themselves and they had their bodies constructed and they had their repeated experiments. The first experiment was a sacrifice because they prepared luminous bodies and they had to sacrifice their bodies to give birth to many luminous ones, because there was no sex and reproduction.

Then the next beings who were called the sweatborn or the moisture-born by the ancients, they have learnt how to prepare eggs with the help of the water content of the moisture. And then they sacrificed their existence to give birth to the next ones called egg-born ones. Here we have the potentialities of sex, that is the possibility of preparing two different types of bodies, the male and the female, but still they do not reproduce because they contain the two types of potentialities, each of them. So, they were hermaphrodites and they gave birth to the next ones who had the sex division, but not yet descended into the material bodies.

Now, our present biological kingdom belongs to these groups of beings and our bodies are made up of these beings. Every minute and every second, they are working with everyone of the atoms of ours.

And now, the sex division came into existence on the physical plane here, in this kingdom. So, these beings are called humans or according to the ancient scriptures, they are called Manus, and we are called *manavas*, the descendants of the Manus.

Beyond these, there is what is called the Deva kingdom, about which we'll speak some other day. But here we have the Manus and the period of each Manu is there as one unit or one wave of biological evolution. Of course, you will find the figures and years in every scripture of the ancients, and the calculations are available more clearly and definitely in the Indian scriptures till today. You will find these figures worked out in the Secret Doctrine of Helena P. Blavatsky, a highly scientific and advanced text,

written as early as a century ago. And you will find the same figures calculated into sub-periods and periods in some of the works of the Tibetan, that is, Master Djwhal Khul, especially the book called. "A Treatise on Cosmic Fire".

Now, there will be the next group of mankind. Just, we are in the middle, and this is called the first group of human beings, or the first root-race, the next is called the second root-race, and then the third root-race, human beings with no physical bodies at all. Here, human beings means the intelligences or consciousnesses who worked as engineers, architects and builders. And then, here, man has fallen into matter or dust, and through nature God breathed life into the nostrils of man. The modern man may laugh at the sentence of the Old Testament, that God breathed life through the nostrils of man, but before he can laugh, let him give us a so-called scientific explanation of how the lungs breathe, how they continue to breathe. Because the lungs are made of the same dust of minerals, with which the matter of the earth is made of, how can the lungs of dust breathe unless we are made to breathe? Can you breathe for yourself? Or is it true that breathing is taking place in you? Did you know that you had to begin your first breath when you were born? And could you know what was oxygen and what was carbon dioxide when you began to breathe ? So, the utterance of the Old Testament is wiser than the man who laughs at this sentence, because the modern man who laughs at such sentence has no explanation and no answer at all, except a blink. Can these present modern theories of science explain how respiration

takes place? What makes the circulation? Is it the gravitational force of the earth ? No. Is it the chemical properties of the contents of the blood ? Not at all. What makes the blood circulate?

What makes the heart pulsate ? What makes the lungs respire ? Can the foremost modern man of science answer this? He can laugh at the sentence that God breathed life into the nostrils of the man of dust, but when once he understands the science of it, he will never laugh at it again. As long as he laughs, it means he is quite ignorant and blind.

So, the idea that the lower kingdoms are lower is a stupid idea.

If I work in an office and some of my colleagues sit towards the left hand and some towards the right hand of my seat, if I call all those who sit towards my right, my superiors, all those towards my left, inferiors, is it not stupid? So, if we call the mineral, plant and animal kingdoms lower, it is equally stupid, if not more. But it is unfortunately the defect of the human logic which we have to rectify.

So, what responsibilities do we have towards these wonderful beings ? They say that we have many daily routine responsibilities. We have our responsibilities to the earth, water, fire, air and akasa which means the content of space, not space. And what are the responsibilities?

We are expected to keep our environment clean, that's not only for hygiene but something else. The more attention and veneration we pay towards the environment, the more

conscious we grow about the intelligences of the environment, and we begin to transact with intelligences that are there in the solid matter around us, and we not only make the life of others better and more liveable and happy, but also we open up the channels of communication between our consciousness and the consciousness of the so-called lower kingdoms.

So, caring for the cleanness and the neatness of our environment in its true spirit, that is trying to visualise that there are millions of intelligences in every atom, that is how we begin to evolve into the real human kingdom.

And then, the Water :

If we remember that the molecules of water are the offices of millions and millions of intelligences, and the officers working there are called Pitrus, a group of Devas, they have everything to do with the germination of the seeds and fertilisation of the egg, the fecundation of the foetus, and the delivery of the child. So, it has everything to do with reproduction. That's why they are called our progenitors. Unfortunately they are misunderstood as our forefathers who are dead. It is not a veneration to the dead generation but it is paying our homage to those who are working in us every moment and every second. So, if you know how to keep the water pure, and if you know how not to pollute the rivers and the ponds and the lakes and if you care more for nature's elements than the commercialised industries, if we can sacrifice some of our commercial wealth to the benefit and the purity of the rivers around us, someday mankind will be able to do better, but definitely not the present poor human being who is neither scientific,

nor virtuous enough. The twentieth century human mind is semi-scientific, partially virtuous and the rest of the thing is indulgent. So, we have no capacity of a real human being to behave properly. We need discipline and many of us are not prepared to accept that discipline is some thing good. Until we are reborn and reborn again to come to a stage when we accept the goodness of discipline, until we know that the indulgence of the senses is to be conquered, until we know that enjoyment is not true, until we understand that the taste of food is only to facilitate the intake, until we understand that the taste is to eat and that eating is not for taste, until then we are not in a position to accept the discipline required. Until then, we are not ready to forego the privilege of polluting the water around us. So, once again the future mankind learns to live by the side of the rivers without polluting them, going to the river if he wants a bath and not bringing the water to his palace or house, and going to the river if he wants to drink, and not to pollute his drinking water with chlorinating or the lead poisoning of the pipes. So, we have to undergo many changes in order to feel responsible about the lower kingdoms. So let us wait for the day.

And then, the fire : We should learn to know how not to play with the fire. Fire is made up of millions and millions of intelligences at work. It is another group of Devas which the twenty first century scientist will discover once again. And we should be ready to pay our homage to the Devas of fire.

You can ask me, “What do you mean by playing with fire?”

It includes one man shooting another, and one country throwing bombs upon another country, and one beast of human being going to the forest to kill the animals for fun. All these come under the play with fire for which mankind has to pay a heavy price. This is only an example I am giving. Fire is not only physical. There is the vital fire also which we call the digestive fire. So, we should not play with it also. We should learn to know our diet by transacting with nature. We should know how to eat, what to eat, when to eat, how much to eat. Eat to maintain your body and enjoy taste, but not to eat for taste.

So, let us learn not to play with the fire inside us. In our constitution, they say, there are three groups of fire Devas. This is the first group, the digestive group, it is called the fire of the householder. That is how the Devas are called because the householder gives food to every angel in the body, because even though we eat with the mouth, every part of the body is given food; even though it is the stomach that digests food, the food is distributed to every angel in the body. That's why this fire is called the fire of the householder. In Sanskrit it is called 'Garhapathi' 'garha' means the house, 'pathi' means the master of the house. So, he is the real master of the house, he knows how much he has to eat etc.

There is another group of fire angels, they are called the fires of judgement. They exist in the cerebro-spinal nervous system, from the region of the heart centre to the head centre. They are said to be the purifying fires. And whatever you listen through ears, whatever you see through your eyes, whatever smell you receive, whatever taste you

receive, all these things should be taken to them and thrown into this fire, called the fire of discrimination. These intelligences will tell you whether it is good or not. Then, obey them. Don't disobey them. So, this is the second group of angels. Whatever book you read, you submit the content of the book to this group of angels. They will tell you what is correct and what is not, that is how they are described in the Vedas.

And there is a third group of fire angels - they are called the inhabitants of the southern regions, rather the inhabitants of the south pole, that means the nether worlds. They exist in you, below the navel, they are called the fires of reproduction. They govern the sex instinct, the sex act, and the chemical attraction between two sexes. And they have their own language, they have their own concept of purity. When you obey the law of sex and purity, they will protect you through generations. Because this body is made up of the tissues of those officers. When we use sex for indulgence, we have the body of an idiot, because if we observe the animals and the plants, we understand that sex is not for indulgence or enjoyment. It is employed by nature through us for multiplying the species and there the purpose ends. The purpose is finished. And we are appointed by nature to reproduce and to conduct that function we are rewarded with the enjoyment of sex. If we know it, we will use the sex in a better way. Of course, that's a different subject. Let us know how not to play with the fire of sex.

And then, the air : let us play good game with the air. Let us perfume the environment so that others may live more comfortably around us. That is not enough. Let

us know how to breathe. Last year I have explained you certain things about it. The respiration is rythmic as long as our movements in the day are regular, as long as our work of the day is purposive, as long as we have the work which is significant, that is, we should do something which is useful either to ourselves, or to others. When we fill our activity with this principle, rythm is established in our life and our respiration once again gains its original music. When we were children, it was rythmic, and we spoiled the rythm many times.

Whenever we were angry, it was disturbed; whenever we were jealous, it was disturbed; whenever we had fear, it was disturbed; whenever we had hatred, it was disturbed. So, thousands and thousands of times, we defaulted and made the respiration non-musical. So, they want us to establish the music or the rythm of the respiration through the science of breath and the art of breathing, which is a separate subject to deal.

And then, our duties to plant kingdom : Every one of us is expected to do some service to the plant kingdom, not only to see that our servants do service, but everyone of us, with our own hands, we are expected to do something in the garden, in the fruit garden or agricultural field.

Then, our duties towards animals : That is, we are expected to do some service to the animals, that are serviceable to us. Not only dogs but mainly to those animals who feed us, who nourish us. This is the reason why cattle are worshipped by those who gave us the scriptures of every nation. The cow, the bull, the sheep. *Remember, always*

the World Teacher comes down to earth either as a cowherd or a shepherd, not as a highly civilised being of a city or a metropolis. Excuse me if I am rough but it is true. And, our duties towards animals, we have to serve a cow or a bull daily for sometime. You have to serve the cow; make the cow work and give birth to bull, little ones. Make the bull work in the field, to plough. Not that we are not capable of inventing better and better machines, but the fact is that we should work and we should make the animals work for the plants, and feed the animal with the plant, and feed the plant with the matter of the animal. Then you take something from the plant and some thing from the animal. Not in the formula of the golden egg of the duck but the duck lays eggs daily for a very long time, better to take the golden eggs instead of killing the duck.

The angels of the plant kingdom allow us to cut parts of the plant, because once again they sprout and the plant is not dead when you cut its parts carefully. In the animal kingdom, it's different : we are not expected to cut parts of the animals, because they never sprout once again. It is as bad as cutting the limb of a human being. So, these are the few things, injunctions that are given by the scriptures. This is what we can call the symbiosis in these scriptures. Feeding the plants, feeding the animals, serving them and eating : the result of this procedure is he should live, the plant should live, the animal should live. So, these are roughly the directions which lead us towards our responsibilities towards the so-called lower kingdoms.

Of course, it is a very big subject for a series of lectures, but I think I have given the basis and the introduction of

the subject is enough, enough for you to go into the scriptures and work out for yourself. Thank you all for the patient hearing once again, and any questions about the relevance of the subject are welcome.

Question : “*What about the akasic kingdom?*”

Ans : It is called the kingdom of sound. What we know as sound is a wave in the kingdom of sound and what we call akasa is the pool of sound. According to the language of the scriptures, they call it the pool of sound in the same sense in which we call it the EMF, electromagnetic field. And whenever we produce a sound, we are inaugurating a series of chain actions, that act upon the mental and physical planes of the beings. So, we are expected to produce such sounds that act to the improvement of the beings, and the music we produce, and the agreeability of our spiritual conversations with others, and our capacity to speak truth in clear and agreeable way, all this indicates our duties towards the intelligences of akasa. Of course, this is just in short.

Question : *What is the importance of satellites and space communication for akasa?*

Ans : Any atunement is neither bad nor good in itself. The purpose we assign decides. We can have it as the most prospective and agreeable aspect, provided the use we make of it is constructive. So, when we mean it for positive purposes, nothing can be more efficient and useful than the satellite and communications through it. Science in itself is neither good nor bad, but we should know the science of how to use the science. We should know the technical

know-how of our instrument first, which I call the science of man. Then, all the technology and the scientific dimensions discovered until now, and those dimensions that are going to be discovered in future, they are all desirable.

Question : *“About eating meat?”*

Ans : The food of each being is decided by the state of evolution of that particular being. There is nothing wrong if one eats from the plant or the animal, but it is the duty of a human being to learn to eat either from the plant or animal without killing. It is only a training that is intended of us. That never means that killing to eat is bad. But we are expected to grow above and beyond that dimension gradually. That is what they say and that is what Pythagoras asserted. So, we can eat an animal, we can eat a plant, and nothing wrong about it, but gradually we feel like eating without killing, that is according to the evolution of consciousness of a human being.

For such a one, these injunctions are given but they are not religious imperatives, because the scriptures were never, never religious, though they are owned by the people of religion. Always the world scriptures are beyond the narrow concept of a religion and they are given to us by universalists who had no religion and who had the universal law as their religion. So, we don't find any imperatives and injunctions, we find only the way of looking at things rectified and more correct.

Question : *“What you said with regard to the appetite of meat, does it apply also to the appetites of the other senses?”*

Ans : Sure, Sure, because the consciousness gets dispersed and diverted into the forms of objects, and the scriptures prescribe a process which rectifies the dispersal of our consciousness through the senses. The purpose of the senses and the mind is to serve us and not to cause dissipation to us. That's the reason why any of the sensual indulgence is not encouraged by the authors of scriptures. So, it may be of the eye, of the nose or of the ear. No doubt, music is very good and healthy but if we stop our work in the office and listen to music, it is bad. Same thing with anyone of the objects of the five senses. We should drive the chariot from within and the objects should not lead our horses here and there. Applying this formula, we can judge everything. We are authorised to enjoy every pleasure as long as we enjoy and we are not led. So, indulgence should be differentiated from enjoyment. When you are the master, it is enjoyment; when the object of enjoyment is the master, that means you are a slave, that makes the difference.

Question : *“Is there a relationship between man and woman, inspiration, expiration, evolution and involution?”*

Ans : A subject for two more lectures. If we happen to meet tomorrow evening, you begin first with this question, I will be able to explain, taking some time. You take the first chance tomorrow evening, we'll be able to do some thing.

Question : *“What are the responsibilities of the higher kingdoms towards us?”*

Ans : Always, the responsibilities of the higher kingdoms are progressive upon us. For example, what is the

responsibility of water towards us? Or fire towards us? It has every blessing for us, but it expects that we should not misbehave with it. Like that, the higher kingdoms work upon us. At a certain stage of evolution, they work as protectors, after a certain state of evolution they work as our guides, afterwards they work as our instructors in science, but in the beginning when we are in the emotional plane, they have to work for sometime as those who check us and imprison us sometimes. It is for our own protection just as the servant checks the child while out into the street, so the higher kingdoms check us when we are in a child state of mind. Definitely they cut short our liberty and independence as long as we are ignorant of their rules. The more we get evolved on the intellectual plane towards them, the more they will be able to shower their benefits upon us. But the attitude towards us is always progressive and positive and never negative. That is what we are expected to learn as human beings from the higher kingdoms.

Question : *“Are there beings that misbehave towards the human beings as we misbehave towards the lower kingdoms?”*

Ans : Really that is one of the vital questions to be answered and we have a positive answer to this in all the scriptures. It is said that the human stage of evolution is a crisis. The pre-human stages are safe because we are not permitted to misbehave. An animal can never misbehave with its food, or drink, or sex, or sleep. So, too, a bird, a fish and a plant. So, they are safe.

And when it comes to the human being, certain amount of love is given, handed over to the hands of the human

being and certain amount of independence is given and then we are expected to judge and choose. And in the beginning, we have the chance of misbehaving with our food, drink and every thing, because the choice is given to us for the first time.

So, there is a crisis in evolution the moment we enter into the human kingdom, but the pain of what we misbehave gradually leads us towards the required path. And our misbehaviour will be checked by nature through births and rebirths, but there is an optimum in evolution which never permits us to go beyond the human level, until we achieve the super-human level by ourselves. See, the key for the higher kingdoms is given to us to tackle, so unless we handle the key in the right direction, step after step, we remain only as human beings for any number of thousands and thousands of rebirths. The very fact that we are made the masters of our individual destiny, proves that there is no opportunity or no possibility of the higher beings to misbehave with any other kingdom. Am I clear?

Question : *“Could you explain us the meaning and the nature of suffering in the animal kingdom?”*

Ans : Suffering is almost the same as we have in the human kingdom. The only difference is the suffering in the animal kingdom belongs to the planetary karma of the earth. The same thing with the pain of the plant, and pain of the mineral also. But the pain of the human being is not only due to the planetary karma of the earth, but also a part of it is the result of the individual karma, because individual karma and its result start with the human kingdom and not before.

So, the pain and the feeling of pain in the human kingdom is sharper and more intellectual and more anticipated than in the animals.

When there is an incident, there is pain to the animal but to the human being there is the impression of pain before and after an incident. Because the mind is more intellectualised, it can travel into the future and into the past, so the pain in the case of a human being is more sharp and more intense and of more duration. In the animal kingdom it exists as long as the incident exists. That's the difference.

Question : *“When you say animal karma is planetary karma, does that mean that it then becomes a responsibility of humanity as a whole, to balance that karma?”*

Ans : No. Planetary karma is what we call the part of the plan that is, the chain actions of the planet. Nothing bad in it. That's why it is called divine karma in the scriptures. And in the case of a human individual, the individual karma is not at all of a planetary nature. It is the motive of the individual that creates his own karma which is but mental. The plan goes unchanged but the motives create some trouble and turmoil to the individual. Because the individual began to own something which was not his own. For example, the animal has his wife or her husband, but they never own each other, they live as companions whereas in the human individuals, we own people, mentally we own the wife and children, so we are forced to suffer when we are disappointed. That's how we penalise ourselves in the form of disappointment. That is individual karma which

has nothing to do with the planetary karma. This is characteristic only of the human birth. It starts only after the human birth, because it is the motive that creates individual karma, and with the animals and plants they have no possibility of having personal motives.

Question : “*What is the place of birds in evolution?*”

Ans : According to the ancient science, the whole set of the ladder of evolution, all the beings, let it be birds, beasts, fish, the whole thing exists as a total page having many pictures in nature, and all these stages exist from the beginning. It is only the individual souls that pass through the ladder of evolution, but it is not true that one species exists earlier and the other species exists later. For example, we have the airport at Geneva. it existed for yesterday’s passengers, and it exists for today’s passengers, and tomorrow’s passengers also.

So, the various stages of evolution exist always as stations in pilgrimage or travel. But the individuals enter the path and pass through all these stations, one after another in a chronological way, and in that sense if we take it, all the fauna and flora of this earth with all the species is simultaneous and some souls take one branch, whereas some souls take another branch. There are seven branches and if we take the first branch, we come to a certain stage and we have to take the second branch next, and the third branch next, like that, if we start on a particular branch, the stage of birds becomes the third stage of evolution; and if we take the branch of reptiles, the bird stage will be the fourth stage of our evolution because both

are egg- born and in some souls the evolution of birds precedes the evolution of reptiles, in some souls it is vice-versa.

I wish you go through certain pages of “The Secret Doctrine” of Madame Blavatsky, all these questions are answered thoroughly to the satisfaction, because it’s a very big subject.

Question : “You talked about individual karma, planetary karma. Is there also a group karma or a karma of humanity that individual or a group would take on?”

Ans : This particular category which you mention belongs to, altogether, a third category of karma which I may now explain. It is called the inevitable category of karma, because if we want to have a house like this, it becomes a necessity for us to keep it clean daily. So, uncleanness awaits us if we want the house. If we want a tumbler, care awaits us to handle it, if we want to live in this body, the law of hygiene awaits us to have as our behaviour. If I take bath daily, this body will be healthy. If I stop, it smells like leather. This is called the karma of inevitability. There is a separate dimension of karma which exists from the beginning of creation, to the end of creation, of every unit creation and it is defined like this in the scriptures. The very fact that we are separated from the total omnipresent consciousness proves that it is necessary for us to be created. Unless our consciousness has been separated from the total consciousness, unless our existence has been separated from the total existence, in a way, there is no possibility

of creation at all. So, it is the basic necessiated karma of creation to fill the separatedness from each of us and that is what we call the birth of objectivity and it necessitates that particular dimension of karma which you mentioned. It is neither planetary nor individual but it can be classified as one among the many properties of creation. Is it clear? No one is responsible for such a karma.

Thank you all.

The Enigma of Human Nature and its Solution

(Lecture delivered at Munich on 11-11-1981)

Brothers and sisters who have gathered here, I once again thank you for the happy presence you have given me this evening.

This evening I am asked to speak about the enigma of human nature and also its solution. Man has been the object of his own investigation from the very beginning of the origin of man on this earth. Because, he is the only one who is not understood by himself until now.

Man could understand everything in this world. He could understand the heaven and earth; he could understand birth and death; he could understand nature around himself and he could also understand the activity going on in the planets. He has played the role of a creator on this earth and proved this capacity by creating happiness and misery to himself. This, no living being has been able to do until now on this earth. The only thing until now the human being could not do is to understand himself, the man. In the words of George Bernard Shaw the human being is the only one species which is most unpredictable among the fauna and flora on this earth. He cannot solve his own riddle because he does not want to reveal himself to himself.

But there are people who try to make a right approach and the motto 'Man, know thyself' has been one of the oldest mottos of philosophy and spiritualism. Whenever science reached its real scientific levels the scientist also has this as his own goal. In fact, knowing himself is possible only with the human being and that is the one difference between himself and the other kingdoms of nature. The kingdom of intelligences of nature is working around us until it works out the mineral kingdom of this earth. But often they do not remember their own existence, because they do their duty but they do not feel their existence. The plants do not feel their existence, they feel the existence of Sun-light and water, heat and cold, and everything they can know through feeling and sensation except their own existence. Even the animals know their environment; they know their child, they know their mate, sometimes they know their master, they can identify the house of the master and they can do their duties to the master, just as the dog and the cow do. But they do not know that they are existing.

When we make a careful observation we notice as soon as life enters the human kingdom, it begins to feel its own existence. But this is not knowing himself. This is only feeling his own existence. Once a student of philosophy said to his professor, "Sir you said that the oldest motto is very, very difficult to approach. You taught me 'Man know thyself', and you informed us that it is very, very difficult to know ourselves. But I have known myself very easily within 24 hours".

Then the professor asked :

'Tell me who you are'.

Then the student said : 'I am E. Krishnamacharya'.

Then the professor asked :

'Who are you?'

The student said : 'I am the son of so-and-so'.

'Alright, where do you exist in your body?' the professor asked.

The student answered :

'Everywhere from head to foot I exist'.

Then the professor asked :

'Do you exist in your hair and beard also?'

The student said : 'Yes'.

Then the professor said : 'When you cut your nails, are you cut?'

The student said : 'No'.

Then the professor asked : 'Come here'.

Then krishnamacharya came here from that place, then he asked : 'Who has come here from that place to this place?'

He said : 'I came here'.

Then the professor asked : 'What about your shoes? Are they included in you, or are they separate?'

Then the student said : 'They are separate'.

Then the professor asked : 'Is it correct to say I and my shoes came from that place to this place?'

The student said : 'Yes sir'.

Then the professor asked : 'What about your skirts?'.
Then the student said : 'Myself, my shoes and my socks and my skirts came here'.

The professor said : 'No your hair also'.

The student said : 'Yes sir'.

Then the professor gave him a cup of coffee and asked him : 'What is this?'

The student said : 'It is coffee'.

The professor asked : 'If you say the sentence 'This is coffee', is it first person or second person the coffee is addressed?'

Then the student said : 'Here is coffee in this cup and grammatically it is third person, sir'. Here I am - I am first person'.

Then the professor said : 'OK, I am the second person, you drink this coffee'.

He drank the coffee.

The professor said : 'Come here and sit down'.

The student came and sat down.

Then the professor asked : 'Who came here and sat down?'

Then the student said : 'My self, my shoes and socks, my skirts, my hair and beard.

Then the professor asked : 'What about the coffee which you drank? Is it now in first or third person?'

Then the student said : 'You are correct, it is very, very difficult to understand, 'Man know thyself'.

A son who was also his disciple of a professor in the ancient days asked his father : ‘Father, where from are all these beings coming? Where are they existing? What is it that is sustaining them? Where to are they going?’

Then the father smiled and said : ‘My boy! wherefrom has the question come? Find out from the same place you will get the answer’.

Then the student meditated upon the source of his question and found the answer. He said : ‘This is all matter. From matter all these beings are coming, in matter they are existing, into matter once again they are merging’.

The father said : ‘My boy, correct’.

Then the son after some days said : ‘Father, it is not correct, because matter is moved by some force. Therefore there is something else where from we are coming. There is something else which is sustaining us and there is something else into which we are going and merging. Because, if matter were to be the ultimate, our body is already there, even though we die. But we call it a corpse. We no longer call him Mr. so-and-so. So, there is something else than matter. Father, what is it?’

Then the father said : ‘Find out the source of your question once again. From the same source all living beings are coming’.

Then the son meditated and said : ‘Father, it is the force from which the matter is coming. It is what we call the vital force or Prana. It is also called life-force which is breathing. From life we are coming, in life we are living, into life we are merging.

Father said : 'Yes, correct'.

Then after some days the son asked again : 'Father there is something else because life is not leading us, but we are leading life. Therefore there is something else which is leading life and matter. Please explain to me what it is'.

The father said : 'Where from did you get this idea? It is from the same source everyone is coming. Meditate upon it'.

The son meditated and said : 'Father, we are living due to our mind. Our mind is making the force move the matter. The moment we are born our mind is working and the moment we die there is no mind. Therefore from mind the force is coming. From force matter is coming. So, all these living beings are coming from mind. They live in mind. They go into mind once again'.

The father said : 'My boy, once again you are right'.

And the son asked : 'Father, there seems to be some intelligent force which knows every seed and every tree. So, there is something more than the mind and what is it?'

Then the father said : 'It is the same source from which your questions are coming. Meditate upon that source, you will get the answer'.

Then he meditated and said : 'It is intelligence from which the mind is coming and from an intelligent process all the living beings are being born and through intelligence they are living, into the same intelligence they go away'.

The father said : 'Son, once again you are correct'.

Then the son asked : Everytime I say... you say 'correct'. But everytime I doubt that there is something else. What is this?'

Then the father said : 'It is correct because everytime you are getting a new question. If I say that you are correct it means that your path is correct. It is through steps that you can go up to the first floor. So, you are taking each step at the time and you have completed many steps. There is one step more'.

Then the son said : 'OK, father, all these living beings are being born. They are living, they are dying, but what for all this is being done? What's the purpose? Is there any serious purpose behind the creation?

Then the father answered : 'You have come to the the last step. Is there any serious purpose for you to question like this?'

Then the son began to think. 'No, no I want to know it'.

The father asked : 'Why do you want to know it?'

The son said: 'Because I feel happy if I know it'.

The father asked: 'Why do you feel happy?'

The son answered: 'Because it is my nature'.

The father said : 'The same is the answer for the purpose of the creation. It is for the pleasure of it creation is being created. It has no cause. If you go to a boy playing and ask him, 'Why do you play?' He laughs at us. If we ask him: 'Is there any serious purpose for you to play?' He says: 'I play', But he has no seriousness of purpose. Seriousness of purpose is only a psycholo gical complex.

It can be called a mental disease or symptom because what all we do with seriousness of purpose, we can do them without the seriousness. If a father is getting his son educated, he may do it with a very serious attitude but he can also do it for the simple pleasure of it. If a young man is marrying a young girl or if a young girl is marrying a young man and if they do it with seriousness of purpose, they think and think and think about marrying each other. They forego their happiness and sleep and after a prolonged period of suffering they will marry. Of course they can enjoy life, but after suffering about 80% of their lives in thinking and planning, trying to understand everything thus the remaining percentage is only left for them to be happy. But if we do the same duties in our life, if we be with the same faithfulness towards our fellow beings and if we conduct our domestic duties and official duties properly, not at all with any seriousness of purpose but just as the boy plays, what happens? Is there any trouble? There's no trouble at all. Not only that, we do them happily and we are free from the tension of the mind.

So, then the son understood that there is no serious purpose in creation but it is for the pleasure of creation it is being created. Then he asked the final question : 'Father, why do so many people suffer?'

The father answered : 'Because they have serious ness of purpose'. He further explained : 'The human being has the capacity to solve problems, therefore he has the capacity also to produce problems to himself and to others. There is no problem in this creation but the human brain wants to solve problems when there is no problem and we have

to solve some problems either for ourselves or for others. This is the sum-total of the human history on this earth and we cannot deny it because all the problems that man faces on this earth are only man-made. They are neither animal-made, nor plant-made, nor mineral-made, nor made by the Deva Kingdom, nor made by the planets. But sometimes we wish to complain against others that they have created our problems. Sometimes we think that our planets are the cause of our problems. Poor planets, they do not know anything. They are attending their duties properly and whenever we fail in our duties we think that the planets are responsible. When I get into a train to go to Frankfurt and sleep in the train and I find myself in Geneva, is the train responsible? I am responsible for the complication I created for myself. What's the good of my complaining against the trains? 'Because of this train I am misplaced', I may complain like this with my friend. Is it true? If it had not been true at all, I would have seen the train in the beginning and I would have taken the correct train. That duty lies with me. So, the father explained. Everyone creates his own problem, because he wants the pride of solving it. This is totally true when we begin to observe ourselves; when we begin to know ourselves. So, it requires some skill for us to know ourselves. There are people who are blessed with that skill on this earth. They can make us know ourselves and thereby they can make us solve our own riddle.

But if we want to know them it requires some skill. It is only the trial and error method that helps us. We go on approaching learned people, studying many subjects in

the schools, colleges and in the universities, but we get some more information which has nothing to do with our problems and solutions. Then we live, postponing our problems and gradually the burden of our knowledge is added to our head day by day. By the time when we are thirty years old we might have read thirty thousand books. In forty years, forty thousand books. So, it is only to add to the hypertension. The head begins to swell, though not physically, mentally it begins to swell. The result is, insomnia with knowledge and struggle because of more knowledge. Because the process of comparing and contrasting is becoming more and more. But, when once we get at the skill, either by ourselves or by the help of a skilful person, then our burden begins to decrease. We will understand that knowledge is not information and information is not the number of books and wisdom is not knowledge.

When we enjoy and when the enjoyment has no conditioning, then only we can call it knowledge. When our enjoyment has no obstacle in life then only we can call it wisdom. If our personal independence and freedom will not be conditioned by our likes and dislikes; when we are not a puppet in the hands of our emotions, and when we are not a doll in the hands of our likes and dislikes then only we can call it independence. Otherwise, the concept of personal independence is only a psychological disease. At heart we know that there is a process. We know that there is a real approach. From our birth we know that there is the right approach. Nobody need remind us that there is a right approach. This is because we have the

approach within ourselves. When the solution starts in us, it is a pleasure.

Now, let us try to understand why the riddle exists and how we have to proceed to solve the riddle. The fact is, we have two existences on this earth. One is our negative existence, and the other is our positive existence. Just as the photographer takes the negative photo first, and develops it into the positive photo, we have to know our negative photo and know the positive photo and try to understand how to get rid of our negative. What is our negative existence? We have this whole room filled with light, but where does the light exist? In the source of illumination which we call the filament. But, that which fills the room is also called light. The source of illumination is also called light and the illumination is also called light. So, there are two parts in the light. One is the real light-source of illumination and the other the effect which is not at all real illumination. Similarly, we are there and our light is there in us. From us our rays are emerging out and we call them our thoughts and ideas. We live in our thoughts and we fail to live in ourselves. As long as we are awake our mind is thinking about something or other and the day passes on and we die into sleep. In sleep we are not existing but while awakening we think we are existing. In fact we are not existing but our thoughts and ideas are existing. Time is being wasted and we count the hours and the days and we think that we have lived so many years. The fact is, our ideas lived so many years, we have not lived. We have to live apart from our ideas. So, when our light is living, we are mistaken that we are living. Our light consists

of our mind and its functions of the five senses. The body is there as a vehicle, the body is not ourselves just as our motorcar is not ourselves.

When we know that our mind is working, it directly proves that we are not the mind. But the mind is ours. Similarly, when our senses are working, we know that the senses are working. Therefore they belong to us and we are not the senses. If we go to our intelligence, we know that we are intelligent. When we know, that we are intelligent, our intelligence belongs to ourselves and it is not ourselves. Then what is it that is ourselves? Is it our logic? When it is our logic it cannot be ourselves. Is it our understanding? When it is our understanding it cannot be ourselves. So, there is much there as the ray of light that is coming from us. No part of the ray that is coming from us is ourselves, just as the light that is filling this room is not the real source of illumination. The existence of the light in this room depends upon the source of illumination and it has no existence of its own at all. Similarly, the action of our mind, intelligence, logic and thought, our body and our actions they all put together, they form the light that is shining from us and we are not at all that. That is included in us but we are not that.

So, once again let us make a clever approach. We can immediately know that this is all our negative existence. Our thoughts are often negative, because we identify ourselves with our thoughts. When we express our thought through a sentence to others, we say "I feel like this...." instead of saying 'This is my thought'. So, we identify ourselves with our thoughts and sometimes we say, "It

appears to me...” but the fact is it is appearing to our mind and not me. That means, we are identifying ourselves with the mind. Like that, we are identifying with one part or other which is negative and which has no positive existence at all. Therefore many of us, much of the time are living a negative existence. Unless we begin to feel our positive existence there is no solution to the enigma of our life. That’s why the ancient philosophers said that the body, mind and senses, they are functions of the sense organs and the impressions of the environment they receive; they are only projections, creating an illusion. Just as the projector projects the cinema upon the screen, just as the cinema is not the truth upon the screen. just as the cinema does not exist on the screen or TV, all the life we are living does not belong to us. This is what the philosophers said, to whichever country they belonged, and to whichever cult they belonged. They asked us to retrace the path, then we will be able to know. Otherwise, as long as we prolong the negative life, we prove negative to not only ourselves but also to others. For example, when a plant exists, it gives fertility to the soil after it takes something from the fertility of the soil. Whenever the tree sheds its leaves on the soil, the leaves get mixed up with the soil, and add to the fertility of the soil. This is because previously the plant has taken something from the soil. So, the life of the plant is positive and not negative. If you take the life of any animal, it has a positive step for every negative step it creates. The cattle eat the plant and they excrete that which is fertile to the soil. So, the existence of the animal is positive to the creation.

Then, what about the human being? He eats the plant and he eats the animal and unless he produces something which is useful to the plant and the animal he cannot undergo the required training to add something to his fellow beings. How can Nature believe that man will be helpful to man when he ceases to be helpful to the plant and the animal? So, much of our existence is negative. We eat from Nature, we destroy the sources of Nature and we fail to produce. Unless we take a special care, we create a deficiency in the resources of Nature and the plant kingdom and the animal kingdom also suffer because of our presence. Whenever a group of human beings live at a place, gradually the soil loses its fertility and they have to migrate to another place so that they may plunder the fertility of the soil once again. So, the whole process seems to be much negative and less positive. When a group of animals live in a cattle shed what they produce is useful to the man and what they excrete is useful to the soil. The same thing with the plant also.

When the number of human beings increases, the place will be unfit to produce anything and a great loss and deficiency in nature's resources is being produced. Is this necessary? Is it necessarily true with the human being? In fact it is not. It happens so because we are living a negative existence. When we are beginning to live a positive existence it is not so with us. We can serve the plant and make it fruitful. We can serve the cattle and make them healthy. We can feed the animal with the plant and we can use the excrete of the animal to the plant. And we can be benefited from the plant without killing the plant. We can be benefited

by the animal without killing the animal. So, instead of living like the son-in-law of this creation why can't we live as a reliable member of the biological kingdom? Why can't we make life fruitful? Why can't we establish a triangle of symbiosis among man, animal and plant? We can't because we are living negative life.

When we begin to awaken positively, we will understand that our life is also positive; that the intellectual life we live is useful to no one else in this world. If I am a great philosopher what is it to the plant and animal kingdom? If I am to be a great scientist what is it to the earth's rotation? The real wealth is what I add to the living beings in this creation. When we have a stature to think like that we begin to live in ourselves and we can direct our light in the required direction, just as the architects in this hall have directed the light into the hall. See, how the light which is filling this hall is not true. It is not the true light, But, yet it is being properly directed towards us so that our room is properly illuminated and we are able to look to one another, speak to one another, read books and understand in the same light which is not true light but which is only the rays of the light that are shining downward.

Similarly, when you know your positive existence, you can direct your mind and senses, the functions of the sense organs and the impressions of the environment; you can keep them away from conditioning you and you will live without being conditioned by them and you can shine through them out, and you can project the lights according to the need either to the fellow being or to yourself. So,

first of all, we should know how we are serving as a negative pole to this creation, that is, receiving pole. We should have a transmitting pole then we can solve our own riddle or enigma. Understand the real existence of yourself and the false existence of your self. Then you can steer the false existence into the real usefulness of others. Understand your personality and understand yourself. Just as your body and mind are not yourself, your thoughts and ideas are not yourself, your beliefs and ideals are not yourself. You are yourself the pure and all the other things are layers of yourself made up of yourself. No layer is yourself, you cannot be located in anyone of these layers.

If you examine an onion you will understand that there are many layers in the onion. When the boy begins to peel off the outer layer, trying to get the real onion inside, he will find the second layer. When he peels off the second layer to secure the real onion he will find the third layer. so on he goes until no onion exists. He is disappointed in the end because there is no onion. The whole of the onion is made up of layers and layers but no layer is the onion itself. Then, where do you locate the onion? Onion is not a location but it is an existence. Layers have a location on the onion because theirs is not an existence. The layers exist because the onion exists, but the layers are to be seen and the onion is not seen. The truth is, the onion and the layers are not the truth of the onion. Then, how to locate the onion? The layers are the negative existences of the onion. If you know the onion you can use the layers for some purpose of cooking. If you do not know the onion, you will peel off layer after layer like the boy and lose the onion totally. That is what we, the intellectuals do.

We lose ourselves because we want some layer of our intellect as our ideal, as our aspiration and as our hope. So, we live for hope, we die in the hope and the total life becomes hopeless. But hope is real when it points out something real. Now, where does the real onion exist? When you put all the layers together and tie them with a string, can you call it onion? You can call it only a bundle of the layers of onion, but you can no more call it onion. As long as all the layers exist in oneness, you can call it onion. But when once you separate them, even though you tie them together with a string, you can call it only a bundle of the layers because the onion no more exists. It is only the negative existence you are finding and not at all the positive existence. Then where is the positive existence found? It is not the unity of the layers, it is not even the union of all the layers, but it is the oneness which previously existed. The oneness of the onion exists in the beginning. Afterwards we misbehave and again try to recollect. It is not the oneness that exists, but it is the unity or the union that exists. Understand that the unity and union are not oneness. Oneness is natural to the onion. Unity and union are unnatural to the onion.

So, you can very easily understand that oneness is natural and unity and union are unnatural. That is the reason why the politicians and the international political fellows miserably fail to bring us together, because they believe in unity and union. They do not know the oneness at all. They put their signatures on a paper above which it is written, that we do not quarrel with one another. After putting their signatures, they try to live without quarreling.

But, one has to order and the others have to follow and they begin to quarrel who has to order and who is to follow. So, the signatures are once again burnt. Signatures are corpses of signatures because it is only for the unity and union that the political fellows strive. But the human nature is neither unity nor union, it is the oneness. You should try to know the oneness not to bind people together with a rope in the name of political parties and nations. Understand the higher truth that exists in you. The synthesis already exists in you. It caused your birth. It caused the solids, liquids and gases come together as your body. It caused the flower of your mind blossom, blossom into the five petalled flower which we call the senses. So, understand the original oneness that still exists in you. That is yourself. You are not the mind, senses, functions and organs. That oneness is the onion which cannot be seen because the effect of oneness can be seen as the layers of the onion. The effects are not the causes.

Now, gradually you try to live in your positive existence. Through meditation, through practice of virtue, benevolence, and tolerance you will come to know of your real existence. Through the principle of inclusion you will know yourself. If you exclude others, if you find out who are fit and who are not fit, you can never begin to exist in your real existence. See how Jesus Christ never separated sinners from saints. Because his principles are Love and Inclusion. Not to separate the believer and the non-believer and make a political approach in the name of God. That is the reason why Christ is always above Christianity. That is the reason why Buddha is always above Buddhism. Let

us try to understand what the oneness is in them. It is only by a principle of inclusion. If an Indian knows a German how he is different from himself and if a German knows a French how he is different from himself; we can never enter into the true living. Identification consciousness should be there.

Now what we have is identity consciousness. We are very timid of losing our identity. We want to keep up our identity separately from others, that means we are innately timid. We have the instinct of fear which we have inherited from our animal births. In the stage of the animal, fear has a value because it exists only as an instinct. It helps the animal to protect itself and its own kids. It is not so with us, human beings. We have intellectualized fear and we have magnified the picture and we have interpreted our own fear in thousands and thousands of methods, to such an extent that the magnification on the screen is many thousands of times bigger than ourselves. So, the fear of animals is useful to animals, but the fear of the human being is not at all useful to the human being. It is binding, killing and eating the human being. It is making life a race and not a joy.

Many people are living away their lives because they are born. Many people live until they die but they do not live before they die. It is not the length of the span that we can call life but it is the joy of life that we can call real life. If you feel happy for yourself that you are living, if you wholeheartedly feel that this earth is a heaven, not to boast to others but to accept to yourself; that is what we can call real life or positive life. But we gave fear more

prominence than to ourselves. We are not confident of our future. Therefore we have discovered the insurance. Still our fears are not gone. Therefore we have discovered what we call pension. Still our fear exists about the future. We have once again discovered what is called gratuity (that is the benefits after our retirement, the benefits of service). Still our fear is not gone. So, we have discovered what we call the provident fund. We received many promises from the governments still we are not sure of our future. See how fear haunts us and makes us discover so many meaningless promises to ourselves. Are they necessary? How are the animals living? Do they have insurance? Do they have pensions? Do they have the promise of gratuity? Provident fund?

The bird that is existing in the nest which is bringing something in its beak to its little ones, does it have the dirty mind to think of tomorrow? Does that mean tomorrow it cannot have its own food or food for its little ones? The bird and its little ones are living as much as we are living but they are living more than what we are living because we live with fear. But they live in the joy of the present. But we boast of our intellectualism and we call the birds and the animals ignorant, because they do not have the intelligence enough to know the future; they are not suffering for tomorrow. We think like that. But how can we thank our intelligence which makes us restless and hopeless? Can we call it intelligence? What is our intelligence in calling it intelligence? Let us question ourselves shamelessly.

Then we will enter into the positive way of living. Nature is there which is a promise to everyone. Fear is there to every living being as the instinct to protect itself and its younger ones. So, to the human being also it should be the same. But the human being has become a great scholar of fear. We cannot think of life without fear. We have to know a life without fear. We should know what love is, what inclusion is and what identification is. The timidity to keep up our identity should go. The lack of self-confidence should go. If I write a good textbook and give the manuscript to a friend of mine, why should I doubt if the fellow may print it in his name? Why should I feel if the fellow may plagiarise my ideas into his book? If he does, is it not a pleasure that the ideas are being propagated in the world? Let us test ourselves. Let us go and stand before the mirror in the room and ask ourselves;

Is the bird in the nest making outlines of its own location on the tree and preparing a blueprint of its own site on the tree? Is it going to the registrar of land registration and getting that part of the branch registered in its own name and paying much money to the previous bird who has sold the branch to it? How foolish it is for the bird to sell the part of the branch to another bird! Is it not equally foolish for a man to sell land to another man? Let us try to question ourselves, not others. If I question others they begin to question me. So, let everyone of us go into the room and look into the mirror and put these questions for an answer. The answer is what we call the positive life of man. If at all we can endure the answer, if at all we can face our mirror while getting this answer

we will enter into positive living. We too can live as fearlessly as the bird and the beasts in addition to all the knowledge, philosophy and science we have. This is one aspect which we have to understand before we understand the sentence, 'Man know thyself'.

The second aspect is we should know the critical point of evolution from the time we entered into the human kingdom. *We are endowed with a certain amount of intelligence and the power to create our own future which is not given to any animal, plant, or bird or beast.* The needs of the plants and animals are protected by nature. The animal and the plant are not permitted to eat when it is not hungry. You can not ask your dog to eat the supper a second time because it is the occasion of your daughter's marriage. If the dog is full, if it doesn't require any food, it never eats, unless it is trained by us for some time. I can eat for a second time in your house because it is the occasion of your daughter's marriage. Like that everything, not only eating. Eating, drinking, sleeping, working and sex, all these things are given to oneself.

Whether to behave or misbehave lies in our hands, not in the hands of nature. We should carefully understand this critical point in evolution. The future steps of evolution know no fall, and no penalty, no misbehaviour. The plant never misbehaves, the animal never misbehaves, but the moment we come to the human kingdom we have in our hand, the power to behave or to misbehave. So, we can misbehave. Understand that you can also behave properly. Don't insult yourself by misbehaving. Understand what a great opportunity this human birth is! Don't wrongly

understand that it is a privilege. Fools believe that it is a great privilege to be born as a human being. But wise men teach that it is a great opportunity, not a privilege to be born as a human being. Understand the difference. Know how lucky you are to be born as a human being, how you have the capacity to understand everything, how you can create your own future, how you can behave well, because you are given the capacity to know what is behaviour and what is misbehaviour.

So, this is the second point which we have to take note of carefully. With this capacity we have created money and now we have to purchase with money all the things which are free to the animals and the plants. So, let us not feel insulted for our creation of money but let us make a better use of it. When we purchase something, let us know that we help the person who produces the commodity. Let us know the real beauty of economics we have produced. Understand that we can produce peace and that we can produce war. We can kill more than the animal. If the animal at all kills, it kills only on the individual level. But if the human being kills, he kills on a mass-scale. Any animal which is beautiful in nature is hunted and killed by the human animal. We know how we hunt with the gun.

If we try to understand the venomous serpents and the scorpions they harm us only when we go in their way. The scorpion gives its sting only when we step upon the scorpion. It is self-defence. But the opposite is the case with the human being. If we suspect the existence of a scorpion or a serpent we all gather there and make a research, find the fellow and then kill it. Then ask yourself.

Who is more venomous and who is more cruel? Is it the scorpion or the human being? We should not be ashamed of questioning ourselves. So, try to understand how man can destroy and how man can produce suicide on a mass scale in the name of war. See, at a stroke how many thousands can be killed in the name of war. Can any animal do it to its own kind? To its own species it can never do it but man can do it to his own species. These things are to be considered before we can solve the enigma of our nature.

Finally there is one more thing which is more dangerous. That is what is called the psychic negativism. Do you know what psychic negativism is? We create our own danger by fearing something and thinking of that more than any other thing. That is our psychic negativism. When we are unhealthy we try to think of our disease and the result is we grow more sick. Instead of thinking of our health we begin to think of only our disease with a friend and we grow more sick and the friend also grows sick as long as he is in our presence. See how the negative psychism works?

Call a man who is working in the market and who is earning thousands and thousands of profit in the business, ask him : 'Do you believe in God?' He says, 'of course'. Then you find he has not much confidence in what he says. But examine the lines in his hands for two minutes, look into his eyes, tell him he is going to die within three years. What happens? He begins to think of only the life within three years. Only once you have told him this sentence. Only two minutes you looked into his hand but previously

many thousands of times he has attended the Sunday classes in the church. And thousands of times he received a promise that there is God and that God saves him, but his belief is only a formality. But when once you spend three minutes for him his belief in his death after three years is not a formality. Because it takes deeper and deeper root in his heart. All the transactions of his business will take a different direction, because he has to complete and roundup everything within three years. This is the wonderful psychic negativism in human animal. It eats in the heart like the worm in the bud. Why does it eat so?

When we go to the astrologers, if he predicts many good things, when we are in difficulties, when we know our difficulties cannot be solved because we are in great debts; because we are going to the horse races, taking loans from others, thinking that we gain in the race and repay it. We ourselves know that our problems cannot be solved, but we go to the astrologer and ask him how tomorrow will be; how next year will be. If he says: 'You have a health crash next year', we believe it. We begin to grow sick. But if he says : You are going to get a jackpot at the horse races next year, we wish to believe it, but we cannot believe it. But when he predicts the health-crash after three years, we don't at all wish to believe it but we can't but believe it. See, how the psychic negativism works in us. It is a great whirlpool in a river. It directly leads us into the centre of the whirlpool. This third point is more dangerous than the other two.

We know good and evil but we cannot place confidence in good; unless we behave in a good way only,

we have no full confidence that we can live. If you advise me that I should speak the truth, if the Scriptures advise us that we have to speak the truth, and if they promise us that there is no fear anywhere to us in this world, do we have confidence? It is a direct proof that we do not have confidence. But why do we have so much confidence in evil? We know everything but we are being purchased by the devil every day. We know that there is God; we know that there is no necessity for us to be purchased by the devil, but the devil promises everything to us. You might have read the 'Book of Ruth' in the Old Testament. Satan tempts everyone. "I will give you everything". He says. "I will give you every comfort, the only thing is, you get yourself sold to me". Then the devotee of God says : "I believe in God not in the devil". But Satan says : "See how the believers in God are suffering in this world". We look through the window and find it correct. So, we know good and evil but we cannot believe good as much as we believe evil. Because we do not know how to honour good because we fear evil.

We have learnt to live through honour. Let us notice this. We know what is happiness and what is sorrow. But when there is happiness conferred upon us, we are not ready to receive it. But we are ready to think of some sorrow tomorrow, when happiness is conferred today. In the happiest moments of life many people think, 'Who knows what evil comes tomorrow'. That is the most ugly seed in the human nature which should be removed. When the animal is given tasty food it can live in the present by tasting the food wholeheartedly. When the child is given sweet

food the child can taste it and eat it and say, “Hey dad, it is very good”. The same food the father and the mother taste, it does not taste so sweet to the father and mother because while the tongue is tasting the tasty food, the mind is thinking of retaliating an enemy. So, when the mind is thinking of an enemy how can the tongue taste the food properly? When I am nervous about some friend, how can my food be tasteful to me? See, how the child nature has gone in us.

So, we should take care of these things. In the present, mankind is using this negative psychism in a most dangerous way. See, how every intellectual is thinking of a third world-war and like a big fool driving the thoughts towards war. In this respect even the greatest intellectuals are proving as fools because instead of thinking of peace and how to achieve peace they are idiotic enough to think of war and how to avoid war. See how the cheap literature is being produced about the thoughts of war. See how the little minds are being infected by the dirty books about war. See how the number of minds is multiplied by literature of war, see how idiotic we are in multiplying the crime nature in us. Is it good to do like that? When we are born as human beings, when we are endowed with intelligence, what is the good of our being idiotic, in thinking about war and its danger and producing more and more minds who are thinking about war and its danger? Is it not increasing the volume of war thought among human beings? In whichever field it may be, are we privileged in thinking of peace or of war? Nature expects us to drive our thoughts towards peace because our actions are

preceded by our thoughts. If we are to do a thing good or bad, we have to think that we have to do it. So, if we want to do a good thing we should think of a good work which we have to do and we should not at all think of avoiding a bad thought. Trying to avoid a bad thought is nothing but meditating a bad thought. If I want to avoid a bad thought, I should think of the bad thought! See how we misuse the negative psychic nature?

To understand this I will give you a little incident narrated : Suddenly a spiritual Guru came from India to Munich and his agents announced that he will give an initiation of a *mantram*. And if you chant that *mantram* for two hours you will see God on the physical plane. You can touch him, you can talk to him, you can sit and dine with him, you can go to the restaurant with God... Like that it was proposed. So, the fees are not too much, it is only 10 DM. So, there is a big sensation in the whole city. If God can be purchased with 10 DM on the physical plane, all of us go and purchase. He has announced that if this fails, he will repay their DM to them. Now, many thousands came to him. All of them paid their fees and Krishnamacharya took his fees carefully and he gave the *mantram* into microphone because it takes a long time to give individual initiation to each.

He has given a mass scale initiation. He said, 'Tomorrow morning early you get up, take a head bath, have washed clothes, sit down, close your eyes, chant this *mantram* for two hours. There is God before you on the physical plane. There is only one limitation to this. When you get up in the morning, immediately when you wake up from sleep,

the first thing you should remember is, anything in this world except a monkey”. So, if you think of a monkey as the first thing after you wake up in the morning, this initiation goes waste. But it does not go waste permanently, but the next day you can get it done. So, all the people were very much pleased and they went home and they kept everything ready for their wash, bath, meditation and they were very careful not to recollect the monkey the next morning. They slept. In the morning they remembered that they should not remember the monkey. Then they thought, ‘What a fool I am!’, everyone of them thought. But each one thought that he failed and his colleagues succeeded. So, all of them went to Krishnamacharya once again. They said, ‘We are sinners. We have committed a great sin. We recollected the monkey in the morning’. He said, ‘No great danger, no problem, don’t worry. Tomorrow you try’. The next day they got up and they remembered that they should not at all recollect the monkey. So, day after day they were trying and the Guru said, “I will stay here itself in Munich until you see God physically. You make some arrangements for me, purchase a house for me and give daily food. I will be here until the *mantram* is fruitful. So, the citizens of Munich are so good that they have purchased a house for him and they have arranged everything for him. And the disciples are trying to see God physically until November 2nd 1981. It is the case with the mind; so it should come out of this negative psychism.

With this negative psychism the international rulers are producing their thoughts of war. Because they want to see that there is no war. See the dangerous and criminal nature that is underlying? The journalists make a big

sensation about the war because they live upon your psychological weaknesses of making you crazy and make you purchase the newspapers more and more. The people who write cheap literature or books they produce nasty and dirty books about war and multiply the minds who think about war. This is the one aspect from which we have to save ourselves. If we save ourselves from our negative psychism, we need not at all try to save ourselves from world war, because there will be no war at all, only positivism. This is the last and the most dangerous thing from which we have to escape, not by trying to escape from it, but trying to do something good.

Think of the positive, think of what you have to do, think of how you can include the people of other countries and nations. Think of how you can be one with others. It is what is called Love in its purest sense. The love which makes you not to exclude anyone from anything, the love which makes you forgive everyone. That is what is wanted. By practising positivism and love, it becomes a habit. Just as negativism has become a habit with many of us, love becomes a habit with us. Positivism becomes a habit with us. We already know the power of habit. We know how powerful habit is. Therefore, when it becomes a habit for us to be positive and it becomes a habit with us to have love-nature, then there is no place for negativism, There is only one nature in us, and the second nature disappears. When there are no two natures in us, there is no enigma in us. This is how we have to solve the riddle, by thinking of what we have to do and not at all by thinking of the riddle and its solution.

Question : *Where is the jump from the animal kingdom to the human kingdom? Where stops the animal kingdom and where starts the human kingdom?*

Ans : Physically speaking it is from the time of the physical human body that the human kingdom begins. But scientifically speaking, it is a little bit later. Because, from the moment we begin to exist to ourselves and from the moment we know our existence and from the moment we begin to understand the good and the evil the human kingdom starts.

Question : *Yes, but from which point in time. The whole process of becoming can be divided into 24 hours. Man is presently a few minutes before mid-night. That's a few millions of years ago. From when then, is man? (To give a date). Do you believe in Darwinism?*

Ans : No, I do not believe in Darwinism. According to what I know, it is a simultaneous birth of all the biological kingdom on this earth that occurred and it is not at all true that man is the result of the evolution of all the species on this earth. From the mineral kingdom to the perfected man of the human kingdom, all the stages exist as the various railway stations or as the various airports. Evolution in its spiritual sense means, a batch taking a journey and going to the next station. But at the same time, simultaneously, the batch of passengers who took the previous train are already in the next station, and the batch who take the next train to us they will be in our station

tomorrow. All these stages of evolution simultaneously exist but it is a matter of seniority and recruitment that causes evolution. Even among the human beings we live on this earth, we have the beings of various degrees of human evolution. It is like a bunch of flowers upon which there are green buds, white buds, a little blossom of flower and fully blossomed flowers. This difference in temperament and behaviour is because of the difference in our seniority in human evolution. That is my concept of evolution on this earth.

Question : *In the nuclear warfare is it the Physical atom that is disturbed or the etheric? What can we do to prevent such a war?*

Ans : The atom that is disturbed in the nuclear warfare is only the atom of physical matter. So, it is the physical atom and not the etheric atom. So, if at all there should be destruction it should be a destruction of the physical matter and not at all the destruction of the next plane of matter. Suppose two people are sleeping in a room, one person dreams that he shot a pistol and there was a big sound. Does the second person get disturbed in sleep? Just as the pistol shot and the sound produced dread in one person has, no effect at all upon the person who is sleeping on his side. Similarly, the destruction or construction that is produced on the physical plane has no significance at all on the next higher plane. An action on a higher plane influences the lower plane but an action on the lower plane, can never, never influence the higher plane. What happens if at all such a war occurs is that we will be penalised for our faults and we learn the lessons and we take our next

births, just as we have done in these two centuries. If we grow wise, the result of enjoyment will be ours. If we behave in the same way just as we are now behaving in this century in spite of our previous experiences, once again the same experiment will be conducted by us and the same results occur. This is not for the first time the humanity is committing such a crime. We belong to the criminal humanity thousands and thousands of years ago. They lived in the land of Atlantis and we have not learnt our lessons properly, so we have created our own crises before us with ourselves. But if we learn properly our lessons in time, we will think only of a positive duty and try to fill the space around us and the minds of other people with a good thought as to what we can do for the world.

Question : I have a question following upon what has been said previously. In the case of a nuclear war the physical earth would be destroyed in such a way that rebirths would become more...

Ans : Theoretically speaking it is true but truth is neither theoretical nor logical but it is always factual. Because, the truth is, part can never destroy the whole and the human atomic explosion can never make the earth explode because what man knows about the earth and nature is only to the fourth decimal place. That is, there are many thousands and thousands of laws in nature which we do not know at all and what the foremost scientist knows is only a negligible part. To us, the human beings, it may be a very big incident. But to the forces and intelligences of this earth, a mass-scale death of the human beings on this earth is

not an incident at all. Because, man is most important in this creation because it is our belief we are human beings. Suppose, a thousand dogs gather into a conference from all countries and make an international conference of dogs and discover that dogs are the uppermost evolution on this earth, in what way are they wrong? In what way are we right in thinking that the human being is the highest of the evolution? Excuse me, it may be a little bit rough if I say so. But if at all there is an answer you can give me, I will be your first disciple. But the fact is, man is no incident at all on this earth and it is not only the human kingdom that is counted on this earth.

He is one among thousands and thousands of living beings on this earth. Nature is concerned with everyone not only the human fellow. So, it has its own methods. The explosion of earth by human being is not possible at all when we consider the properties of matter and the properties of the Planetary and Solar Systems. So, previously also, from my childhood till today, not less than a thousand scientists and astrologers predicted that there was a big world crisis. Every time they predicted. every time it was a miscarriage, let it be a scientist or an astrologer. We should not exceed our limits in making statements. So, the same thing will happen tomorrow also. Nature knows how to protect its own kids, even at the cost of the life of the criminal, the human being. If the human being ceases to be a criminal, nature crowns him as the head of the evolution of this earth. so, let us remember the powers of nature which are more powerful than the powers of the human brain, because the human brain is made up of the

matter of this earth and this earth is never made up by the human brain.

Question : *Can the Deva kingdom discern between good and evil or does it only live through pure love?*

Ans : In the Deva kingdom there is no good and evil because the Deva kingdom has no motives. Motives are there only in the human kingdom. It is neither in the lower nor in the higher kingdom. Even the animals and plants have no motives. Therefore, there is no good and evil to animals and plants also. Similarly, in the Deva kingdom there is neither good nor evil but there is only the properties of matter that are to be conducted carefully and intelligently by the Devas. It is only discharging their duties that the Deva Kingdom does. But they have no other interests. Therefore, there is no place at all for a good or an evil.

Thank you all.

The Planetary Chains

Lecture delivered at Geneva on 4-9-1983

This evening it is remarked that Dr. Krishnamacharya explains things in such a way that all people can understand. Today's lecture may be an exception to it. Strangely, there is a law in spiritualism that whenever we feel over-confident or a little bit over-enthusiastic of something, immediately the situation warns us not to be so, as long as Nature wants us to become better. If we do not like to face such warnings, Nature gradually begins to keep quiet for the time being, because the fellow is not ready to receive the warnings. That is what happens when we develop faith in Nature, God and spiritualism. As long as we prefer to live without any faith, we are seemingly safe, since we are not asked to face such situations. But of course, such a safety lands us into crisis always, whereas the series of warnings lead us away from crisis day by day. This is one among the strange laws of occultism. It unflinchingly affects us and there is no exception to it.

And today's topic, 'The Planetary Chains' is a challenge not to Dr. Krishnamacharya, but to the Masters of Eternal Wisdom. It is a challenging subject to the Masters themselves because after explaining to a certain degree, they felt many times that they could not explain it beyond

the degree of mystification, because the heights of the subject are infinite and the depths are self-suffocating. That is the nature of the subject that is given today, but since we are all students and since we are travelling in the same direction, let us try to open the little doors of the eastern window and try to receive the ray of light which contains the seven rays in it.

And about light, we have nothing to speak much; there is everything to enjoy and receive, and to prove the truth of it by getting ourselves exposed to it.

Many of you might have gone through the wonderful book called the Secret Doctrine by Madame Blavatsky. The question is exactly like the question "Have you learned to swim across the ocean?" That is what we mean by reading the Secret Doctrine of Madame Blavatsky from cover to cover. I can question you because I don't know swimming, because I stand on the shore and question all the others who are swimming. The book Secret Doctrine is a commentary to certain group of stanzas called the archaic stanzas. The word archaic means the most ancient. There are three sources to these stanzas, and there is one common source to all the three sources.

The traditional scriptural stanzas received by the ancient Tibetans are one. The traditional Indian scriptures, wrongly called the Hindu scriptures, is another. That is what we call the Vedic texts and their commentaries. But remember that the Vedic texts, or the Puranas or the Upanishads, do not belong to Hinduism or Hindus, just as the Christ and his teachings do not belong to the

Christians. Christians are only one sect of people who wanted to follow the light of Christ, through the narrow window called religion. Similarly Hindus are one sect of people who wanted to understand and follow what is there in the Vedic texts. The word Hindu didn't exist before the sixteenth century at all. It was the Muslims who invaded India and invented the name Hindu, just as it was Max Muller and his followers who invented the wonderful words Aryan and non-Aryan. There are many falsifications and concoctions which do not belong to these ancient scriptures. So, let us try to meditate upon the commonness of the scriptures, beyond the narrow idea of any religion. Then, we can understand what the Secret Doctrine is.

There are among you some people who are following my classes in the Indian scriptures. They have, to some extent, seen what the Cosmology of the ancient scriptures is. You have seen one sentence which runs like this: Seven are the layers; three times seven are the sticks of fuel to the fire offering called the creation, which includes the cosmogenesis and the anthropogenesis of every unit creation. The first principle is what is called the septenary principle that exists in everything and that operates in every unit of nature. The tiniest unit that the little human brain can understand is the atom, and the biggest unit that the little human mind can understand is the unit space globe that contains the millions and millions of galaxies. Each galaxy includes in it, millions and millions of Solar Systems, and each Solar System is an atom of its own magnitude. The average span of one Solar System which the human mind understands as the millions and millions of years

is a split second in the flickering dance of the atom which we call the Solar System. Let us remember this background as the grand stage of the theatre upon the platform of which the whole drama is taking place.

And now, we are trying to enter into the septenary principle and one of its applications when we speak of the planetary chains. Let us take our earth as an example, with North Pole, South Pole and Equator. Of course, they are not marked on the earth, the North Pole, the South Pole and the Equator.

Once, it was announced in an aeroplane that they were crossing the equator. There was a gentleman who was travelling in the aeroplane and he demanded a telescope to observe the equator. They said "you won't see anything my dear Sir". But still, he insisted upon having a telescope and someone was pleased to supply. He observed and said, "Now I see the equator as a big rope tied across the earth and an elephant is walking on it. The others were surprised and they saw again through the same telescope, they found nothing. He saw once again and said 'it is there'. Finally they could discover his equator. He was having a big beard, one hair of which was running across the telescope and a little insect, an animal was crawling on it. That is how we are when we try to make an attempt to observe these grand things.

And what is there on the earth globe, only the minerals. That is what the material eye can speak of. We accept that there are only minerals in it. We see M and W; minerals as men and water as women.

What about the shape of the earth? Are the minerals put together as a bundle standing as the shape of this earth? It is against common sense to believe so, though it is not against the visibility of the naked eye, because the eye is also a globe, and we don't know why the eye is like a globe. We take it for granted and we are using the eye. These are a few examples of our limitations, when we make an attempt to peep through the miracles and mysteries of nature. Now, what is responsible for the shape of the earth?

Take a human body on the other side. We know what it contains. If you know the bio-chemistry professor and the anatomy professor, they will give you, within two minutes, the chart of the chemicals that are contained in your body. But the same question remains unanswered. Why does the shape of the human being remain the shape of the human being as long as he lives? Not only that, why does Rudolph appear only as Rudolph and Krishnamacharya appears only as Krishnamacharya? Does Rudolph exist in the tissues and cells, and the atoms of the bio-chemistry of his body? So, apart from what we see through the eye, let us call it A; there is something else which we may try to call B. And then, what is it made up of? So, A should have an infilling content B. That is, the shape having the minerals and the water in it, and something which is managing to maintain the shape of it, and something which is consistently supplying the chemicals in their consistency of chemistry. See how the chemical equations of the earth planet are not changed. As long as the earth planet is concerned, the earth chemistry is the

same. The human pygmy on this earth should not imagine that all the other planets are having the same chemistry. The Moon has Moon chemistry, and when we bring Moon substance to the earth we should accept some other substances that are new to the chemistry of the earth. Same thing to Mars, same thing to Venus etc. Like this, we see many other factors that are working in the same earth globe, all these factors are working in your body also.

The chemistry laboratory is supplying the chemicals to your body daily because it is not the same chemicals which you had yesterday that you have now, today in the body. Every moment, millions and millions of atoms are escaping out from our body. And again millions and millions of atoms are entering into our body, only to be translated and reconverted into the same groups of minerals and biochemistry. So, you find a correspondence of the existence of the same principles.

People who try to understand, observe, and corroborate have gone into meditation, not only with closed eyes, but with eyes open towards the outside world for some time, and eyes closed and introverted for some time, with an alternation of the two meditative states, the subjective and the objective meditations. With the aid of these two eyes, that is the subjective eye and the objective eye, and with the aid of the third eye called meditation, that means, common sense applied to intuition, and received through corroboration according to the law of correspondences and verification of the subtler truths, on the grosser planes up to the earth plane. Each principle inevitably applies itself to all the planes of existence in this creation. Such

principles they have preserved and all the other principles that failed to corroborate, they allowed the other principles to go away filtered. And then, they have handed down the posterity the principles that they found corroborating.

The septenary is among such principles that is, the seven-fold existence of every unit of creation. So, they found a physical earth globe which is made up of a finer earth globe, which, in its turn, is made up of a still finer one. Like this, they found seven globes, whereas we see one earth globe.

This is what is roughly called the seven-fold truth of creation. So, they understood that seven globes of earth exist, and the globe which we now see and travel is what we call the physical plane, the earth globe. You can call the second one a finer earth globe, that is, the earth globe of a finer substance. It is also a substance but it is not a matter. So, there are seven planes of substance, the grossest of which is only on the material plane and can be called matter.

Now, let us go into a little more details. Where are the other groups existing? Some where else? Towards the North Pole or South Pole? Or in the depths of the Atlantic or the Pacific? No. If I say this is a garment, and this is a clothe, and this is cotton, and this is fiber, are they existing separately from each other? They are the various states of the same existence. The seven globes of the earth exist in the same way in this earth, at the same place. It is what is called the phenomenon of interpenetration of globes. One globe exists interpenetrated into the other globe. This

is the second fact which we should keep in mind before we proceed further. Otherwise, we will be searching for the other globes here and there.

The same is the fate of anyone who tries to read the scriptures without having this third eye of common sense. If the scriptures say that the whole creation is made in seven days, and if a fellow is trained into the post graduation of biology, without having a fundamental knowledge of even the first page of the scriptures, except through the Sunday preacher who possesses the scriptures, then, the biology professor reads the scriptures every Sunday until he gets a post-graduation or a doctorate in biology, and then, remarks like an idiot that this is a superstition to believe that the world is made in seven days. Because he was taught to believe that the evolution took place through millions of years. So, he is allowed to have one eye by the professors of biology, whereas the other eye was made blind. And the poor Sunday church preacher could not protect the second eye, because he didn't know that much of biology, and the biology fellows were not having that much knowledge of the first page of the scriptures. The two subjects should live interpenetrated; otherwise we will grow blind to the phenomenon of interpenetration.

See, on which day after the starting of creation the Sun and Moon were created? On which day, fourth day. Then how could the first three days be days without Sun? There was no sunrise and sunset because there was no Sun at all. And how could there be the first three days, my dear brother? We should understand that there are days before the birth of our Sun God. We should be trained to under-

stand the sentence, that God said "Let there be light", not only on this earth but also on the millions and millions of earths of the other Solar Systems in a periodical way.

So we should understand that there were vast sweeps of periods. After the first, second and third periods, there was the making of the Solar Systems. That is, on fourth stage of cosmic creation, there was the birth of the planetary globes and concepts, and these periods are called "days". In that sense it is said that the whole creation is made in seven days. But they do not mean the mortal earth days for the human beings on this earth. Because not only our earth, but every planet has its own Sun rise and Sun set. Not only our little planet, but every planet has living beings upon it, including the Sun globe. And the scientist in the laboratory and university laughs at you if you say that there are living beings in the Sun, because just as the blind man is blind to the Sun globe, just as our eye is blind to the six other concealed globes of our earth.

The scientist who knows only the objective science is totally blind of the living beings of the Sun globe, because by living beings he means the earth beings with the earth bodies. But if you apply your common sense and the law of correspondences, your body contains the same minerals as those of the earth, because we are the sons of this earth planet. It is normal that the children of Jupiter will have the Jupiter matter in their body, and the children of the Saturn planetary globe will have the Saturn substance in their body, and those in the Sun globe will have the Sun substance with which their bodies are made up of. This is simple common sense and nothing else. Greater truths

may require greater intelligence, but to know this much, just simple common sense is enough. For corroboration we may require many more things.

So, there are the seven days of creation, and on the fourth day, these planetary globes were made, and then there was the completion of the creation. On the seventh day, what did he do, the wonderful fellow God? Rested. But he had no calendar in those days, so he began to take rest on the first day itself, Sunday. So, God made a mistake and began to sleep on the first day itself. But, according to the holy scriptures, we should understand the seven layers of existence and the outermost layer called Saturn, not the planet Saturn but the principle Saturn, it indicates a halt of the direction of the creation, the stage of consolidation and materialisation in which we find the shapes of all things consolidated, and matter formed, the content of which is the same God. And since it is material plane, it is described that God took rest. That means the material existence where we find the absence of consciousness.

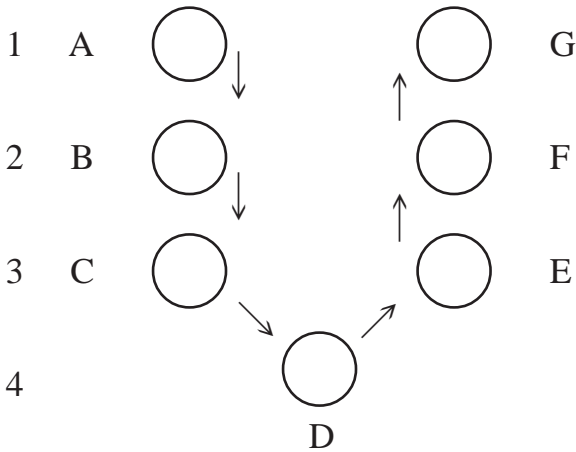
So, there is a technique to read the scriptures, and with that technique, let us try to understand the interpenetration of the globes; otherwise, we begin to sleep on Sundays instead of on Saturdays. So, the first day is holiday to God. But luckily, God never took rest. He was continuously working, and we thought God took rest. If the Omnipresent fellow had wanted to take rest for a second, we would have been nowhere to speak of these few things, and it would have been easier for God himself. So, God never took rest.

The seventh state means the state of matter or materialisation which is understood as a halt, that is blind, and it is said that it is the day of rest to God. That means the Saturn principle as the seventh principle is working. In you, it is working as your physical body, the bottom-most seventh principle of your existence.

In the planetary globe, it is existing as the physical planetary globe of every planet, not only Saturn.

So, the next step to understand about these planetary chains is that to the earth, there is an earth chain, a chain of globes, and this chain is called the earth chain. Just as, to the Moon whom we see, there is a Moon chain of seven globes, and to Mars there is a Mars chain of seven globes, to Jupiter there is a Jupiter chain of seven globes, to anyone of these planets, including the Sun, not only as a planet but also as the centre, he has a Sun chain of seven globes to himself. This is the next principle we are expected to understand through the 'Secret Doctrine'. And when we apply the law of inter penetration, we understand a sequence in the making of this earth.

Some of you might have seen this picture in the 'Secret Doctrine'. Suppose this is the earth globe on which we are living with Geneva, India etc. This earth globe has its own subtler globes interpenetrating it. So, through millions of years, this globe is precipitated from that globe. And it came from its parent globe; and it came from its parent globe. Call the first globe A, from which globe B came, from which globe C came. And at the fourth stage, there is the globe D, which we call the earth we know. That is, the physical earth.



Physical Earth

And again, after living its own span of life, this begins to undergo changes, and recedes to the same state as the globe C. But you cannot call it globe C because C was in the descending order of matter, whereas E is ascending order from matter to spirit. In the previous stages, it was on the way from the subtler to the gross plane, whereas here it is on the way to the subtle from the grosser to the subtler plane. So, you find the globe retraces until it reaches the same stage as the globe A. And only on this globe, physical matter is possible, and all the other globes are on the subtler planes, and we cannot perceive them through our senses.

Now, you can ask, "Do they simultaneously exist? Or A is transformed into B when A disappears? And B is transformed into C, so that one globe will be travelling like this?" It's not like that.

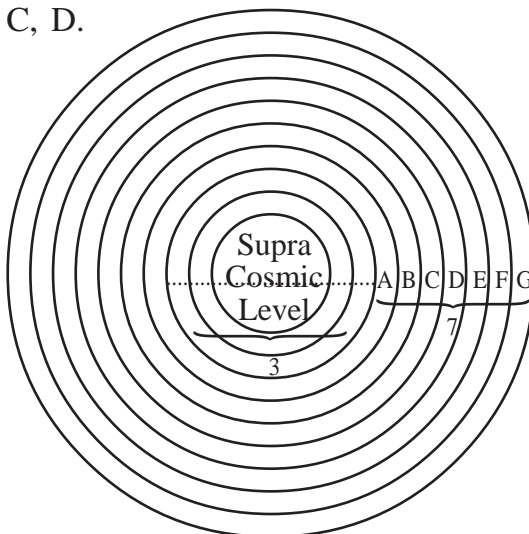
If a child is born to the father, it doesn't mean that the father is instantaneously dead. You can see fathers and sons and grandsons living simultaneously. Same common sense holds good here also. The seven globes exist simulta-

neously and they exist interpenetrated with our globe. This is called the earth chain.

Then, do not mistake for a moment that they are the seven layers of creation, or do not mistake that they are the seven planes of creation, because there are only four planes here, not seven planes. The globes are seven in numbers but the planes are only four. We should not come to hasty conclusions.

Sometimes, a fellow from India like Krishnama charya, comes to Geneva and finds a musician in the opera, and understands that he is a policeman, because of the similarity of his uniform. We should not make such mistakes here! So, it is better for us to arrange these globes in a different way so that you can see them in other dimensions. You should be able to look at them also from the aeroplane.

See, our earth globe, next globe, next, next, six globes. Suppose this is our earth globe; you understand the previous seven globes in the diagram now. That is, place globe A here, B, C, D.



1. THE INDWELLER

“I AM” of the whole creation

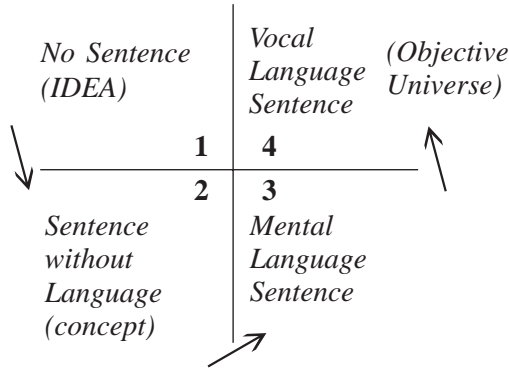
O The Egg.

They exist like this. But they are produced like this, from centre to circumference. There are three more layers inside, before the centre makes a manifestation of the globe A. So, we have seven planes of the globes and three supra-cosmic planes. Now, you will be able to understand that these are the cosmic planes, seven in number, in which the seven globes exist only in four planes. And these seven, apart from the other three, they are what we call the Physical, Etheric, Mental, Buddhic, Nirvanic, Para-nirvanic, Maha-para nirvanic Planes. So, they are the seven planes of existence and all the seven put together make one plane. We have seven such planes. So, there are seven supra-cosmic planes of existence, each of which includes seven cosmic planes of existence, and each of these includes seven sub-planes.

The other three are different from these seven planes. These seven planes and the central most three planes of the supra-cosmic level, they bring out the creation in ten stages. That's why the stanzas describe that. He multiplied through ten digits. These are the ten digits and they are symbolically represented by one and zero. The one, meaning the indweller of the whole creation, who is called the 'I AM' of the whole creation. The circle being the egg in which he is hatched as the child of the Cosmos and it is in the unit space globe in which he was hatched. So, space globe is called geometrically a globe and numerically a zero. And it existed first on the planes of consciousness;

six are the planes of consciousness and seventh is the tangible existence.

So, this is just one aspect to understand, and the previous picture we have seen that includes the four stages. The four stages are called the four stages of the utterance of the Lord by Himself, into the form of this creation. And this is represented by the four states of utterance which we have previously seen.



Four stages of the Utterance of the Lord.

This is called the objective universe that corresponds with our vocal language sentence. The previous one corresponds with our mental language sentence which comes out as the vocal sentence on next stage.

The previous stage corresponds to the mental sentence without language before it descended into our own language, which we call concept.

Before that, we were there, and there was no sentence. We got the idea that we should speak off the sentence, and from ourselves the idea came out, just as the wave emerges from the ocean. The wave was not different from the ocean,

but the wave came different from the ocean. So, originally there was no idea except ourselves, but idea came out from ourselves as something different or objective to ourselves. The idea became concept, concept became language, mental sentence, and it is uttered as vocal language sentence. That is how we are uttering everything. In the same way, the whole creation is uttered in four stages. That's why the scriptures describe the creator as four faced. The creator is called Brahma in the scriptures; he is described as having four faces. This is another aspect.

All this happens according to the law that is working in the background. You can ask, "When there was no planetary globe, did the law exist? To whom did it exist? Before the Solar System came into existence, was there the light? And was there the heat? Where were they conceived? Where were they concealed? Where were the properties of matter, properties of light, and properties of heat?"

"So, if they had existed, the law might have existed. When these globes go into nothingness, does the law also cease to exist?"

It is false. Because when we were sleeping, our knowledge never ceased to exist. It ceased to exist only to our mind. It existed to itself and the moment we wake up in the morning, we wake up with all our knowledge of everything. Just as our knowledge exists when we are sleeping, the law and the laws of creation exist when there was no creation. That is what we have seen in yesterday's lesson. They say that the traits exist eternally, whereas they

stimulate into every creation as the instincts of the creation. They stimulate into manifestation whenever there is a creation, whereas they exist beyond the creation eternally when there was no creation. And the creation pulsates from existence to non-existence, from non-existence to existence.

Let us understand the background and the activity at the end of which we see objectivity. The whole thing becomes one unit creation which exists on the back ground, coming into objectivity from subjectivity and going into subjectivity from objectivity. The background exists eternally. And when there is creation, the back ground exists as the indweller consciousness, whom we call God in many stages. Whereas when there is no creation, He exists to Himself, as the all subjectivity, just as we exist to ourselves when we are sleeping.

Our mind does not exist, our senses do not exist, but we exist when we are sleeping, because the heart is throbbing and the lungs are respiring, and the blood is circulating, and what we eat before sleeping is continuously in the process of digestion when we are sleeping.

Everything is going on normally, except the activity of the mind and the senses.

So, this is one aspect of the teachings, that the law exists eternally and the creation comes and goes. That's why in the Secret Doctrine it is said: Law or the Laws are eternal and are created. This is one sentence which is a translation of one of the stanzas of Dzyan, and it has a profound significance and with the sentence we have to

live for sometime before we can really know the significance of this sentence. And who is the Law maker?

When there was no creation, if you say there was the law, who was the law maker? Apply your common sense to yourself when you are sleeping. If you believe that you are living while you are sleeping, when you are absent as mind and senses, who is there making you live?

The answer is here in the Secret Doctrine. Deity is the Law and vice versa. While you are sleeping you are the one who permits yourself to live. You are your life and your life is yourself.

Now, we have covered one aspect of the planetary activity. Let us have this separately placed in our mind, because we have only understood it, but we should taste it, live in it, and we should have it interpenetrated. So, let us preserve it for our home work. We enter into the next aspect of the theory.

Every planet of ours, including the Sun, Moon, Mars, Mercury, Jupiter, Venus and Saturn, more adding planets after discovery, everyone has his own ladder of seven ranks. Every fellow has his own Jacob's ladder along which he descends and he ascends. Does it happen continuously? The answer is every day we eat food and drink water, it undergoes seven changes, the seventh state of which works as the "I am" in you, and since the 'I AM' is yourself, question yourself if this continues permanently with us. The highest principle continues permanently and the sixth principle will be there as coeternal, while all the other

five principles, they are periodical. That's why bodies come and go, mind appears and disappears, senses manifest and go into unmanifestation, whereas you are there as the eternal principle. From you the other principles come, in you they exist, and into you they disappear. The sixth one is called the nature which is there with you. So, these two are called the pure consciousness and power. This forms one capsule of creation. They are called the coeternals. Now we are not much concerned with them.

First, remember that every planet has its own chain called the planetary chain and every such chain where from has it come? Question yourself, where from have I come? The answer is, from your father through your mother. Same is the thing here also, from a parent planetary chain. Now we are entering into the second aspect. ***Just as we have come from our parents who have come from their parents, every present planet with all its planetary chain has come from its parent planet with its planetary chain.***

If we have our earth and the chain of seven earths, if you call it B, it should have come from another earth which you can call A, having its own chain of seven globes. So, every such chain is the progeny and the creation of another. This is a sentence from the stanzas of the 'Secret Doctrine'. I will read it out once again, of course you find all these things in the 'Secret Doctrine'. but the volume is big and the sentences are dispersed.

"Every such chain is the progeny and the creation of another". And what is that another? It can be called a dead

chain of the same planet. So, for our earth, there was a dead chain of earth planet, from which the present living earth globe and earth chain have come. And they say that this is a reincarnation of the previous earth planet chain. Now, you can ask, "Did all the material come from the previous planet to this earth? Where from did the material of this earth come? Is it taken from it?" The answer is, where from does the matter of this body come? All the kilos we have in our body, do they come from father and mother?

I am very much interested that there is a circus going on in this city and after some days, I fear the fellow takes away the circus from Geneva to Paris, before my friend Rudolph takes me to the circus. And suppose I see the circus in Geneva and once again I go to Paris where our friend Claire will be there to take me to the circus once again. We find everything the same, including the clowns, the same fellows. So, question whether the space was also taken from Geneva to Paris? And the earth and the sand upon which the circus was taking place also was taken from here to Paris? Foolish. The earth was left in Geneva, and Paris earth was hired in Paris, and London's earth was hired in London. But the living beings were taken and the essential things were taken. So, in us also, when we leave this physical body and when we are kicked to reincarnate in some other body, that does not mean we have to carry all these things like this, the whole material upon our back. We are not allowed to take anything from here. The customs gate between life and death is more precise and intricate than the customs gate at Geneva airport. At least suitcases and garments are allowed in the customs at Geneva. Here,

the material of the bodies is not allowed. You are expected to submit all the material with all the atoms of the physical body to Geneva and go away. But you are permitted to take your real belongings, that is, the mind and the five senses, the *buddhi*, and your past associations. Suppose the doctor instructed strictly "don't take coffee" and suppose Krishnamacharya craved and craved for coffee, morning and night and left the body without coffee because the doctor never allowed, and the customs never allow coffee to be taken. But the smell of coffee never exists in coffee powder but it exists in the nose and the mind of the fellow. If you place here good coffee powder with packet opened, and when there is no one in this room, does it have coffee smell ? Smell is to a person, not to itself. So, Krishnamacharya has taken the beautiful flavour and the smell of coffee when he left the body. The Customs first check and say, accepted, you can take the smell with you. And in the next body, when water is placed, milk is placed, honey is placed and coffee is placed on the table, I place my hand on the coffee, even when I am quite a child. That is what is called the associations carried from one life to another. Those are allowed to be taken. Same thing with the planetary chains also. All the material is placed there, and the essentials of the planetary chain are taken and transported from one planetary chain to another. That is what is called reincarnation of the planetary chain. For this we have the eighth principle that which is different from these seven globes of each planetary chain. Apart from these seven globes of each planet, there is an eighth aspect which can be called a planetary hole in space.

Imagine like that. The 'Secret Doctrine' calls it nucleolus of that planet. And from that, a nucleus of that planet comes out. And this forms the A globe of the new planetary chain. This is what happens, when one planetary chain begins to die another planetary chain is produced by the seed of the planetary chain. Another globe A is projected and the content of the previous globe A is transported to this through some millions of years.

Then, this begins to give its B globe, and then the previous B globe transports its content to the B globe. Like that, the new planetary chain forms up to G globe. For some time, this planetary chain exists not functionally but it exists structurally.

Question : Is there a spiritual evolution in the earth globes?

Ans : You mean present earth globe?

Question : Between the first A and the second A.

Ans : When the transportation begins, there is no further spiritual evolution in it, because you can compare this with the last batch of students in university, before the university was closed forever. And a new university is opened by the same staff. There is a transportation of the last batch of students from the older university to the new university. Similarly, the egos or the permanent atoms of the same globe of the previous planetary chain, they are transferred to the corresponding globe of the new planetary chain. And then, their spiritual evolution is not stopped but it continues in the new planetary chain, and it is exactly in the same

position we are now. Because we are recently transferred from another planetary chain to this planetary earth planetary chain, and that chain has become defunct and a dead chain, and the D globe of that dead chain is what we call our Moon. And he is working as the satellite of the D group of our earth chain, and therefore, as it stands, there are no evolution courses going on in the older university of the Moon. This is one of the fundamental differences between The Secret Doctrine and the modern science. Among the modern scientists there are many who believe that our Moon is a piece of our earth shot out from this earth, the hollow of which is the present Pacific Ocean. So, according to them, the present satellite Moon is much younger than our earth, but according to the ancient scientists and The Secret Doctrine our present Moon is a dead planet, a deserted palace. That is the present position.

And this process is called the rebirth of planetary chains. The A globe that newly forms is exactly like the nucleolus from which it forms. Almost, to our mind and senses, it is nothing but space. But the difference is like this. This is like our soul consciousness, introverted. That is how the Sanskrit terms were used by the Secret Doctrine. ***This nucleolus is called 'Pratyagatma' of that planet. Atma means soul; Pratyak means facing himself; that is, he is his own soul facing himself that means introverted.*** He is like a Yogi during the process of introversion, just like a Yogi having his mind and senses focused upon the "I AM" of himself.

And here, we have what is called *Jeevatma*, that is, a soul living outward life. That's the difference. In us also

we have the two states. When we are in soul consciousness we will be in this state when we practise Yoga thoroughly. And when we are living in the objective world, we are in the stage of globe A, and B is like our monad or permanent atom, C is like our buddhic plane, and D is like our lower principles, that is, the mind, senses and the physique.

So, we come out like this into the D globe, we again go into it. Exactly the same process occurs in us and the planets also. This is the second aspect of the theory.

Question : *What does Jeeva mean?*

Ans : *Jeeva means a dweller.* Exactly, we can call him a being; this is the etymological translation. I told you the root 'Ji' in Sanskrit and the root 'zoo' in some other languages produce the same words. Jeeva and zoo. We find zoological gardens etc. They come from the same root that is living beings. The word zodiac comes from the same, that is, a group of beings. The year God "all father" was having many beings and beasts with him. He called his sons and blessed them, and gave some of them his sheep, some of them his bulls and cows, some of them his slave boys and slave girls. You know the pebbles in the Old Testament. There are many patriarchs who are the gods of the year. They distributed the wealth among their children; from Abraham it started. So, the wealth distributed by them is called zodiac or the zoo.

Question : *How long does a planetary chain live?*

Ans : Let us try to peep into a third aspect of the theory. First of all, remember that it has its own average span of

life, just as a human being has an average span, a dog has dog's average, cow has cow's average, man has man's average, a planetary chain has a planetary chain's average span of life.

Question : *How does the Law of Pulsation work at the global level?*

Ans : Let us try to go into a little bit of detail. Life activity begins to pulsate from globe A, and one pulsation takes some millions of years and it is transmitted to group B. For example, there was pulsation one; it is transmitted into B when it becomes pulsation two but again, this fellow goes on pulsating, it never stops. And then, this fellow begins to pulsate, but the two others also pulsate. You see the illuminations in the evening function, how the light pulsates, and the pulsations travel. So, there is simultaneity of pulsation. Like this, pulsation 4 is there and also 5, 6, 7. Suppose one pulsation takes X millions of years, same thing is to this fellow when this fellow is undergoing the second span of X millions of years, this fellow is undergoing the first span of X millions of years.

Suppose the father is 30 years old when the son was born, the same difference of age continues as they grow up. When the first pulsation is made, second pulsation is made and when globe A pulsates 7 times, then A globe stops to pulsate. And then B globe pulsates for the seventh time and it stops. But before this reaches B7, there will be a junior disciple A globe of this fellow, to whom the content will be transferred, transported. And then, the death of the first occurs, because he has no death in the railway station, death in the aeroplane etc.

It is a periodical death. So, after this is called one round of pulsation and when there are seven rounds of pulsation, the planet dies. Don't think that everything is darkness. See, if you can imagine how many people a day are dying in Geneva or any city, if we think only in one dimension, we can very easily calculate in how many years the city becomes lifeless. But we must remember that it is replaced. So, the average population of Geneva remains constant because there are maternity halls on one side, and cemeteries on the other side, and in between, the number of people are always constant. Same thing with those fellow planets also.

So, common sense is to be applied according to the law of correspondences. So, it is said, after seven flickering rings, the planet dies. Now we had the seventh flickering of the previous earth which we now call the Moon. And from all these globes, gradually the whole circus is transported to Geneva, to the present earth globe. And now, the old fellow is going round the earth as its satellite. So, the life energy is transferred to the new planet and this is done in all the 7 globes. So, there should be the production of the 7 globes of the same planet before the planet completely dies. This is one aspect. The Moon we see is the D globe of the previous earth chain and this is the Moon we see on our full Moon.

And the present earth is the D globe of our new earth planet. We are just new to this earth and we are the egos transferred from the Moon to this earth. That's why it is said we belong to the Moon chain. We, the present human beings of this earth belong to the Moon chain.

Then, what happens to this fellow? With all this previous 7 globes, there will be a decomposition of the planet substance, just as when a corpse is thrown into a ditch of sand and buried with sand, there is a gradual decomposition of the matter of the corpse, only to return into the original earth matter. So, it is said to recede to a negative centre of the planet called Laya centre. That is, a homogeneous state of space just as when we put some salt in this, and some sugar in this, and some copper sulphate, many soluble substances, dissolve them and then distill, the water comes out. Similarly, the planet substance of the finest order which is nothing but space, recedes to the original pure space state. That is what is called a Laya centre in the Secret Doctrine. And what is the average span? The total span of a planet is called the life of that planet and the end of that planet is called planetary pralaya or dissolution. When the planetary pralaya of the earth takes place, Mars is safe, going on with his own activity, Mercury is safe, Jupiter is safe. When one fellow dies in Geneva, another fellow will be busy with his marriage. So, everyone has his own programming. Similarly, when one planet dies, the other planets of the previous Solar System, they do not die with our Moon. They are having their own span, whereas the older earth died, new earth formed, the same old Mercury is working as our professor, and the same Jupiter, old fellow is working as our judge, and the same old Saturn is working as an oldest fellow of our city. So, it is only a planetary pralaya, it is called in the Secret Doctrine "*naimittika pralaya*". That means a periodical dissolution just as the death of an individual is pralaya to

himself, not to others. The rest of the Solar System is least bothered.

Question : *What is the root of laya ?*

Ans : The root laya in sanskrit means to merge in the background. So, Laya or Pralaya means something merging in its own background, especially the term is used for a wave merging into the ocean.

Question : *Is it with other planets and their Moon, similar to the earth and the Moon ?*

Ans : Exactly, but at present, the earth of the other Solar Systems will not be exactly in the same stage of our earth of our Solar System, because there is the age difference between the Sun of the other Solar Systems and our Sun. Our father may be eighty years old, whereas the father of my neighbour may be fifty years old, that difference will be there between Solar System and Solar System, because the millions and millions of Solar Systems we see in our galaxies they arrange themselves as seven solar systems with whom five other Solar Systems associate to form a system of twelve Solar Systems.

And these five Solar Systems are much juniors to the seven Solar Systems. In a way, they are working as the disciples of the seven Suns of the other seven Solar Systems and they receive their knowledge and wisdom through impression and light. And in the book Esoteric Astrology, the seven are called the seven sacred Suns, whereas the immature five Suns are called the nonsacred Suns. Like this we find millions and millions of groups of twelve Solar Systems. And the dying globes still half existing of any

planet, they live as the satellites of the newly formed planets.

Question : Is our Sun sacred ?

Ans : No. He is non-sacred. The seven stars of the Great Bear are the sacred Suns to the five fellows among whom the Sun of our Solar System is one. After a certain stage, the newly formed planet will have more than one satellite. How? There are certain Solar Systems that are said to die an untimely death due to the collision of Solar Systems. And the dead planets of the neighbouring Solar Systems will gather as the second, or the third or the fourth satellite of the corresponding planet of the neighbouring Solar System. This is also discussed in the Secret Doctrine and given as the planets of the saturnine planes of existence. And they have to wait until all their fellows are transported into the corresponding planet of another Solar System. It is discussed as an exception to the general rule, but we have very little time at our disposal to discuss all these things.

One more thing, we just touch. That is, the span of each planet will have its own span called day-the big day of the planet. That is called the day of the creator of that planet; just as we have the day of Brahma to our earth. Every planet has its own span of the creator and its own days and months of the creator. And as far as our earth is concerned, the present earth has to live through seven rounds. It is in its first round of duration, first pulsation. And the scriptures give us the following numbers, for certain astronomical reasons. 432000; so many lunar earth

years calculated in lunar years, not solar years, they give one unit *yuga* called *Kaliyuga*. Two times the duration of *kali yuga* is called *Dwapara*. *Dwa* means twice. Three times the duration of *Kaliyuga* will be *Tretayuga*. *Treta* means three times. Four times the unit of *Kaliyuga* will be *Kritayuga*, or *Satyayuga*. *Krita* means, in ancient mathematics, multiplied by four. And they occur in this order : First *Kritayuga* occurs, then, next *Tretayuga* occurs, then *Dwaparayuga* occurs, then *Kaliyuga* occurs. The total put together : ten times the *Kaliyuga* number. Therefore, you have to add only one zero to it. This is called the great age or *Mahayuga*. The four ages put together form one great age called *Mahayuga*.

Seventy-two *Mahayugas* make one period of *Manu*. It is called *Manvantara*. This is true only to our earth chain.

And in the present *Manvantara*, we have crossed 27 *Mahayugas*, we are running the 28th *Mahayuga*. In that, the *Kritayuga* was completed, the *Tretayuga* was completed, *Dwaparayuga* was completed and then, at the beginning of the *Kaliyuga*, about 5800 years ago, there was the *Mahabharata* war. So, now, we are in the present *Kaliyuga* and the *Manu* who is ruling our *Manvantara* is the 7th *Manu*. And there are 14 *Manus* that take place one after another on our earth. Each *Manu* produces his own prototype of humanity on this earth. And each *Manvantara* produces seven sub-types of that prototype of humanity, one after another, in a chronological sequence. And now, we belong to the fifth root race of the seventh *Manu*. This is where we stand.

And when 14 *Manvantaras* are completed, there is what is called a pralaya of this planet, and then, there will be again 14 *Manvantaras* and there will be again another pralaya. That is, we had our recent pralaya on the Moon and we entered into the earth chain. After we have entered into the earth chain, six Manus have completed their *Manvantaras*, six different prototypes of humanity lived on this earth and now the seventh prototype is living. And the fifth root-race that belongs to the 7th Manu is existing at the present. And this has a correspondence with the Full Moon and 14 days of decreasing Moon, the New Moon and the 14 lunar days of the increasing Moon. So, this has correspondence with the four quarters of the lunar month. This is a background for the study of the planetary chains with which we can read the Secret Doctrine better.

Thank you all.

The Creative use of Sound and Colour

(Lecture delivered at Geneva on 25-3-1982)

Good evening to you all.
Today we are expected to know something about colours and sounds, the inter-relationship and the various methods of using colour and sound and knowing the proper and improper methods of using them. The statement that colour and sound have their effect upon us is not very difficult to understand, when we bestow some attention upon the daily routine and the phenomenon. You know that people are pleased or displeased with what we speak. There is no better and direct evidence than this about the effect of sound upon us. If the colours in a room are convenient to our eyes we find ourselves tuned to the room, and we can work in the room for a longer time and with better ease. If the colours are unsuitable and if the combinations are ghastly and beastly, we find something wild by entering that room and we find quite out of tune with ourselves as long as we are forced to work in that room.

When you find some people dressed in colours, you feel that it is fine and wonderful, and when some people are dressed in a different combination of colours, we may find something strange. You will feel as if you were in

the presence of something like a cheeta or a tiger. But if the colour combination is good, you will feel as if you were in the presence of a peacock.

You know the Sunrise and the Sunset fascinate us with their wonderful colour combinations! And also how the very old dark areas in the forests with their greyish and brownish surfaces of trees and rocks, how they fill your mind with an awful and gruesome atmosphere! Your common sense tells you every minute which are the unfavourable colours. The dull brown shades and the dull grey shades of colour, which you find in the dense of the un-inhabitated jungles and in the banks of lonely rivers and springs, those are the colours, that cause destruction of vital force in you. If you spend a few weeks in such circumstances you will grow sick. In fact these colours do not belong to the present creation of our Solar System. You find strange statement made by the Tibetan Master Djwhal Khul in his letters on occult meditation that these browns and these greys of colour, they do not belong to the present round of creation. They are the reminiscences of the previous round of creation, and they have a sickening effect upon biological kingdom. And also he says that these colours are used by the members of the black brotherhood to produce destruction upon a group of humanity.

For example, one nation trying to destroy another nation, one country trying to destroy another country - such ideas are instigated into the human beings by the darker forces that are working on the background. These forces work out through these shades of colours. Your very common sense tells you, that you are not very happy with

these colours. At the same time when you look at the sky in time of Sunrise or Sunset or the night or the evening, any time during the day or night, if you try to look at the sky, the colour effect produced upon is always encouraging. And it is creative in its nature. And whenever you look at the sky, you will find the colour combinations encouraging. So majority of the colours you find in the sky are of a positive nature and they help creation. For the simple fact, we understand the effect of space around the earth is what we call sky, and everything is created from space from the tiniest atom to the biggest Solar System. So our earth is also produced out of space, space adds to the creation of the created entity. That is the reason that the colours that are produced by space upon the living beings, are of a progressive and positive nature. They have a healing effect, a rectifying effect upon the mind and a purifying effect.

Now what is colour? Is colour a response of the observer? Is there something in the background? Colour is only the response of the eye to something which is favourable or unfavourable. If it is favourable, the response is favourable and we say that the colour is good; and if the response is unfavourable we say that the colour is not good. That means, that our response to that particular vibration is unfavourable. What we call colour, is only colour effect. Similarly the same is the case with sound. What we speak as sound and what we hear as sounds, they are not at all sounds in their original sense. They are the disturbances in sound principle which exists in space. Scriptures say the space is a lake of sound principles and when there are waves on the lake, the lake can be observed.

When there are no waves at all in the lake, then what we find is only a reflection of the outer world, and not at all the lake. Same is the case with sound. What we call silence, is the lake of sound in space. And when it is disturbed, we find the vibrations of sound and our ear responds to the vibrations of sound and then we call it sound. So, what we call sound is only a vibration of sound, which is not at all the original sound, just as the wave in the lake is not at all the lake.

So, to make us know of this fact, the scriptures describe that the original sound exists as a lake of silence in space and it is called OM. When it is disturbed by the vocal chords, it comes out as audible by the vocal chords, it comes out as audible OM. Before we disturb it, it is in our mind as the mental OM, it was there with us as ourselves. This is what the scriptures say.

So, it is the response of the eye which we call colour and the response of the ear what we call sound. But before, there is the original sound and the original colour in space, which we can call the lake of sound or the lake of colour. ***The original colour is what we call darkness, but we understand it as something opposite to light. This is because our eye has capacity to vibrate to darkness. It is described in the scriptures, that when darkness is disturbed, it becomes subdivisions, which we call colours, the combinations of which we call light, and that is why light is relative and darkness is absolute.***

Many times we have negative ideas about darkness. This is because of our instinctive fear but as you have the spiritual awakening in you, you will begin to know what

darkness is. And then the negative ideas about darkness will go away from your mind. What silence is to the ear, darkness is to the eye. When silence is disturbed in space, sound comes out audible. When darkness is disturbed in space, it comes out as colour and light, and then our eye and ear can comprehend them both. This is the background which we have to remember before we make a study of the use of sounds and colours.

So, there is another proposition, that the two lakes are only one. That is what we call the lake of sound and the lake of darkness. It is only one lake and not two entities. And when two sense organs react to the same pool, the one reacts as sound and the other reacts as colour. That is what the Indian scriptures describe. ***And further it is said that sound and light are interconvertibles.*** To some extent, modern science also knows it. Attempts are successfully being made to convert sound vibrations into colour and colour vibrations into sounds, through a peculiar process called diffraction. There were successful experiments as early as in 1934, conducted with the help of a substance called quartz. Even now the experiments are being conducted, and the various electro-magnetic phenomena also prove that light and sound are interconvertibles. Just as the heat and light are interconvertibles in electricity, just as the magnetic and the electric phenomena are interconvertible. Similarly the light and the sound vibrations are interconvertibles.

There is a tradition in the ancient Indian scriptures, that a species of snake uses the same organs to hear and to see. There is a particular type of cobra in South India

which has only two holes as eyes and when harmonious sounds are produced, these two holes are used tempo rarely as ears. It cannot see when sounds are produced. So what the snake-charmers do is, they produce a type of beautiful sound for the snake and when it is silent they go and catch the head with one hand and the tail with the other hand. They are very deadly snakes but yet people catch and play with them.

This is one of the oldest concepts of the cosmos and of the Solar System and the individual and also a plane of existence is described as the abode of the serpents. In that plane of existence many millions of serpents are described as enjoying light and sound alternately. Microcosmically speaking, the optic nerve and the nerve of audition, before they are separated from the brain matter; they have a meeting place in the head, where the faculties of hearing and sight are not differentiated yet. Peculiarly that particular centre is called the abode of serpents. This is just for your information.

The shades of colour are mainly seven for the dweller of this earth planet. If there are many more shades or not in other planets, we cannot understand. Sometimes the people of Planetary Synthesis may be able to tell us. Let us wait until they synthesize colours and tell us if there are more colours in other planets, but we have only the "VIBGYOR" that is the seven colours fixed on this earth. It is what is called the spectrum. It is also called the vibgyor that is, they use the first letters of each colour, V for violet; I for indigo; B for blue; G for green; Y for yellow ; O for orange and R for red. They made a word of seven syllables

and called it "VIBGYOR". About the sounds in music, it is a universal observation of all musicians that there are seven main notes in music. Let us pay some more particular attention to the correspondence. Why should there be seven main notes in music and seven colours in the spectrum! There must be some correspondence in both, and there is a correspondence. The scriptures speak about it more informatively. When we are expected to make spiritual meditations about colours, Djwhal Khul gives a different order of colours, in his book. It is given on the first page of the notes, I have distributed to you. It is in the following order; first is blue; second is indigo, and then green, then yellow, then orange, then red and then violet. This is somewhat jumbled and different from the ordinary concept of succession. We should understand his explanations which are given elsewhere. The colour to which the eye responds, may be many times different from the colour to which the mind responds. That is what Djwhal Khul remarks when he says, that there are substitutions in colours.

For example, if I see blue with the eye, my mind responds with indigo. What we call darkness in the night is what we call blue in the day, in the same space which we call the sky. So, there are substitutions with the eye and with the mind. Djwhal Khul wanted to give us the response of the mind to the colour vibrations, leaving away the reaction of the eye to the colour vibrations. Unless you understand this, you will be confused if you read the "Letters On Occult Meditations", because he has given the order in a different way. But if you remember the succession of colours at Sunrise, then you will understand

his order of colours. On the left hand side, on the same page I have given the order of colours that are found at Sunrise. What we call the east horizon images the red ray at Sunrise. On either side of that ray we find violet and on either side of that violet band, we find orange. On either side of the orange you will find yellow and on either side of yellow you will find green. On either side of green you will find indigo and on the outermost layer in the sky, you will find blue. If you remember this, and take the position of red as the first one in Djwhal Khul's order, you will be able to understand the arrangement he has given.

When we take the cosmic evolution into consideration there are colour effects that are produced in the creation. They are called the Lords of Flame in creation. The scriptures describe them as seven. First there is the emergence of three Lords in the form of 3 flames, and then there is the origin of the next 4. Then the total is seven lights. They exist in the cosmic egg, long before the Solar Systems make their appearance. In fact it is with their light that the Solar Systems are prepared afterwards. They are prescribed as the pre-Solar clusters. In the Indian scriptures they are described as the seven elders, seven wise elder brothers of the Solar Systems, who entered with coloured turbans; that is how they are described. The first 4 produce the potencies of the Solar manifestation. They are described in the following way with their corresponding colours.

One, the first Lord comes with indigo colour expression. He is having the Lord and Wisdom aspect. He is called the first Dhyani Buddha in Buddhism. He is also called the first Bodhisattva before creation, and he is called

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the first progenitor of God; that is how he is described in the Vedas. In the Old Testament we find his name also. He is called the patriarch Abraham, who is not at all a tiny human being on this earth. So, he is the indigo coloured first, the eldest brother of the Solar System. Then there is the second elder brother called the blue one. He is the colour of the aura of the Cosmic Egg which is called the auric egg and even on this earth planet also, when a human individual is made perfect, when he has attained all the spiritual levels of realisation, when his behaviour is all perfect, his aura will be detected as pure blue. So, this is the colour of the second Lord of the Cosmic Egg. The third is called the elder who is in orange colour. He is complementary to the blue Lord and he is what we call intelligence. Of course he is not our intelligence but the intelligence that fabricates the Solar Systems in the Cosmic Egg. As the fourth elder there is the yellow light which comes out. He works as a complementary to the indigo colour, and he belongs to the buddhic plane. Not our buddhic plane but the buddhic plane of the Cosmic Egg. We can say, he is the cosmic buddhi or the fourth plane of the consciousness to the cosmos.

Then let us divide the colours into desirable and undesirable before we can make use of them. I told you the shades of brown are undesirable with the exception of one shade that is what we call the honey colour. That is very holy and very purifying. Except that, all the other shades of brown belong to the dark brotherhood. That means they lead our consciousness into the sensory pleasures and indulgence and it increases the desire to exist

in the senses, and make us intensely try to enjoy the sensory pleasures which lead to a rapid shattering of the physical vehicle.

Enjoyment should not be denied. We have to enjoy the pleasures of life, but we are not at all expected to dwell in the senses. Senses should be used for the comfort of the body, for example the taste to feed the body with food and drink, but senses should not be used to shatter the body. When we begin to eat for taste and drink for taste, it is the body that suffers at every feeding, and gradually the body goes into a shattered condition. If we use taste as a convenience to feed the body, it is what is called the right use of the senses. It is what is called the right way of enjoying the pleasures of life. Then the same enjoyment of pleasures protects the physical body and makes it strong and keeps it intact until one moment before we drop off this physical body.

So, dwelling in the senses is very bad. Yourself being a slave to your senses, is never permitted by the science of spiritualism. The senses are your servants. The greatest of the Deva kingdom are serving you as your senses. When they are ready to work as your servants, you are not expected to confuse them and confuse yourself. Then it is described in the Indian scriptures that the Devas are enraged by our misbehaviour with food and drink. In the AYURVEDIC TEXTS it is described that these Devas of taste kill us with food and with drink. That means we go into digestive and liver troubles as a result of our indulgence with taste. Same thing with sex and other habits also.

The Creative use of Sound and Colour

The shades of brown and various shades of green, stimulate the mind to dwell in the senses more and more. That is what is called the work of the dark brotherhood. We should not select any shade of brown for healing or for spiritual purposes, for example, meditation. Similarly any shade of green. There is only one exception in brown and one exception in green which are very pious and very purifying and which are rectifying and replenishing to the life principles. Those two shades can be selected. A very careful selection is to be made. If the brown belongs to the honey colour, which can be called the transparent brown, it has to be selected. If you sit in a room with the glasses having that colour you automatically go into meditation. But be careful in selecting that particular shade of brown. Similarly about green. If you can select the green colour of the meadow which we call the grass green or the leaf green, the green that belongs to the vegetation of the earth, which gives you only the reflection of the green ray of the Solar spectrum, that green is pious. First of all it gives you health. It removes weakness. And the more you live amidst trees and leaves, where there is a Flood of Sunlight, the more your health will be rectified. Your weakness will be rectified and many diseases will be rectified.

There are observations of cases of cancer being cured with the help of the use of this green colour without the aid of medicines. Of course it is well proved that medicines can never cure cancer; if at all we can have a hope of having cancer cured, it is only through nonmedicinal methods, that is, natural methods and not at all, the medicinal or surgery

methods, and never, never through radiation methods. So, you can select the green either for health purposes, that is healing yourself or healing others, or for meditation. You can go into the spiritual Buddhic planes very easily, when you are often exposed to the leaf green vibrations. Of course, they should have the supplementation of the golden yellow ray of the morning Sun. When the light of the morning Sun is reflected upon the green of the meadows and the trees, you can derive much benefit as you go on how to understand to extract the effect. It is only a matter of knowledge that makes us wise about this.

There may come a time in the future, that people heal themselves by exposing themselves to the green and to the yellow by having their own regulator mechanism of health. The only thing to be known is about the architecture and building of the houses. If man discovers certain secrets of house-building he can arrange parts of his houses to invite properly the green and the yellow and regularly practise health meditation, so that his healing purpose becomes a maintenance of health and not at all curing of diseases. At present, we are fully active with curing of diseases. What we call, medical science in the 20th century is unfortunately a science of diseases and their cures. There is not much space in it to know what health is, and how to maintain it. Once again there may come a time, when the students learn the science of health and not the science of the diseases and their cure.

During such a century, the green and the yellow will help the student very much. But be sure that you select only leaf green and meadow green. The other green shades

that are between blue and green, they are highly dangerous both for health and for spiritualism. For example, the colour of the blue vitriol. It is a shade between blue and green, that is what we call the copper sulphate crystal. It has one of the most sickening effects upon health. So, no such shades can be selected, either for the room, nor for the environment or for the meditation. This is one aspect. You can also select blue for your meditation. You can look at the sky and meditate. Automatically you will go into meditation. Because when you look at the blue of the sky, there is a reaction of indigo in your mind, you will go into the colour of the second aspect of the Cosmic Lord that is what is called the Lord as the Lord of Existence.

There are three aspects of the Cosmic Lord. One is the creator aspect, the second is the existence aspect, the third is the destruction aspect or the merging aspect. The first is called Bramhan the Creator, he is also called the four-faced God. The second is called Vishnu, who is always described as having a blue body. It is described in the scriptures, that his body is eternity, and it is in blue colour. That means what we call sky is his body, it is said to be the most auspicious colour. So, you can meditate upon sky blue. You can look at the sky and meditate. Sometimes people look at the sky when there is Sun, that is very dangerous. They lose their eyesight very soon. Don't face the Sun when you look at the space. The Sun should be at your back, if you want to look at the blue of the sky. In India also there are people who believe that they have to gaze the Sun with their eyes. Invariably, they lose their eye sight, because it is not with your physical eye that you

have to gaze the Sun. You should start looking in the Sun with your mental eye. Then proceed to the Buddhist plane and gradually into the higher planes. Be careful not to look at the Sun,

Djwhal Khul says to look at the Sky at the Moonless night. That is, when the Moon is absent. Also when there are no clouds, and when there is no rain. You look at the sky. The colour is what we really call blue, because the reaction of the mind is darkness, but the effect upon the eye is blue. I tell you it is the incapacity of the eye that makes it appear as dark. But it is the eternal background colour of space, because what we call light depends upon Solar System. It is only optic light. And it exists as long as the Solar System exists. When the Solar System disappears, then the optic light also disappears. So, what we call light is only relative light. And what we call darkness is the background which is eternity. And when the mind can leave off the complex of fear with darkness, a spiritual change takes place in the individual mind. And then, the colour begins to reveal its effects upon us.

In ancient days, some of the saints used to go into the forests and mountains. They used to spend years and years in loneliness only to look at the sky in darkness, and remove the idea of darkness from their mind. So, they trained themselves to be in the company of the background God consciousness, and could really understand that they were not alone. To practise this, they had to live a life lonely. That is one of the ancient practices. But it is not always recommended, but there is a group of people who practises it that way. And now let us consider a little bit about other colours.

What about rose colour? If you take the light, original rose colour, then you will find the colour of the astral plane. It belongs to the desire nature and at the same time it makes you tranquillize your desires. That is when you are already in spiritual practice, it helps you to go upwards and if you are not at all spiritual till now, it helps you to go into the senses. So, we should be a little bit careful but at any rate it heals.

When healing is required, when people suffer from long sickness, keep them in a room, where there is rose colour painting on the walls or let there be good paintings of roses in rose colour. And let the patient meditate upon the rose colour around himself and within his mind. And let the healer also meditate upon rose colour, during the period of his healing. Then you will find wonderful healing in the patient. So, blue colour, golden yellow colour, meadow green colour and also pure rose colour, these are the colours which heal, which improve the vibrations, which rectify the psychological and physiological defects. And dark colour is what we call black, it heals a spiritualist and it makes a mundane man sinful, because unless you are spiritual in your mind, you will carry an unhappy sentiment with black colour. Until that sentiment is removed from the mind, it works as an autosuggestion and the person goes more and more sick. But when you understand that it is the background colour of all creation, when you meditate upon that colour and think that the creation is coming out of that colour, then wonderful healing takes place. And also spiritual progress is very rapid. But only some people can derive the good benefit of it. Be very careful in selecting that colour.

If you read the biography of Sri Ramakrishna Paramahansa, that is the Guru of Vivekananda, he is one of the very few, who had a successful meditation of dark black colour. He meditated that colour as the Cosmic Mother, because all the Cosmos comes from Darkness. And there is a method of that meditation in the Tantra books, but since Tantra books are awfully misunderstood, it is dangerous to follow the tantric methods. In fact, the Tantras are among the purest of spiritual literature, but at present the occidents have a very dirty way of understanding Tantra books. Many people believe that the Tantra is sex practice in the name of yoga. So, they have many foolish notes about tantric literature. But if you understand the level in which Rama Krishna Paramahansa lived, it is one of the most sublime levels of the Masters. He is one of the very high order of mystics who ever lived in this world, and he followed the tantric path of practice, and he meditated darkness as the Mother, and he gave us his experiences through Vivekananda. And so if you are sure of your good stature in mind, you can practise meditating the dark colour, that is black or darkness.

Master Djwhal Khul gives us the colours of the rays in his book especially in the cosmic existence. I have given here in the second page a classification of Djwhal Khul, but generally speaking it is much confusing. Unless we make a thorough study of his other books, we do not understand anything with this order. For example he gives two colours, the first colour is indigo, and the second colour is not revealed. A complementation of these two colours produces what we call the 'love and the will' aspect of

the creation. That is the gap between the First Ray and the Second Ray, and then a complementation of indigo colour with indigo sub ray. Then it produces the Second Ray, the Love and Wisdom Ray. And when indigo is supplemented by green, we get the Fourth Ray, the Ray of Harmony. And when indigo is supplemented by orange, we get the ray of pure knowledge. And the Sixth Ray, which is called the Ray of Devotion, should have a supplementation of the indigo ray with a sub ray which is not revealed. It is called the path of devotion. And if indigo is supplemented by violet it gives rays of the Seventh Ray of existence, that is called the Ray of Magic or ceremonial order. Of course, this is not much useful at the present stage. When we study the volumes of the Seven Rays, four or five times, then we will understand the significance of what he speaks in his arrangements.

Now let us consider the relationship between colours and sounds. In the scriptures, it is described that the seven elders uttered seven sounds and from those seven sounds seven lights were born. That means seven colours were born. At first, there was the utterance of three sounds, and three colours were born. Then there was the utterance of the next four sounds, and then the other four colours were born. So, there are two groups of Devas on the cosmic plane and the one group utters the sounds, while the second group of Devas are born from the sounds, and begin to exist as lights. That means sound precedes colour. In space there is what is called the Pool of Sound, seven utterances take place before the creation starts. It is called, the seven sounds. *Sounds do not mean vocal sounds, but sounds mean vibrations.*

According to the Law of Vibration there will be seven vibrations before the creation comes out and then seven colours emerging. This takes place through millions of years, before the Solar Systems take their birth. And these two sets of Devas work out the whole universe. If we try to understand how the whole Solar System is prepared, it is only an utterance in space, utterance of oneself into a one, very big self, which we call the Solar System. If you try to understand how the atom exists, it is an utterance of space in space. That's why the Solar System has the Sun as its centre and the atoms have its nucleus as its centre. So, it is the same phenomenon that occurs, and unless there is a uniform utterance in space, there cannot be the birth of the Solar System, which is so systematically working.

For example, if you make measurements of the astronomical year, you will understand the perfection of number and geometry. The precision of the astronomical year can never be found in the consciousness of any mathematician or in the figure-consciousness of any geometric professor. Where from is this symmetry and systematic work coming? That total attempt of systemisation in space is, what is called Utterance. We cannot call it with any better name. The scriptures say that it is Utterance. They say that the space Utters OM and they give the meaning of the word OM as "I AM". So, space Utters "I Am" and there is what is called the egg of space. That is called the birth of the Egg of Space. And from the Egg, the little bird comes out, with the millions of Solar Systems as parts of his body.

If you read the description of this bird in the scriptures, you cannot find better poetry in any literature. And from this bird, once again the egg comes out. From the egg, once again the bird comes out. That is how the scriptures describe. That means, from space, one cosmos is born as the egg and from the cosmos, there are millions of Solar Systems born and in each Solar System there are the living beings born and each living being is working as a seed of another cosmos. So, the Solar Systems once again go into space, just as the egg is broken and once again the seeds are germinating in space, to germinate into new cosmos eggs. This is how it is described.

In the story, when Moses approached the Lord and asked Him, 'what is your name'? God said: "I AM that I AM". That is called the utterance of sound potency. Then there is the manifestation of colour. Then there is the seven-fold scale of music. Each of the musical notes corresponds with each of the seven colours. And in Sanskrit we have the same names to the colours and to the musical sounds. An utterance of a musical sound produces the effect of notes as well as the effect of colour. When a sound is used in such a way, it is called a Mantram and when a combination of sounds is made, then there will be the effect of the combination of colours. So, when there is a musical combination of sound, it produces a harmonious effect of the combinations of colours. And each of these seven sounds of the musical scale, they are uttered in three different tones. So, there are 21 different musical scales, corresponding with 21 shades of colour, and a transformation of sound into colour can be successfully

attempted when you make the ritual in the required manner. When you succeed in doing so, all your vehicles will be purified and sanctified. And that is what the Masters of the yoga path also teach.

If you properly understand how the whole world stands in space, then you will understand the potency of colour and sound. How is the earth existing and rotating in space? It is questioned in the scripture. It is also answered that it is due to the Sun. Once again it is questioned how the Sun is existing in space. We have to blink. But there is the answer in the scriptures. They say, there is the fact that the Solar System exists in such a way, and that fact is existing in space. And that fact is working as the Mantram of the Solar System. Due to that Mantram the Sun is existing in space. You must understand the subtle significance of it. That means, something can be created in space and from space and out of the material of the space that something can stand in space, exists for a very long time in space and again merge into space. That is what we call the Solar System. And the potency that is making all these things is called the utterance of sound and light. That is the seven-fold musical sounds and the seven-fold band of colours. They are being uttered and this utterance is keeping up the Solar System in space.

Finally it is proposed that from the scale of the Solar System to the scale of a little atom, everything is a network of sound and light vibrations. And this network makes everything exist in space. This is what we are expected to realise, objectively and subjectively. Objectively with the help of the physics and chemistry we have, and

subjectively with the science of man which we have in the ancient scriptures, a part of which, we call spiritualism and an emotional part of which we call religion.

Question : *Is the background from which all comes is a female principle?*

Ans : If we consider the background or what we call God, it is both woman and man, because man and woman came from the same space. And man is born from his mother but the mother is born out of her father. So, when we have to meditate, we are at perfect liberty to meditate as male or as female because both are equally true, when we want to meditate darkness.

Question : *Is the colour of turquoise, a tibetan healing colour?*

Ans : There is no particular colour called turquoise. But there is a gemstone called turquoise, but there are 4 or 5 shades in the colours of turquoise. It heals especially the hysterical types of diseases. People are very famous in healing hysterical diseases with turquoise, and it is a very safe gemstone to try for anyone.

Question : *The colour of Vishnu is blue. What is the colour of Brahman and Shiva?*

Ans : The colour of Brahman is given as golden yellow, because the cosmic egg is described as the golden egg. And Shiva is described as darkness or the background. But also as milk white. There is a strange reason. To the observer it is darkness, to itself it is all light. And his original colour is described as milkwhite. These are the three colours.

Question : *Does the healing power work through the eyes, or does it work through the whole body?*

Ans : If we attempt a healing through the eyes, it works through the eyes but it is not a very safe method, because it is a waste of energy to the healer and a lot of strain to the vehicles of the person who is being healed. If there are some psychic imperfections in the healer, for example restlessness and nervousness, they will reflect in the person who is being healed. When we use the method of healing through the eyes, the best method to heal is, healing through the mind, not through the senses.

You can ask the patient to sit down at ease in any comfortable position and see that his body is relaxed. His muscles and nerves are relaxed. Then through your conversations, you should make his mind relaxed. And then ask him to close his eyes and meditate something which you suggest to him. The object of meditation should suit his taste. If he is in a religious level of understanding, let him meditate his own God, whom he is accustomed to meditate for a long time. If he is a non-believer of God, let him meditate a colour or a shape, and then you begin to heal him by directing a stream of thought from your mind through your heart projecting into his eyebrows and in the centre of his eyebrows it is entering into his cerebro-spinal system, flowing down his spine, filling his whole body with some harmonious colour you propose in your mind. This is the process of right type of healing and you will have no strain at all even though you heal 200 or 300 persons a day. If you believe that the healing energy is

flowing from you into the patient, very soon you will be sick, because your auto-suggestion makes you sick. Therefore, remember that healing is not done by you, but it is done through you, just as electricity is not produced by the wire, but it is produced through the wire. If you remember this, your energy is never used for healing. There is the pool of cosmic energy in space, enough to heal universes and worlds. Why should the sick people need your energy and my energy? It is only to tap the source, to channelise the stream and complete the circuit with the person who is sick. For this purpose what you have to do is, you receive energy from the Sun into yourself through your cerebro-spinal system into your vertebral column and then it flows through your heart into the brow-centre of the person and then into the cerebro-spinal system. That is the best way of healing, the most effective way and the way which never makes you exhausted of your energy.

Question : About the colour red ?

Ans : The present stage of the evolution of humanity is not in a stage to make a good use of the red colour. That's why let us avoid this colour from discussion. There comes a time, when the Ashram of the Masters which is already existing in the planet Mars which is described by Master Djwhal Khul, has made a spiritual contact with the beings of the earth. Then only the red colour can be utilized in the positive way. Now it is not at all possible.

Question : Is there a correlation between the seven colours and the seven chakras?

Ans : Definitely. It is a big ocean. That single topic itself requires about an hour to explain. But remember there is

a common keyboard of all the things, that is the five states of matter in your body and mind put together form the six principles that governs the chakras up to the browcentre. And then the seven colours find their place in the six chakras and the seventh one. And there are seven utterances, each of which can be uttered through the energy centre of each chakra. The whole scheme is described in what is called the meditation of the Gayatri in the scriptures. Sometime, leisurely I will discuss the topic and describe diagrammatically.

Question : About white and very dark red ?

Ans : Whether dark or light, red should not be chosen. And about white, It is a very deceiving colour because what we feel as white to the eyes, is pure colourless blue to the mind. What we call blue to the mind, is white to the eye. What is blue to the eye, is white to the mind.

Therefore, it is a most deceiving aspect until we reach a certain stage in spiritual practice. You can understand it by the fact, how the sky appears blue to the eye. See there is nothing there to appear to the eye, but still it appears blue. It is the reaction of the eye towards space. That makes us see blue. So, according to the ancient scriptures, all the seven colours are synthesized into the white ray at a certain stage of biological perception, and after a certain stage the milk white colour and all the six other colours can be synthesized into the blue colour. So, what we call blue and what we call white are substitutes and interchangeable to the mind and the eye.

Question : How do you explain the evolution of the 12 tone musical scale, and do you regard it as a good evolution?

Ans : It is a legitimate expansion from the seven scales of music. It is only the potencies of numbers that produce the vibrations of sound. If we know how to make a spiritual approach to the numbers one, two, three as the first three utterances of cosmic creation and then the four making the seven. We find in the network of the Solar System, the three and four producing the seven rays of the spectrum. And the three into four is producing the scale of 12 as the 12 months of the Solar year. So, this is the basis of the 12 musical scale. You find a consistent keyboard of the whole thing. Much of these things are explained in the Secret Doctrine of Madame Blavatsky. But the volume is very big.

Question : *About violet?*

Ans : Experience tells us that it is not desirable and also Masters like Djwhal Khul warn us that it is not desirable. Anyhow, it has not yielded good results in healing. It is especially harmful to the healer. It leads the healer into nervous and hysterical moods. So, it is safe to follow the advice of the Masters of wisdom. Personally speaking, I do not advise healing through the violet colour.

Question : *Can one help dying people with colours?*

Ans : Yes, you can give a very comfortable death, and in some cases, you can make them forget that they are dying by using colour and music. Then the fear of death is not there, while they are dying and when it is not there, it leads to a very good consequence in the next birth. If anyone leaves this body without fear of death, then, the next step is very positive and he gets an advanced birth. And you

can help him in such a way. Use good music and honey colour, and also sometimes golden yellow colour, especially if the person happens to suffer from lack of self-confidence in his past years. But colour in itself may not be sufficient. The help of sound in the form of music and also your conversations and the subject you introduce to his mind, these three aspects should be made a good combination, then the person no more remembers that he is going to die. In such a condition he leaves his body. And he will have a great spiritual evolution in the next birth.

Question : *About the black brotherhood and where they come from?*

Ans : It is a story of tens of thousands of years, and it cannot be narrated within 10 or 15 minutes but it is enough to remember two points. One is to remember that there is a phenomenon in nature, which we call the force of habit. Nature has given the living beings what we call habit, so that the respiration and heart beat may repeat continuously as long as we live. Out of habit the heart and the lungs are working in us. And to the mind also this law of habit applies. When we are habituated to positive thoughts, there are psychological forces that are helping us to become more and more positive. When we practise negative thoughts, they will engraft into their own habit, and they will be helping us not to lose the negative thoughts. So, there are two types of forces produced by us existing in nature.

From the beginning of the creation of humanity on this earth, mankind has produced the individual good and bad vibrations, and engrafted the good habits of thought

and the bad habits of thought on this earth. The habit of good thought is working as a great positive force in nature. And there are Devas who are trying to help us in that line by making use of the positive thought reservoirs in nature. At the same time there are the negative consciousnesses that are produced by humanity from the beginning till today, that have established in the form of a very strong habit in nature. We inherit it as human nature from which we inherit as our individual nature. And these forces are trying to keep our mind in negative thoughts. They are called the beings of the dark brotherhood, because of their power much negativity is conducted on this earth, for example wars, destruction and slaughter. That is what is called the dark brotherhood.

Question : *Is it possible for a healer, to help a person who is completely immersed in depressive dark thought?*

Ans : It is possible under certain conditions. But the healer has his own limitations. For example if the sufferer is a victim of physical substances like drugs and narcotics, the possibility of help is very little. Even then if the victim has a thought to come out of this conditions, if he gives a little sincere cooperation with his mind, you have every possibility to heal him. But if there is no such attitude in the mind of the victim, even the best healer on this earth is a thorough failure. When there is no physical conditioning you can heal the victim from the negative thoughts. But if the physique is conditioned by drugs or alcohol, you can never do anything. You have to apply three-fold application. One is, he needs your constant presence. The second, you

are applying your thoughts in the form of conversations, and then meditation through sound and colour. These things should be applied in combination. The most important is, the presence of the healer with the victim. Because a piece of iron can be magnetised only by the presence of a magnet. Then the other things will help.

Question : *How long does such a procedure take?*

Ans : Until you succeed.

Thank you all.

Various Methods of Meditations

Our today's subject is "The various methods of meditations" and how to choose, that is to choose our own meditation, that which suits us. We generally use the word meditation in a general sense rather in a rough way of our understanding. Within a few minutes let us have a precise way of understanding the term, the term as it is used by the ancient scientists according to the science of meditation which is a part of the science of Yoga.

The process of Yoga practice includes eight steps, and meditation is one of them. So if we want to understand what meditation is precisely, we have to understand only according to the science of Yoga and in all its accuracy, yoga means the eight-fold yoga path that is propounded by the '*Bhagavad Gita*' and '*Patanjali*'. Generally we close our eyes and try to think of something which we hold in veneration. For some time, we say we are in meditation and beyond that we are expected to know something which is precise. Suppose a person is sitting and closing his eyes sleeping. Can we say that he is in meditation? What makes the difference? Sleeping is unconsciousness. Our awakened state is consciousness and what the psychologist analyses

is the sub-conscious state. But what we call meditation is supra-conscious state that is a state which is more conscious than what we are now. ***Our normal consciousness is unilateral and it has no simultaneity of existence.***

For example, if I am observing this I cannot observe a second thing. I can observe the two things put together but I cannot observe the two things differently at the same time. If you give me two books I can read one book even though the other book is held before my eyes. I cannot read two books at a time. This is the case with all of us generally speaking. Of course there may be people who are Masters in Meditation among you but this does not apply to them. What I say applies only to those who do not know the meditation.

Those people who have the mind which is unilateral, that is when it is applying itself to something, and it cannot apply to another thing. And the second thing we have to remember is there are five different windows through which the mind is applied. They are called the five senses. You all know them but still let us recollect them once.

They are the capacity of sight, hearing, smell, taste and touch. These are the five senses or the five faculties of the mind. I told you a normal mind can work only unilaterally. When it is seeing, it cannot hear. And when it is hearing it cannot see. But rarely we can do these two. I can be looking at you and listening to what you say. But even then we are doing only one thing. While I am looking at you and if something on your face attracts me, I will miss the idea spoken by you during those moments. And

when I am attentive to what you speak, I miss your face. So it is unilateral. And every moment the mind is working through these five senses. And there are five objects to the senses.

For the sight we have what is called light and shape. For the object of hearing we have sound, word. For the smell we have something that smells. For something that tastes, for example food and drink; and for touch, we have a sensation of touch, cold or hot, hard or soft etc. So we have objects of senses which form the environment. And every moment all the five types of objects are applying themselves to the senses at the same time. Hence they are forcing themselves upon the mind simultaneously, but the mind is unilateral. So, it is forced to act upon each and go on travelling from sense to sense in an irregular way. This process is what is called reaction to the environment. This is what happens in us every day, every moment except when we are in sleep.

When we are in sleep the whole apparatus is in sleep. But we are not sleeping. But since we are accustomed to know ourselves only through the mind and senses, automatically we are absent to ourselves when we are in sleep. But the fact that the lungs are breathing and the heart is beating and the circulation is going on and the digestion is taking its place, all the important functions in the constitution are taking their own place. When we are sleeping that itself proves that we are not sleeping, that the mind and the senses are sleeping. And that we are higher than the mind and the senses and also that the mind

and the senses are our machines and tools to work with. But unfortunately we are accustomed to identify with our machines. We have identified in such a way that we do not remember ourselves existing different from these machines. So we react to the environment every moment and we live in continuous disturbance, succumbed to the environment, identified with the environment, so that we have no time to live as ourselves. This is what is called reaction and we have to stop this process and create some time for the mind and the senses to behave as themselves and let us remember ourselves as what we are originally.

Let us find out how we are when we are not applied to the environment. Till then we had no time to understand what we are and how we are in our original state of existence. This is the sole purpose of the practice of yoga. We want a method which enables us to suspend the activity of reaction, suspend the environment forcing upon ourselves. Every moment it is proved that it is possible because while we are sitting here, while you are opening your eyes and you are looking this side, you are not looking at the wall until I suggested it to you. So, it is possible that though we open our eyes towards something, though something is there before our eyes, it is possible to withdraw the sense of sight into the mind and apply it to something which we want that is what we are unconsciously doing. When we are talking of something very important we do not observe the little things that are around us, though we have opened our eyes towards them. Similarly when two people are talking in your room, when the subject under discussion is very important, then they take no notice of

what others are talking. They need not close their ears with their fingers. Their mind is automatically withdrawn from the ears and is applied to what it wants. So that activity is different from this activity. So, there is a controlled activity and an uncontrolled activity. ***The uncontrolled activity is called reaction, whereas the controlled activity is called response.*** There is a lot of difference between the two. ***While reaction is taking place you are a slave of the environment, whereas, while the response is taking place you are a master of your own machines and the environment. This is what makes the difference.***

Now we have to understand the difference between 'you the slave' and 'you the master'. And from the state of slavery to the mind and senses, you should have a process to lift yourselves up to the state of master. For this purpose the Master is located within the centre of the mind, who is different from the activity of the mind. So, this inside Master who is existing in every one of us is called by the scriptures the 'I AM' and he is called the positive 'I AM' where as the mind with the senses is called the negative 'I AM', because this fellow receives impressions from the environment. He is a receiving pole. This fellow shines through the mind and senses out. He is a transmitting pole. He is Light by essence. That's why we call him the positive 'I AM'. In the scriptures this is called the Lord in you and this is called the Man in you. ***The whole purpose of meditation is to lift the Man to the Lord and to see that the Man is absorbed in the Lord and lives as one with the Lord.*** There's no danger, the Man still exists. Because when light is focused towards a bigger light it merges in

the bigger light and exists as one with it. This is what happens when we follow the yoga path correctly.

The next step to remember in meditation is, the negative 'I AM' exists in your brain as your mind, whereas the positive 'I AM' exists in your heart and lungs. That's why when he departs from this body the heart and lungs stop automatically and the fellow is no more in the mind. But when this fellow stops when he is absent, for example in our sleep the other activities will be going on normally, the lungs are respiring and the heart is beating, everything continues, nothing is at a loss. Once again this fellow wakes up in the morning, takes his seat in his office and begins to work until the fellow is tired and once again along with his five assistants he goes to sleep into this place. This is what happens and this part of the human psychology is not yet known by the modern psychology of the twentieth century. It may take about fifty or sixty years for the modern psychologist to be able to accept this. But in the meanwhile, we have no business to wait for him when we have a better understanding of things; we have no need to wait for the psychologist's opinion. So, let him take his own time.

We will follow the psychology of these scriptures because we have grand solutions in these, where as in the most modern psychology of the twentieth century, there is only an analysis of problems without any solution at all. For example, if one fellow is not able to sleep, the psychologist can very scientifically explain why he is not sleeping, but he has no solution to offer. So, with all respects to modern psychology, it is still in an infant state, the science of problems without solutions. Whereas we have the

psychology of the ancients offering solutions that are practical and tenable and also verifiable by every average human being. So the seat of the negative 'I AM' is the mind and the seat of the positive 'I AM' or the Lord is the heart and lungs. And the purpose of meditation is to withdraw this fellow into the presence of the real Lord. It automatically takes place while we are sleeping but it is not what we want. We are absent while we are sleeping but here we want a process through which we should be present and aware and the machines of the mind and the senses are to be taken into the workshop so that they may be cleaned there, properly lubricated and once again put to use daily. This whole process is what we call meditation. And how to know whether we are in a meditative state or not? Suppose I sit down and close my eyes at about 9pm, when I open my eyes it may be 7am tomorrow, how can I know whether it is meditation or sleep? So, that is the next step.

We should understand the triangular process that is taking place in us. Our existence is triangular in our mind. Everything exists as a triangular force. For example, if we want to listen to some lesson, we are there as the listener, the lesson is there and the process of listening is there. So, there are three entities. If we want to eat, a food is there, we are there to eat and the process of eating is there. If we want to think something, we are there as the thinker, the object is there as the thought and the process of thinking is there. So, this is an inevitable triangle without which the mind might never exist and we want this triangle is broken. When this triangle is broken, it means the 'I AM' in your brain is withdrawn to the 'Lord I AM' in your heart

and lungs. The process of yoga or the scientific way of meditation makes you break the triangle. When you do not exist in your mind, the object does not exist and the process does not exist. ***When only one exists instead of three, then it is called meditation.*** But then we are not in a stage to call it meditation. It will be exactly like sleep. The only difference is, you are present. In sleep you are not present, whereas in this process you are present, the mind is not present, the senses are not present, their activity is not present. We want such a state to be experienced and that is called meditation.

Sometimes we may think that it is impossible and people try to practise it with great difficulty for years. They try to control their mind. They want to concentrate the mind. They try and try for years together and yet not satisfactory in their results. The student tries to remember the lessons, reads and reads before the examinations, finds it very difficult to remember the lessons and he says no power of concentration. He goes to the doctor and says 'I am not able to concentrate on my studies'. Then he goes to the psychologist and says 'I am not able to concentrate'. He is also in the same state! So, we want a practical solution. We know the solution; it is within us. It is not at all so very difficult as we understand. But the only thing is we do not know the approach. When someone gives us the proper approach in a scientific and a systematic way and also in a practical way but not in a philosophical way, then it is very easy. Every one of us will be able to do it and we are in fact doing it many times in many occasions but we are not able to recognize the state of meditation; we

are not able to understand that it is meditation, but on many occasions we are meditating.

Do you remember some occasions when you had been to some musical program; an opera and preferably holy music? Suppose, you have a good appreciation of holy music; suppose the musicians are highly efficient and suppose the fellow who is giving you the vocal recitation has a very melodious voice and a good intonation, then see what happens? You go and sit down there and when you sat down there, the hall in which you sat down exists to your mind and the other people who are around you, they are existing to your mind and the dias exists to you and the platform exists to you and the musicians sitting there, they exist to you and their instruments and arrangements and the faces of the musicians; if some people are funny you will laugh at them and if one of the musicians has a scar or a big wart, you will also recognize it. So, your mind is going in a process of reaction. And then the music starts and within a few minutes, the hall does not exist to your mind. And after a few minutes, the lights, the roof and the walls do not exist to you and after a few minutes other people do not exist to you. Only three things exist; the musicians, yourself and the music. And after a few minutes you are dropped off. You do not remember yourself. You have only the musicians and music. Do you accept that such a thing is happening in you some times or not? And after sometime the faces of the musicians disappear and their moments disappear. Only music exists to you. Do you accept that such a thing happened previously to you? Do you remember that it was not difficult for you

to do it? Do you remember that it was very easy and without your own knowledge it happened? And then, you remember the composition of the music, the wording of the song and the meaning of the song. After sometime the composition of the music disappears from your mind; only music exists and then the words disappear. Music exists. The song disappears. Music exists. And then after sometime there will be a little sound, a disturbance from one of the fellows beside you. Once again the hall is there, the lights are there, the people around you are there, the musicians are doing all those things, their faces are there, and everything is there. Then try to recollect what happened.

When you can recollect the experience you had, you can call it as Oneness or One existence. The triangle stopped to exist. Only one point of consciousness existed. And your senses were not existing; the mind was not existing. But it's not sleep because you were enjoying music. You were existing. And if you can remember this state whether you had it in a musical opera or you had it when you were looking at the TV for a good cinema or when you were looking upon a mountain into a jungle through the bushes, there was Sunrise or Sunset. Then there are occasions when you went into such a state. Or sometimes when you visit a big waterfall, sit down there, looking at the waterfall for about five or six minutes; then for sometime you don't exist. But again you believe you exist. In the meanwhile you were existing but you were not existing as an observer of yourself, because the triangle was not there, but you were there as Oneness. This is what is exactly called meditation in its scientific sense.

So, it is not enough if we close our eyes and say that I am in meditation. The fellow who can say, 'I am in meditation' is not in meditation. Because he is able to speak, just as the fellow who says 'I am sleeping', it's quite clear that he is not sleeping. Because if he is really in sleep, he cannot say, "I am sleeping". Only the next morning he can tell you that he was sleeping. So, it is a similar state; a state similar to sleep. ***The only difference is, a sleep with awareness; a sleep to the mind and senses, but your awareness with the inner Lord 'I AM'. So, a sleep to the negative 'I AM'; an existence with the real or positive 'I AM'. When this happens, it is called meditation.***

In fact, meditation is the result and not the process. But unfortunately we use it for the process. We say 'Yogic meditation'. We say 'Tantric meditation'. We say 'Zen meditation'. We say 'Buddhist meditation', 'Hindu meditation', 'Christian meditation', 'Psychological meditation'. So, these are all only the word meditation applied to the process. It is like naming the tail of the cat by the name 'Cat'. But of course we can use it for convenience. But when once we know that it is not correct, then we are safe to use it. But without using this, without knowing this fact, if we use the word meditation for the process, then we are wrong, because meditation is the state of experience and not the process. But, yet we have to use the word for the process, because our today's subject is the various types of meditations. Unless we accept to use the word for the process, we cannot have various types of meditations. For example can we have the various types of sleeps? We can sit and sleep vertically; we can lie down

horizontally and sleep; or we can be slant and sleep as we sleep in an aeroplane. But these are only postures of the body whereas sleep is only one. We can't call them three sleeps. But for convenience let us use it.

When this can be properly understood we want a method through which we can reach that state. It's not enough if that state is reached random. If we go into that state in a musical opera, it is only a random experience. If we reach that state in a cinema or when we go into nature when we forget ourselves for some time, it is a random experience, whereas we want a scientific method through which we have a mastery over that state; that is exactly what is called Yoga. When once we reach that state through the eight-fold yoga path of Patanjali, then he asks us to apply that state to everything that you do in your daily life. Then the triangle can be broken when you can have an existence of simultaneity of awareness, then you apply that state to anything you want to do.

For example, if you want to read a book, you apply that state of mind to that reading of that book and automatically you will be a master of the content of the whole book. Without the laborious process of the ordinary reading you can turn the pages and looking at some sentences, words and passages, put it there, the whole book with all its content will be there with you and you can feed it along with the programming into the instrument because there are thousands of wonderful computers and instruments in your mind and you can feed it into the right instrument with a precise way of programming, so that you can get it whenever you want and then push it into the machine.

It exists no more to your mind. But instantaneously it comes to you whenever you want. And you can apply it to a person sitting near you, you can understand his health condition and the probable diseases he gets, the present state of health and his habits and way and behaviour, the causes of his present weak points in his health and his past health, how he behaved with his food, drink, sleep and sex. And is he comfortable with his profession or job or education? All these things will be revealed to your mind. And then the solutions will reveal to your mind. You will be able to present the positive way of living to him. And it is for him to take the advantage or not. Like this Patanjali advises us to apply our mind to any science or art or any textbook or any person or any circumstance or any situation in life and you will immediately get the solution. But the best way of utilizing it is, apply to yourself in the form of the various meditations. So, here comes our subject of this evening 'The Various Types of Mediations'.

First of all, you should apply the state of simultaneous existence to yourself, then the mind gets absorbed in you, you will exist and your thoughts do not exist. Your memories do not exist, your environment does not exist. Nothing except the light 'I AM' exists. And in that light you will get an analysis of yourself better than any radiography and you will also get a synthesis of yourself because analysis can never give us a solution. ***Analysis gives us only a diagnosis. A solution comes only through synthesis.*** You will get at the same time, synthesis and analysis together. And then you will be able to understand what it is for you to meditate upon. What will help you;

what type of meditation removes the negative aspects in you and transforms them into the positive aspects. Then you have no necessity to fight out the negative aspects in you, because the more we try to fight out our negative aspects, the more we become conscious of them, the more we live in them.

For example, if I have too much of irritability and anger, if I try to meditate that I should not be angry, unknowingly I am meditating upon anger, that is a negative quality and in course of time I will grow more and more nervous but I imagine that I am becoming more and more pure. I will become over sensitive and delirious and hysterical, feeling the bad vibrations of every fellow who comes to me. That is the negative vibrations in me, they go on increasing, I go into a beastly attitude of fault finding, after two or three months of such practice, I can instantaneously see only the defects in others. Immediately I will be able to point out the wrong things in others. And I will be an expert in fault finding. Gradually the mind and nerves go into a diseased state. My anger increases. Because I am angry, that my anger is not going. This is what happens when we are unwise, when we apply our meditation wrongly.

So, it is strictly warned in the yoga science not to fight out our weaknesses and negative aspects, because it is like fighting with a mean fellow on the street. So, you are expected to use it only positively. You propose to yourself a meditation which automatically eliminates the negative aspects and the object of meditation should be of a positive nature only. For this purpose, the ancient scientists have prescribed many meditations to us. The one type of

meditation which is wonderful and highly efficient, is the meditation according to the law of correspondence, have an idea upon yourself.

First set of Meditations

Apply your meditation upon your vertebral column while you are sitting, and have a correspondence with the axis of the earth, which is rotating on its own accord. Meditate yourself as sitting in the middle of the earth having the North Pole in your head and the South Pole towards the lower end of your vertebral column and the equator where there is your navel. This is one grand meditation prescribed in almost all the scriptures. This removes all the negative aspects of anyone. And it links him up with the activity of the earth and automatically his relationship with the planet earth will be re-established properly, his mind begins to work according to the plan of this earth and the people of various countries and nations, that exist on the various latitudes of this earth, they will be identified with the various parts of the vertebral column. And automatically the fellow comes in contact with each race and nation and he has with those nations a telepathic contact which automatically purifies the fellow of his personal and individual defects and automatically he has a brotherhood with many thousands of minds and whoever is working on the lines of spiritualism and meditation on this earth will be automatically linked up with the fellow in brotherhood and the network continues. And it adds to the spiritual network of the earth. He will be one more member of the brotherhood of the lodge. This is the true and scientific meaning of the word Lodge.

Many people are not conscious of this meaning because by lodge they mean a hall or a room. The body is described as the true lodge, where the various Deva Kingdoms lodge to function with their natural correspondences with the various places of the earth. This is one type of grand meditation which has no parallel. Hence all the other meditations will be only parts of this. Anyone who begins to meditate on these lines will understand the practicality and the power of this meditation only within the period of one year. The only thing is he should do it uniformly and continuously with a spirit of devotion and with a spirit of offering. And even those who do not practise the eight-fold yoga path, who have not come to the stage of mastering the process of breaking the triangle, they can begin it right, straight. It is short. It is positive. It is effective. It is practical. And it has no risks and dangers. And there is no secrecy about it. We have many spiritual lodges where secrecy is maintained, where the main keys of practice are lost. But here there are processes in the scriptures where there is no idiotic necessity to keep up secrecy where the whole process is highly significant and dynamic.

People speak of dangers of spiritualism but here is a method where there is no danger at all. If you continue the practice, you will reach your perfection. If you break it in the middle, the advantage of the half practice will be there which will help you in the next birth. It is such a positive and practical method. The ancients here used to practise this method and they used to live in one ashram or in one lodge though physically they all live in thousands of miles apart. They were doing the same work and living

in the same ashram, though physically one is in America and the other is in France, a third man in India. So it is an Ashram. This is how we are informed about one method of meditation.

Second set of Meditations

There is a second method of meditation. It is given in the astrology books. But what we know as predictive astrology has nothing to do with the astrology of the spiritualist. Predictive astrology is only market astrology where you find Sun Sign predictions on the pavement. But this is something which is highly sacred and the real purpose for which astrology was discovered by the ancients. *Meditate the symbol of Aries in your head; and the symbol of Taurus on your face up to the neck; symbol of Gemini in your vocal cords, hands and bronchus; and symbol of Cancer in your lungs and respiration; symbol of Leo in your heart; and the cave under the ribs, it is called in the scriptures the cave where the lion is sleeping and below that, there is the place of gaster where you are expected to meditate upon the symbol of Virgo; and then the symbol of Libra in the lower belly on the navel and below; the symbol of Scorpion in your genitals and rectum; the symbol of Sagittarius in your Mooladhara and your thighs; the symbol of Capricorn in your knees; the symbol of Aquarius in your calves, and the symbol of Pisces in your feet.*

So, daily sit down in a comfortable posture and close your eyes and see that every muscle and nerve in your body is relaxed. Don't concentrate the mind upon any

part of the body or upon anything. This is a process of relaxation and not a process of concentration. The whole yoga process is a process of relaxing the mind, and not at all a process of concentrating the mind. *So, then, after making a complete relaxation of every nerve and muscle from head to foot, then you apply this symbol to your head with your eyebrows and nose as the symbol of Aries. Do this for one month, that is, start with march 21st and do it up to April 20th, that is when the Sun is travelling through that sign. Then during the next month, you take the second symbol and meditate upon your face up to the neck. Like this, you take the correspondences of the body from any textbook of astrology.*

The purpose is meditation and not prediction. Your purpose has nothing to do with the market astrologer. For one year you do like this, having one sign meditated on the corresponding part of the body for one month and then you complete the year. Many of your vehicles are purified and what you get by doing these is only a matter of experience and not a matter of description or discussion. For some people, it is better to do the first meditation and for some people it is better to do the second meditation. So we should be able to choose which is required for ourselves.

Third set of Meditations

There is a third set of meditation. Meditate the Sun in your heart as the 'I AM' in you; the Moon as the mind in your head; the Mars who is producing the heat and energy from your body in the region of your liver and spleen; the Mercury as working through your vocal cords

in the form of the principle of sound and the ether, translating the thoughts into sentences, words and sounds. That's why he is called the messenger of gods. *And then Jupiter near the Sun, producing the courage and joy and positive nature in you and the Venus near Sun and Jupiter, producing the aesthetic sense in you and the power of spiritual love. And Saturn below your navel governing the lower functions of your body and the harder tissues for example the bone, the teeth, the nails, the skin and the hair. This is another meditation.* And some people need this meditation, especially those who have inherited diseases of very deep nature, that is, people who had great bad karma in their past birth and who are attracted to parents that are unhealthy as a result of which congenitally unhealthy. This will purify the vehicles to the deepest core. This is one type of meditation.

Fourth set of Meditations

And there are many categories of meditations. We have the meditation of the Cross in the scriptures; it is called the four armed Lord and the square who is called The Son of the Lord or the Creator who is four faced; the circle, this is called One unit creation or the Egg of Space, in which, the little bird of creation is being prepared. On the parts of the body of this bird, will expand millions and millions of Solar Systems. This bird of all measures has been described in the scriptures. So, this whole figure is given for us to meditate with our head on top of this, our feet at the end and our hands towards each end and the one side having our east where we stand, the opposite point standing to our west; our head towards

the meridian; our feet towards the bottom, that is the midnight, they are called the four corners of the day, that is, the Sunrise, Mid-day, Sunset and Midnight. This is one of the grandest of meditations that has been given in every world's scripture of every nation. Some people require this. This figure is called in India 'Vajra' or the weapon of what is called the thunderbolt; it is also called the weapon of the lord Indra. Of course, each of these has many stories in the scriptures, which are allegories and parables that explain the significance of these figures.

Fifth set of Meditations - Healing

Some people need this meditation and some people need another meditation, especially those who are not able to sleep, those who are haunted by thoughts and ideas, those who have great fears. *Let them sit down and meditate a milk white lotus around them and the same lotus within themselves also. Meditate it as milk white and when it is too cold and chill outside, meditate it as a warm lotus. When it is too hot or warm outside, meditate it as cool lotus. This is another meditation, the effect of which you can experience within a period of three months.* Those who are suffering in life through a series of disappointments, those who are not able to concentrate their mind on anything, those unfortunate fellows who believe themselves as helpless, those who face hardships and sufferings, those who are hated by others, not welcomed by others, those who are insulted by others, looked down on by others, let them believe and meditate. And tell me next year when I come here. This is one thing.

The capacity to choose the required meditation is generally not easy. Many people are not capable of doing it for themselves. They require an expert to advise them but generally the professional Gurus and professional spiritualist teachers, they do not reveal things with an open heart. Some people unfortunately believe that there is secrecy. And some fellows are under the obligation or the owe of secrecy. Some people are under the spell of money. Some people believe that if they open the secret, the disciple will not depend upon him any more, so as a result of which those who know do not reveal, but nature is wiser than they are. Because what they know is only conventional knowledge and not the real secrets. Nature keeps real knowledge away from them giving them only conventional secrets and their formalities and ceremonies. But real knowledge exists with you, in your own heart, lungs and mind.

Everyone of us has the same apparatus inside. Not man-made but Nature-given and God-given. So, everyone is equally gifted as the other. The one who is open and free in mind will be automatically a spiritual Master within no time. Through him the science flows. And through him the wisdom flows to others. Through him the powers of healing will flow. And it is those people who give you the right meditation to choose for yourself. And you can ask me how to know them. The one test is that the real fellow does not want anything from you because you want something from him. A fellow who expects something from you will be automatically weaker than you, not stronger than you. So, when he is in a position to expect anything from

you, automatically he is not in a position to give you something. This is undoubtedly one test of a real teacher.

The moment the right time comes, the right teacher who knows the right thing comes directly to you and he will give you the right meditation. No use of choosing our own Master. The Master should choose us when the right time comes. Due to sheer ignorance some people close their eyes and decide, my Master is Morya, my Master is Koot Hoomi, my Master is Djwhal Khul. Like that people try to call the Masters and order them to be their Masters. His idea of Master is only a servant. Because he believes that the Master comes at his beck and call. So, those who appoint Masters in such a way, those who have such an ugly idea of the Masters, they have to wait and wait for a very long time. And those who do not wait or do something good and useful to the world, discharge their daily duties to the office, to the domestic circle, to the friends and neighbours and try to live a simple and detached living, reducing the number of wants, distinguishing between needs and wants automatically they grow in spiritual maturity, they go into right type of detachment, and it is the responsibility of a teacher to go to him and give him the right thing.

Always this is the truth. And whenever a disciple received the right type of meditation, he received only through this process and not through books or through knowledge nor through secreties, nor joining lodges nor through appointing Masters. So, this is the truth of it. Let us practise the fundamental laws of meditation. Let us try to keep our thoughts pure and follow the fundamentals

of the yogic path, according to the '*Bhagavad Gita*', or the teachings of the Lord in the 'Gospels' or the 'Voice of the Silence' or the '*Patanjali Yoga sutras*', automatically the rest of the things take their own play. One truth is, whatever good things that attract, automatically our mind includes the real keys of our personal meditation. When nature is attracting you, that means nature calls you to meditate upon it. This is one of the truths of meditation.

Of course there is a little difference between what these scriptures and the Masters say. It is prescribed that we have to observe the movements of our respiration in the region of the heart and lungs, and not the lower. Of course even if we do in the lower pole there will be a great activation of all the energies but sometimes it is not as safe as the other methods for the single reason that there are three planes of existence in us : Matter, Force and Mind. These form the three lower principles in us. And four more principles exist as higher principles in us. The matter which forms the physical tissues of our body; the force that is moving the body, which is called the vital force or the prana in the yogic science and there is the mind with all its layers. Hence, this region of our body is directly linked with mind. And the lungs and heart are directly linked with the force or the Prana and the lower chakras, they are linked with the matter aspect. So, when we begin to activate the mind, there is an automatic mastery over the other two planes. And if we activate the force, there is automatically a mastery over the force and matter. But if we begin to activate the matter, then there may be a disobedience of the force to the consciousness of the higher planes. So, sometimes the

senses and the mind may grow powerful where as our mastery over them is not yet matured. In such a case, people develop powers of some perceptions but they are not masters to use them. So, the path of the scriptures and the path of the yogic science are to activate from above downwards, that is, starting from the brow centre or throat centre or the heart centre, then automatically the lower centers will be activated. The process of meditating upon the base centre and then the next higher centre that is also there in yoga path, but that is not considered safe by the Masters of wisdom and by the scientists of the Raja yoga path and the authors of the scriptures. For this reason it is safer to meditate upon the respiration in the region of the heart and lung than in the lower region.

The first thing to do is to find out a few more people who want the same thing which we want, in the place where we are living and automatically they form into one group and they should select a place to sit down and meditate daily and by meditation we need not only mean closing our eyes and doing it. More effective meditation can be rendered by trying to understand and discuss about any holy book and how we should apply it in our daily life and trying to discuss the professional and daily social activity as to how to make this activity fit in this spiritual program. This is one aspect. And then having a minimum time of fifteen minutes to sit down and conduct group meditation during which period we are expected to go into relaxation of the body, muscles and nerves and then a withdrawal of the senses and mind into ourselves which is more effective when done in a group than individually.

Hence, a narration of an incident of a holy person's life is more effective to create meditation than an intellectual approach and a way to understand. This is one of the top secrets of meditation which we normally ignore. That is, if one person can wonder fully poetize and narrate the life incidents of a holy person who has lived a holy life, it automatically leads into meditation and then sitting for fifteen minutes in meditation, observing the respiration and enjoying when the mind disappears into ourselves. The whole thing takes place in fifteen minutes and when we have more time we can enjoy it for a longer period.

The next thing is to try to regulate the timings of the incidents of the daily routine, that is, on the same hour and same minute we should try to do the routine things without having the tension of a program-minded nature; we should take it as a play and a game and not allow tension to take place for our program. That is one of the most important aspects. For example when we fail, we should not mind it at all. Again we should try to maintain it. This is what helps us tremendously. If we begin to notice our failures and think of it seriously, it eats away all the good effect of our meditation. So, this is another aspect. So, as many incidents as possible in our daily life, let them be of the profession or our social activity or domestic duties, let them be adjusted into the proper timing. This is what is called constructing the polygon of the daily routine. For example, if you have three incidents which you can keep up the timings, there is one figure of the day, you add a fourth incident for example starting for the office, you will have another figure, you go on adding more number of

events of the day for which you can maintain the hour and the minute. If you cannot do it don't mind. Do it next day. This is how we have to proceed.

And the next aspect is, observe your behaviour with food, drink, sleep, rest, work and sex and grow meaningful in these aspects. For example, enjoy taste of food and drink but let it be done only to help the body. So, let us grow more and more aware of these aspects and automatically we will grow meaningful in our eating, drinking, sleeping etc. This is the next aspect. And try to observe what good thing attracts your mind and heart most. What colour or what colour combination attracts you most. What figure or picture attracts you most? Attracting means in a noble way giving you a composer to compose yourself and make your meditating room composed of such pieces of art or music or painting and also the perfume and also the tastes of your food, you will understand that there is a co-relation to all these things. This is another aspect. This is enough. The rest of the thing happens automatically. There is the Lord consciousness in us which shows us the way and when we are really sincere of following the path, immediately there is the fellow who shows you the path and this is a promise by nature. And the rest of the thing remains with the Master. When our purpose is done we are already on the path of success and the test of your success is that you begin to enjoy life and life becomes more and more sweeter without any reason. And you will find time enjoyable without any environment or without any reason. Your magnetism increases and your presence will be felt happy and sweet by others. This is a sure test of the progress in the right path. This is what we require in short.

Whatever is quite comfortable to you and conducive to meditating mood, you can select that posture. Let the body choose its own convenient path. But it is necessary that we should sit down and sit straight without a tension of muscles and nerves. The rest you can choose your own convenient posture. At every step nature teaches us we should know it. But one thing we should be careful. We should not prescribe it hard and fast to everyone because there are constitutions which differ from one another. And about diet or the details of postures and other things, we should be able to prescribe for them according to them not according to us. For example, if we have shoes that are comfortable to our feet, we should not ask others to wear our shoes and they should choose their shoes for them. That's enough. Experience and the scriptures prescribe that sound is absolutely necessary to go into meditation.

All the Indian scriptures prescribe to utter OM vocally and listen to your own voice, you will go into meditation. That is most important. Body movement is not prescribed in the scriptures except when we begin to produce movement according to music and dance. When we follow the discipline of holy music and holy dance of a devotional type then they are highly useful in meditation except that, other type of movements are not allowed. There are various schools each prescribing its own way of uttering OM. But the one school which is the oldest, which runs from the time of the Vedic age till today, which is known through '*The Bhagavad Gita*' and the Patanjali and the Upanishads, it prescribes to utter OM directly not making any changes and listen to it while doing*.

* Master showed here how to utter OM. You can listen to the Audio

This is how the scriptures prescribe. Utter OM naturally, vocally, with a uniform intonation in a prolonged way and listen to your own utterance. Then there is the opening of the door of consciousness and you will automatically walk on the path. All the scriptures they prescribe meditation to begin with OM. I too follow it and I believe in it. And I find that everyone falls in his line if he does like that. A minimum of three times OM should be uttered in the beginning. And sometimes if the disturbance of the intellect or mind is too much, in individual cases the number of utterances of OM should be increased, then automatically, we have mastery over intelligence, otherwise intelligence will be the master and it goes on suggesting things not allowing the meditation to fall in line. So, in the individual cases we have to increase the number of utterances**.

Generally, the middle note is prescribed for all, that is the fourth of the seven musical notes that is what is called one's own normal voice. There are generally three intonations; your normal voice, your low voice and your high voice. And for meditation purposes your normal voice should be the intonation of daily meditation. For particular type of purifications and expansion of consciousness, the higher intonation is necessary and for healing purposes, the lower one which is lower than the normal is necessary. This is how experience goes and how the scriptures prescribe. Once again the lower tone helps in healing, your normal tone helps in your meditation daily and your higher

** Here Master showed how to utter OM in three tones.

tone helps in purification of the finer vehicles and the expansion of consciousness.

Question : *Can you explain about different stages of experience?*

Ans : Imaginary stages automatically change and pass away where as true stages go on establishing themselves more and more daily. Another test is if your reasoning mind is convinced, you take it as the real state. If you have any doubt that it may be an imagination then immediately understand that it is not a true state. Because the person who can test is, your commonsense. Nature has given everyone that wonderful gauge and there is no better test than it anywhere in this world. One thing is necessary, we should be careful of self-mystification and self-illusion or imagination or a wishful thinking of experience. That is enough. The rest of the thing our common sense is there to guide us properly. When we are thoroughly convinced that it is true, there is no argument. It is true. Until then you can safely wait and be an observer.

Question : *Is it possible to achieve powers through personal practice?*

Ans : If you excuse me, the one truth that has no exception is, there is no one in the history of humanity till today who has achieved any powers through his personal effort or practice. Of course I may be wrong but if there is anyone, I am ready to follow him as his disciple. And nature is always wiser than the human fellows. And it confers powers only when there is a use through us. And if we are to be useful, there will be automatically healing through us and

wherever we go, the health in the family increases and with whomsoever you speak for a period of five minutes, their vibrations begin to change for the better. And there will be automatic changes and when you begin to do meditation for specific purpose, automatically it is limited and sometimes we may have some imaginary healing powers and it is not true. But when we meditate for the absolute desiring and wishing nothing, automatically all the powers are with you and they begin to work upon everyone bestowed by nature for some purpose and it is never achieved by individual effort. And it can never be achieved by any means and any methods. Let it be magic or black magic, this is the one truth of nature. You can meditate for the welfare of the humanity, you can meditate for the expression of the idea of war, and establishing the idea of peace. You can maintain a diary and note the date and give a description of what you have heard and forget about it, if there is a need of remembering anything on some other day you will get an instruction as a cross reference to one of them.

Question : What about the sounds we hear in the meditation?

Ans : For example, some days, some sounds are necessary to meditate. A word which includes those sounds will come to your mind. For example, one day a word 'Jesus' comes to your mind. All through the day it will be again and again coming to your mind. It need not be the name of God. Sometimes it may be an ordinary word. For example pencil, it comes in your meditation and many thousands of time during the day you will get the word 'pencil', 'pencil' to your mind. There will be such experiences. That means

those sounds are necessary for that day, for you to meditate upon. Don't take a particular interest in such things but let it take its own place and be an observer. Automatically what is required takes place. Our duty is not to disturb them or tackle them that's all. Sounds like temple bells or sometimes sounds like thunders, all these things are quite probable. We should not invite them but we should enjoy them when they are there. This should be our attitude.

Thank you all.

Full Moon Meditation

Let the Meditation establish the bodies, minds and the souls into alignment. That is what the Masters bless us always. They know that the human constitution is filled with many hundreds of vehicles, and each vehicle is a bit disturbed in the alignment because of the disturbance created by the indweller of the vehicles. The resetting or the re-alignment is what they call Meditation. The indweller is not at all capable of making an alignment of the vehicles until the present existing indweller is absorbed into the real indweller. Whom we call the indweller is mind who is a book of intelligence with pages of incidents occurring every moment and the mind necessitates the turning of the pages of the days. So, he cannot make the alignment of the vehicles.

But there is the one real one indweller in all of us who is called "**The World Teacher**" and who is always trying to bring the vehicles into alignment but the false indweller whom we call the mind and intelligence is very anxious to get the alignment and his anxiety prevents him from getting the vehicles into alignment. The World Teacher is silently pointing out the way to the mind and the mind is

anxious of finding its own way, therefore the mind cannot find the way. So, this type of wonderful conclusion continues as our span.

The moment meditation visits us, the moment it is pleased to shower its presence upon us, the mind gets absorbed in the indweller and there is no meditation at all. As long as the word Meditation is there in the mind, there is no meditation because the mind is there, and the word is there, and its meaning is there, its definition is there.

When so many things exist, there can exist every thing except meditation. So, when meditation visits us there is nothing worth that what we now call meditation. Because what we normally call meditation is only an anxiety. In real meditation there is no anxiety, for the reason the person who is anxious will be made to disappear. Unless he is made to disappear, he will not allow Meditation to visit us. He is one whom we call the mind and the intellect. When once he is made to disappear, words are not there with us. As long as the words are there with us there is no meditation. Therefore the word meditation is not there with us when meditation visits us really. When the mind is there, the intellect is there, as a result of the disturbance from the alignment, then we will understand that there was meditation in the previous minute. That it was quite different from what we know as life and though the mind existed, it did not exist during meditation; though the senses existed they did not exist during meditation. Because the mind and the senses were absorbed, absent to themselves and absent to the one who notices them and yet it is something different from what we call sleep.

It is a more conscious state than what we now know as consciousness. But it is a state when we are conscious. When the mind is not existing, the senses are not existing and the intelligence is not existing. Therefore the environment is not existing, the persons around us are not existing but all this put together is totally existing in every point of existence and from head to foot everyone is more existing than he is existing now. You exist to me in meditation hundred times more than you exist to me now, but your name doesn't exist there, your shape doesn't exist there, my identity of you never exists there, your colour doesn't exist there, nothing exists except you. There is no second in the existing, therefore the observer and the observed are only one existence. That is the experience you will find in meditation.

Meditation is the alignment of all the vehicles when only the one existence shines forth through the apertures of all the vehicles. Just as when a sophisticated photographic camera which includes the movie and the talkie also, unless every part of it is properly tuned even if one aspect is not properly made into alignment, then the machine is totally defunct. There is no picture received by the film, no sound received by the cassette and no colour filtered through the colour filters of the camera even though ninety nine parts of the camera are properly made into alignment. If one aspect is not in alignment, nothing is received by the camera at all.

That is the case with our vehicles and generally we are always anxious. Our anxiety prevents ourselves from getting aligned and many times a full span is spent away

without knowing what alignment is and what meditation is. The eyes are working, the senses are working, the mind is working, the intelligence is working, we are attending our occasions, we are doing our business, we are careful about our own mundane affairs, we are careful about our calculations of money, income and expenditures, but each vehicle is functioning separately. Alignment is not there; therefore the indweller is not shining forth or shining out. So, one full span will be generally spent away like this, and generally our span may not be knowing what meditation is.

Nature knows that we are not capable of getting ourselves aligned. So, nature itself brings us to alignment in time that is what we call spiritual evolution. It allows us to do things in a trial and error method. A trial and error, every day doing mistakes and experiencing the peculiar inconvenience of our mistakes, knowing how to do it better, again forgetting how to do it better, again experiencing the same inconvenience, this time remembering how to do it better, again do it better through births and rebirths we learn how to do it better. And the result is suddenly we exist and our intelligence ceases to exist, our mind and senses cease to exist and our body ceases to exist, our respiration ceases to exist though all these things are taking their place, everything will be there but it will not be to us.

So, for a few minutes, we experience meditation during which time there is no word called meditation or the thought that we are meditating. Then afterwards we understand that whoever having meditation previously, this is the nature of meditation, but before that nature puts us to a peculiar

training, it allows us to do our own things. But we try to help each other, and therefore we fail, that is how we delay the alignment.

Nature helps from within and from outside but nature gives us training in getting an objective help from each other. Nature is not appearing to us objectively, it is existing with us only as our own individual nature. Yet it is helping us but the human mind wants a help from outside, from another person, whereas nature is trying to make us know that there is no outside person, there is only one person inside every one. But we are searching for an outward companion to help us.

This is the cause of the delay in alignment. This is possible only in the human birth. In the animal birth alignment always exists. They do not need any meditation because the human mind is disturbed from the harmony of nature. Human mind lives in what we call effort and attempt. In order to eliminate the effort and attempt and in order to make the inner light flow through the same window, the practice of meditation has become necessary for the human being, the practice of yoga also has become necessary, prayer has become necessary and a particular training of doing things has become necessary.

Particular way of doing things is the greatest secret that solves all problems. That is called "The secret of doing". Many people try to know what the secret is. There is no secret concealed inside but there is something which we have not noticed. Therefore it is always a secret. We do many things during the day but we don't know what doing is! We know what is thinking, we know what is

understanding. We believe that we know what is doing. The truth is we do not know what is doing. We should carefully catch the secret of doing; it is a very subtle secret, which is missing our understanding every second.

Try to observe yourself while doing something. Doing is action. Action means change, a change every moment, every split second and every millionth fraction of a second that is what is called a change. When we are doing something it means we are following a change. If I take this watch from the table, place it in such a position, it is a change that I am causing. But if my Master asks me to take the watch into my hand, change its position from the table to the above, see what the time is exactly. It is 9'o clock. Tomorrow also do the same thing, see if it is exactly 9'0 clock. If it is exactly 9'0 clock tomorrow also, that means you are getting yourself aligned to what is called action, otherwise you are flowing the river of change until your body grows old and dies. That is what the Masters of wisdom say. If it is 9'0 clock today and if it is 9'0 clock tomorrow also, that means you are causing the change of position of the watch from table to a height and you are forming a background of time to the change you are causing. The background is what is called "No change", it is 9'0 clock today and tomorrow also it is 9'0 clock, day after tomorrow also it is 9'0 clock, then there is no change in the time, there is change in your actions. This change requires time. So, there is a change in time and there is no change in time at the same time. So, when you are able to align change in no change in terms of time, then you are understood as trained to get your vehicles aligned.

This is the one secret of action which we have never noticed previously. If we are causing only change we will do this at 9'0 clock today and 9'.05 tomorrow, 5 minutes to 9, the day after tomorrow. We are causing only a change and there is no alignment of vehicles. Each vehicle is working in its own direction, the mind in its own direction, the eye in its own direction, the ear in its own direction, the speech in its own direction. So everything is getting dispersed into change until the body becomes old and dies. This is what is called "Change", "Instability" or "Temporary Nature" which is called "Awaiting Death Every Moment". That is what the Master said but there are some people who do it exactly at 9' 0 clock, but they grow mechanically. If you arrange an electronic machine to do it exactly at 9'0 clock, it lifts the watch exactly at 9'0 clock automatically, but it cannot be called, No change, it can be called only routine.

So, the human mind is missing always the either if it wants a change, it is drifting into waste of time. If it attempts to have regularity, it is drifting into a mechanical routine, in either way, it is death. You should have the background of "No change" upon which you should shape the continuous change into a change of periods that is what we are doing when we are practising spiritual way of doing things. Then you are expected to sit down by eight every day and meditate from 8.00 to 8.15. It is not the filling of the gap between 8.00 and 8.15 you are doing, it is not what is required, but what is required is you are getting better and better.

Let us try to do it better; this is how nature is training us. Meditation visits us, we can never do the Meditation.

That is the secret of Meditation. Nature brings us to alignment by not allowing our mind to use its intelligence upon our programme.

And then there will be some Full Moon day, when the indweller shines forth through all the vehicles, then the intelligence and the mind are absent. They are merged in the presence of the indweller just as the blocks of sugar are dissolved. All our programmes disappeared in just as 10 or 15 blocks of sugar are dissolved in the same tumbler of water. So, our meditation existed as the water where the sugar was dissolved. So, the programmes exist with us and we do not react to the programmes. The programmes are being conducted automatically. You will be here 5 minutes earlier to 8.00. The time sense is not there with you. Automatically you will open your eyes by 8.30 from your meditation because the time sense is not there, you are there. Automatically the respiration stops, because you do not exist in the respiration and the respiration dissolves in you.

That is what is called a "Meditation". ***First of all three groups of vehicles should get into an alignment. One group of vehicles belongs to the physical plane, the second group of vehicles belongs to the mental plane and the third group of vehicles belongs to the inner deity whom we call the Lord in us, who is the real 'I AM' in us.*** So, there are three groups of vehicles, the vehicles of the physical body, the vehicles of the mind and the vehicles of the consciousness or indweller. So the first set of vehicles, the total of which we call the physical body, is made up of the same substance as our earth is made. Same minerals are taken from the earth, same water is taken from

the earth, and same gases are taken from the earth. Therefore the first group of vehicles is called 'The Earth Globe', the Second group of vehicles is called the 'Mind' and the third group of vehicles is called 'I AM', where the innermost 'I AM' exists. And the three should come to alignment. You have your 'I AM' in you, your mind in you and your body in you.

On the outer world you have the Sun of our Solar System who is the collective 'I AM' of all of us and the Moon in the outer world who is the collective mind of all those who are existing on this earth. The earth globe upon which we are standing is the collective physical body of all of us. The earth is going round the Sun, as well as going around itself. And when the earth is going around the Sun, the Moon is going around the earth. So, if you look at the skies in the night and the day, you will find that on no two consecutive days the Moon appears alike. Because you are standing on the same earth globe but the Sun and the Moon are taking different angles from each other, when seen from this earth. Each different angle is making you see a different phase of Moon and this is the cause of the different moods in the minds of the individuals on the earth. This is what is causing the change in our life. If the heart does not beat there is no change, unless there is a change there cannot be a beat. Unless the beat goes unchanged we cannot live, so there should be the change of what we call the heart beating and also the continuity without a change that the heart goes on beating that is what is called "LIFE".

The respiration is a change, if you go on taking air it is not possible to live. And it should change; you should breathe out. At every respiration the direction of respiration is changing but unless the respiration goes on unchanged we cannot live and we cannot have a span of life. That is the secret of action. And if our mind can imbibe that secret, so that the actions we do also inherit the same formula, then there is what is called the process of alignment.

There are two types of actions that take place in our life, one is called actions that are taking place in us and the actions done by us. The second is the actions we do, the first is actions done in us. The first set of actions is called rituals, and the second set of actions is to be ritualized. Otherwise they are called mundane actions. So, the activity is to be ritualized. What we do should take the formula of what is being done in us. So, the change should go unchanged. If we can practise doing our routine in such a way then the alignment is done. Then the life you experience is called "Meditation". If you understand what happens on Full Moon, it is a total reflection of the self-expression of Sun through Moon upon the earth. Whatever the Moon receives from the Sun, is totally reflected upon the surface of the earth. That is what is called "Full Moon". And in New Moon whatever the Moon receives from the Sun it is sent directly towards the Sun and not towards the earth. So, these are the two phases of self-expression that are produced by the Moon and the earth and that are being initiated to the living beings on this earth and we are waiting until we have the day of our initiation. Though this word of initiation comes every Full

Moon and the New Moon, we are not allowing the time of our initiation to approach us. It is because of our anxiety. So, this is the significance of Full Moon and New Moon.

New Moon is the subjective consciousness of the earth, because the ray coming from the "I am" is once again reflected towards the same source, "I am". That is, the rays coming from the Sun, to the Moon they are not permitted to get reflected towards the earth. But they are retracing towards the same source, the Sun; so it is called the symbol of subjective consciousness. On the Full Moon it is the converse, whatever ray is received by the Moon from the Sun it is transmitted to the earth as a message. So, the message of the self-expression of the Sun God is totally transmitted to the beings of the earth on every Full Moon. And every month there is an additional message also. It changes from month to month. During this month we receive the additional message of what is called the scale pans of the balance. This is the month during which the whole year is divided into two equal parts and hence this is called the month of the Libra or the balance, so this is the time when the mental and physical forces can be balanced. And the alignment practices and also the subjective and the objective consciousnesses are balanced.

The idea of equal distribution of life in terms of understanding of what you want and what I want, is properly practised by the spiritualist during this month. So, it is called the month of equality and equal distribution. And therefore, it is the time to understand what others want and what we want, what we should do to others and what we should receive from others. This is the significance of

the sign Libra, the balance called the Law of Justice that exists in every atom of this creation. The human mind is expected to receive the law of balance once again and meditate upon the point of equality as the geometrical centre of our existence which is called "The centre of the Circle" or a "Point", the horizon around us being our own circle, the centre of our consciousness being the geometrical centre of our circle. This is what is expected of us by way of Meditation, and on spiritual day we have started our meditation here. First thing to remember is that it started and we never started to have this here today. Something brought us here therefore we are here. If we had to make a program that we should be here, it would not have been possible. So, we all know how our mind is anxious not to allow its own things being done properly. Our mind is generally anxious enough to make it successful what it wants to do, can be made inconvenient and uncomfortable. That is what the mind can do with all its anxiety. But since there is a greater cause that blesses us for every spiritual gathering, it is not we who have planned for it, but there is a plan which brings us here and if we remember it, things will be always better every day. Light shines forth better day by day, the life of our every day incidents will be happier and more and more brilliant day by day. So, the health of every one will be better, the ease of the mind will be better everyday and the program will be more successful and more lucky if at all we remember that something, a higher consciousness brought us here into this house. It is enough if we do not believe that we are conducting these gatherings, because if we are to conduct they are anxious

to suffer the results of our anxiety. So, let us believe always that something is favouring us, there is a blessing from the Masters of Wisdom which is bringing us together and keeping us quite hale and healthy and keeping us jolly and happy, helping us to understand each other in a proper way, giving us better health, better strength and better hope.

So, let us co-operate month after month to believe more and more that we are not conducting these gatherings, but something is favouring us to gather here and see that the hosts are more brilliant, stronger and healthy and happy and I will be doing the same thing wherever I am until we are permitted to meet here once again next year. So, let us all live together wherever we are for one year. So, we will be continuously living together and I express, May continuous awareness of our hosts, who had made it convenient that the gathering is taking place here, continues forever. So, let us have a few minutes meditation once again.

Thank you all.



Master E.K.
Spiritual History of Mankind

(Overseas Messages-V)

Kulapathi Ekkirala Krishnamacharya, known as Master E.K. among his followers, is the *New-Age-Teacher, Healer and Yogi*. He provided socio-economic basis for spiritual living to those, who followed him. He gave a synthetic understanding of the scriptures and their usefulness in daily life. Through his life style he proved that the scriptural way of living is possible even in the materialistic world.

In Master E.K.'s understanding there are no good and bad things or people. He promoted the doctrine of pure love.

He built a spiritual bridge between East and West among those who followed him. Those who lived in proximity to him, know him as a representative of the hierarchy, sent out to spread the Yoga of Synthesis which is age old.

His writings are many but the undercurrent of every topic drives the reader into synthesis. He is a true healer and trained many into the healing activity. Under his guidance number of children schools and healing centres are opened and operated to serve community.

Master E.K. is a multicut diamond. He is Poet, a Vedic Scholar, a Teacher, a Healer, a Friend, a Guide and a Social Reformer.

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