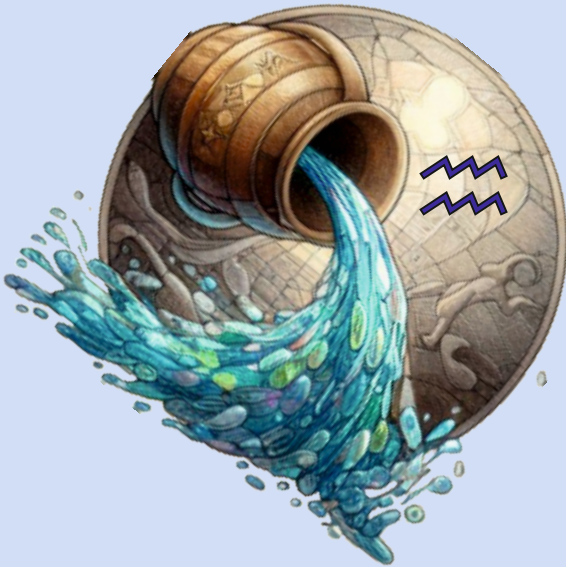


Merry Life Day

The 26th of July



Sadguru Tapovana
Bengaluru

Merry Life Day

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Based on the lecture given on
26th July 2021
by

Master K. Parvathi Kumar

A Note to the Reader

On 26th July, 2021, Master K. Parvathi Kumar, gave an inspiring and insightful talk on the Merry Life Day and the energy of Master CVV.

As a part of the talk, he laid out aspects relating to Plenty of Prana and how Master CVV has ushered in the Aquarian speed into the process of spiritual evolution of humanity.

As typical of the talks of Master K. Parvathi Kumar, it also covered a good extent of practice to aid sincere aspirants in the path to gain a state of flight and a state of float through the steps of alignment between the principle of life and principle of awareness that can be achieved through Pranayama, the forth step of Yoga of Patanjali.

The wisdom talk links up various facets of wisdom between the five pranas, their regulation, the symbolism of the Eagle, the importance of the order bestowed by 7th Ray, the yoga aphorisms of Patanjali, the related practices and the energy of Master CVV Yoga.

Sri. K. Prabhakar, a brotherhood of Sadguru Tapovana, Bengaluru took inspiration from the talk and felt it will be useful to fellow aspirants if the talk is made available or easy reading and reference. He then

took upon himself, the task of transcribing the lecture of Master K. Parvathi Kumar and give it a shape to be distributed in this fashion.

May this work aid the spiritual brothers further in the journey on the Path and inspire them to take up practices relating to alignment of principle of life and the principle of awareness, thereby leading them to rhythmic and orderly living, ultimately preparing them to be of benefit to the surrounding life.

Gurupuja Celebrations,
January, 2024
Visakha

Brotherhood,
World Teacher Trust
Sadguru Tapovana
Bengaluru



Prayer

Master,
please let us receive the influx of
Thy plenty of prana into our systems
so that
we may resist disease, decay and death,
realize the Highest Truth,
the Pure Love
and the Bliss of Existence
and serve humanity
according to Thy Plan.

Master C V V Namaskarams!



The Great Bird, Garuda moves up higher than all other birds. The eagle is considered a bird flying over the seven skies, which represents the seven planes in existence. Further, the eagle is taken as an example and symbol by the 7th ray Master for all his ritualistic, rhythmic and meditational works.

Merry Life Day The 26th of July

Hearty fraternal greetings to all the brothers and sisters who have gathered to listen to this class according to their convenience. Master CVV has declared this day, the 26th of July as the day of Merry Life. In the year 1910 on this day, the Master was able to link up the Cosmic, Solar and Planetary "Kundalini" in the aspirants who relate to the Aquarian age, The sound of CVV. It was a grand achievement in relation to the energy that descended into him around March 1910 which you all know.

On 30th March 1910, he received the influx of the cosmic Energy, which the Master distributed to the disciples on 29th May 1910, naming it "The May Call day". On the 26th of July, Master is able to utilize the energy to link up the Pranic principle in all three planes of existence. the Cosmic, Solar, and planetary energy with the Kundalini of the Individual Aspirants.

It is the first of its kind in this planet to enable the spiritual evolution of the Humanity on this planet and also the spiritual evolution of the other planets. This is considered an important day that has to be recollected and remembered to pay homage to the

Grand Master CVV. To feel the pranic principle in the Head, in the upper part and in the Lower, and also in the Beings in relation to the three planes.

I, therefore, talk about the energy and how it relates to the Cosmic, Solar and Planetary energies. It is the opening of doors to life from mūlādhāra to sahasrāra. We have to function on this, to know about the existence of the same in all the seven centres of our body. The chief centre happens to be the Heart for the Life principle. The Energies of Master CVV enable us to link up the pulsating principle which functions from the Centre of mūlādhāra to the pulsation principle which functions at the Heart centre and it is considered the first link-up.

The second link-up enables the pulsating principle to further link up to the ājñā centre. The third link-up is from ājñā to the sahasrāra centre. The three links that we gain relate to the pranic principle, which enables us to permeate into the surroundings. That is what the Master intended to work with our life force in the path of Yoga.

We should know that we, as souls, relate to the body which is physical, subtle and causal. We have to link the body through the life principle, as the Life principle exists in the physical body. It exists at the

physical, subtle and also at the causal plane.

As per the occult statement, all in life, within life and being far and within life again in life, as the life is in us and also around us. Life enables us to link up to the body that the Soul begets. Either at the physical, subtle or causal planes. The Soul has another thread which is called the thread of awareness. It is also called the thread of Life. The two threads by which we function in life. The thread of awareness enables us to fulfil the purpose of our life. The thread of life enables us to hold ourselves steadily in the body so that we can conduct life's purposes.

The activity of life and the activity of awareness within are interdependent. One can uplift the other or pull down the other. The awareness activity is what is called an intelligent activity called "Prājñā" in Sanskrit (awareness), There is also the pulsating principle in our life. The life principle is called the "Prana" principle. The prana and prājñā together constitute the soul. That is why the Soul is called a pulsating unit of awareness. There are two essential flows from the soul: awareness and life. With awareness, we can move upward. That is how the Yoga allows us to move up, associating with these two principles.

Awareness is associated with life, together they can move up. The unit of the two constitutes the state of yoga. From awareness to life, is the life activity and the awareness activity in us. When both are in harmony, life starts to bloom. Also when the awareness moves with greater swiftness. If the life principle is weak it pull down the awareness principle also.

The awareness is down, it pulls down the life principle. These two principles exist in us as one, which is called "Atman and Soul" in the individual. We need to know the functioning of these principles as life in us. Unless life is kept cheerful, and joyful, we cannot achieve any purpose. That is why "Merry Life " is a message to be cheerful in life.

As far as possible we should be cheerful and joyful at all times in life. This state has to be maintained throughout the day, especially during wakeful hours. But, naturally, we are serious, tense, worried, irritable and maybe In depression of thought, have a gloomy attitude and are always morose towards our surroundings. This causes depression in the life principle. The negative thoughts pull down the life energy. The positive thoughts pull up life. The great seers of all times speak of a smile on the countenance

at all times. To be cheerful is an essential quality for any person to progress in their path of life, and much more so in the path of discipleship. This is also called the path of Yoga. A person who cannot smile can never achieve anything in life. As such, life glooms when there is fear in the heart.

If we see the writings of Master Djwal Khul, the Master says that "cheer is a special wisdom". To be cheerful means that he is already carrying a certain degree of wisdom, i.e. contentment and happiness. When you are cheerful you are lifting the energies of the surroundings as well. A cheerful person with comedy and wit makes the group happy. Wit is considered a common feature of a wise man.

When a wise man cracks a joke, then and there, he uplifts the audience. That is the beauty of the wisdom of a cheerful person. When there is no cheer, practising discipleship is worthless. Which doesn't give any needed essence of life and joy in your life. Therefore, Master CVV harped on bringing in the cheer from the higher circles of cosmic, solar and planetary levels. Whatever is cheerfulness, joyfulness and merriness, that can be invoked through Merry Life.

Master made all the adjustments for invoking the two qualities of joy and cheer into our lives and to

relate to the Merry Life. The Master himself was very merry, cheerful and joyful at all times. Master MN and Master EK also belong to the Hierarchy of this energy. In general, the members of the hierarchy are all very cheerful people. During their leisure hours, they used to cut jokes and exchange jokes between themselves, they never held themselves with seriousness when they were together. That is why cheer is considered of great importance. This is the reason why besides cheerful people we also made comedians in the group. Comedians make things lighter for group activities.

The importance of cheerfulness, joyfulness and merry-fullness should be there for carrying out every activity. So that the activity lightened, and specifically lighted up in terms of labour. We don't feel the labour as a burden when we undertake it with cheer on our faces. Cheering reduces the heaviness of activity and makes It lighter and enables us to stay afloat. So, I want to give more importance to being cheerful at all times.

You can light up yourself from your depression and sickness by being cheerful as the cheer brings you the needed healing energy also. The sicker you are, the more cheerful you should be. Sometimes when people come to see the sick it makes the sick feel sicker

as they talk more about sickness. In other words, the person with cheer can cheer you up from the sickness. By being cheerful you can bring healing energies and uplift even from serious situations. Therefore, at all times a bit of cheer is needed in life.

Lord Krishna, who lived for 126 years, was always cheerful and playful all the time and carried out huge activities in the Avatar. He established and uplifted the law and knowledge and uplifted every field of Human activity with cheer on his face. That is the beauty of Lord Krishna. Lord Rama was also said to be a person with cheer. Then we have Lord Maitreya who is depicted as a laughing Buddha in another presentation. They are not two different entities. The zen system preferred the laughing buddha as Lord Maitreya. The zen system is full of cheerfulness in their functioning in every walk of life, which preaches that we should always be in a state of meditation. It is a normal state of being with cheerfulness added.

That is how the laughing Buddha came from the origin of laughing Maitreya himself. Master Maitreya is very cheerful and he is the world teacher who leads humanity to a higher state of existence. That is why we need to be cheerful. It is very sad that people do not understand a joke when it is cracked.

Because they are mostly in the head but not in the heart

The chief centre of life is the heart but not the Head. The chief centre of awareness is in the head. If you are at the heart you can be very cheerful. If the head also joins the heart and conducts cheerfully, it illuminates the surroundings. But if you move up to only the head you lose the cheer. Therefore cheerfulness was encouraged by Sri Krishna, Lord Maitreya, and cheerfulness is called special wisdom by Master Djwal Khul.

A smiling master is always welcome. Whereas a Master who is very serious is not accepted, because he brings a lot of seriousness to the situation. The one who smiles brings life, even from the point of death. That is the beauty of the most difficult and depressive situations. He can revive the situations on account of the wisdom of cheer. Therefore, take this "Merry life" as a means of recovery and resurrection from death and also causes recollection. Therefore, people who have died with a smile on their faces are given the true experience, who can smile away when they are departing from the body.

That should be the best state that one should be. The importance of cheer is to be known and shall

have to be maintained. So, practice it by being around a cheerful person. This wisdom cannot be gained by itself because it is contagious and that should come from the Heart. A cheerful person can supply it by being around. Lucky are those who have a Master, who is cheerful, who cuts jokes and makes fun and who can keep the group in a joyful state. If seen among the nations also which we can easily see there are, some nations which are serious at all times, compared to the other nations who are always joyful.

Take for example the continent of Europe. Southern Europe is with a lot of cheer and the north of Europe with more head-oriented activity. Why do people come from the north to south during the summer to gain cheer through sea beaches? If you see the Spanish and Latin-speaking communities, their cheer is totally different from the cheerfulness of those who speak Greek, German and English. The same can be seen even in the Languages. The quality of cheer differs according to the Traditions that they hold on to it.

The discipleship demands that we have a good administrator of the heart centre and the Head centre with will and love should move together and will belong to the awareness. Love belongs to life and both

have to be matched as a true blend of functioning with synthesis. That is why we have to pick up Merry Life to move forward in relation to our daily activity of life, even extending it as a practice of our life

Do not carry out the practice of yoga with a lot of burden on your head. Practice it with a cheerful approach to the occult practices and make it easier. When you observe a blooming flower, you feel joy because it unfolds life. Same if you see the sunrise as it also enlarges our joyfulness and awareness. The sunrise is definitely different from the sunset. Both have different purposes. Lucky those who could see the sunrise on a daily basis and feel connected to the uprising energy coming from the Sun, till noon time. That is, the hours from dawn to the meridian are always considered energies that uplift.

So also, flowers that unfold and bloom, contrary to the flowers that fade away and are tossed down by hanging their heads upon its branch or creeper. The same activity is also observed in animals which give joy by their good behavior. See the dog which gives you joy whereas the cat demands your attention. The difference is the dog has positive energy, which gives you joy whereas the cat which carries negative energy is moon energy, which

demands from you. Similarly, if you see in groups, there are people who demand your attention.

The moon energy demands your attention. So too, people with the moon energy demand your attention. Some people are automatically attractive. That is the difference between two kinds of energies, therefore in some persons, there is a magnetism of attraction on account of the joy they hold. It is not that just wisdom that attracts wisdom coupled with cheerfulness only attracts the aspirants and enables them to gain wisdom through an open heart. There we think of the surroundings and what is cheerful that really gives us joy. A flower-bearing or a fruit-bearing tree gives us joy. Whereas growing trees look very morose and the creepers always keep on hanging down all the time, but not living up to the time.

The difference can easily be known, where there is unfoldment and growth there is a fully functioning life principle. Birds also give us joy at the sight of them. Other birds like Bats, the sight of which pulls away the energies. You can see it from bat to eagle. There are different ways. Some of them give much greater life and also transmit life. Likewise, with Plants, animals, Humans, and minerals! If you see a piece of charcoal, you don't get much joy. However, if

you see a diamond, it is totally different. Likewise, there are such life-giving forms and life-absorbing forms. Relating to life-giving forms is what is important and if you keep moving with them life keeps itself "Merry."

Now I hope you have understood the importance of being cheerful. That is the first point. Without which practice of yoga has no meaning. No progress can really be achieved unless you are a joyful person. At the end of the practice of yoga what should remain with you is the bliss of existence which is also called Love and the Truth. At the end of the practice of yoga, what should remain is the bliss of existence which is also called love and truth. That is where we recollect the prayer related to Master CVV

"Master, please let us receive the influx of Thy plenty of prana into our systems so that we may resist disease, decay and death, realize the highest truth, the pure love and the bliss of existence and serve humanity according to Thy plan."

Do this prayer with the most cheerfulness, don't do it in a serious manner because it relates to the life principle. Because the Master wants life to be "Merry". The Merry Life, cheerful life, joyful life is what we also have to set up all over the globe. The laughing

clubs have come into existence from the laughing Buddha only. Buddhism propagates laughing. People practice laughing every day in the morning hours, especially when the Sun is rising on the eastern horizon. They get into laughing for some time, just laughing, because laughter enables the release of tension and infuses the energies in you.

Go to the seaside or park, river, valley, or mountain peaks and keep on laughing loudly, for about 15 to 20 minutes. It releases all the tension in the body and brings you much more life. These all look silly, but from the standpoint of spiritual practices, they are very important. A person of serious nature works out to the contrary and couldn't attain the fulfillment which is intended by Yoga Practice.

Therefore, Merry Life is of great consequence to all aspirants and should not be lost at any cost. That is why, I have given the example of Lord Krishna and Lord Maitreya and the laughing Buddha, with the statement of Master Djwal Khul which says "Cheer is special Wisdom". Keep a smile on your face, while you are at work. Then all heaviness is lost and life moves up, and even life can be lifted up with awareness. Life can be pulled down by a lack of enough awareness. Ignorance pulls down life. Awareness lifts up life. As

such, uplifted lives can uphold awareness. And life in depletion would also cause depression.

They directly function proportionately to each other. Therefore, the two flows in us shall have to be equally attended to, and maintained at their optimum level which has to be our practice. Seldom do they speak of life, they only speak of awareness. The life principle is as important because without the background support of the life principle the awareness principle cannot function. Unless there is pulsation and respiration in you, you cannot function. The mind, the body and the intellect cannot function. Awareness functions, the intellect, intuition and then mind, senses and body. Life maintains the entire body. Therefore, we shall have to give attention to the life principle as well.

When we think of the life principle, we have to think of the heart. We have to think of the pulsation of our heart. Essentially, 5 pulsations with each one of us have to work out with pulsation in us to gain their friendliness. By that, we can overcome many of our barriers. The mind creates so many barriers to the person.

Likewise, we have a barrier now in terms of movement, due to this "corona virus" pandemic as it

has spread all over the world. People distress on account of this, but people can also cheer up life and be cheerful. Cheer is the secret related to the issue. If we are cheerful the sickness generally doesn't come to us. Even Sickness can be weakened by your cheerfulness. Therefore, in hospitals and clinics, there should be a team of cheerful persons, for keeping the sick persons and patients cheerful for recovery.

The pandemic is seen as a problem by Humanity, but from the standpoint of the Hierarchy, it is seen as a solution. What we see as a problem, the men of wisdom see as a solution. Master in his statement said that "for every problem, there is also a great gift of nature" You feel that Nature is very harsh on account of this corona virus pandemic but behind this, there is a gift that enables you to reorganize yourself to reduce your movement to meaningful things, to recognize yourself. It also enables us to provide more time to think it over and to be alert to our family members and to intimate our group members to enable them to relate like this through classes and teachings and cheer up each other to face the problem. If you see only the problem you do not get solutions.

You have to see what nature intends as a gift

behind the problem, and you see the problem and bring in the necessary wisdom and solve the problem. This is how you need to know about Merry Life and work more with the life principle in us. The principle functions in the heart and as a consequence, we have inhalation and exhalation as our respiration. Without this, we cannot function.

The function of respiration happens on its own; we are not doing it. This respiration results in you. You can also feel and perceive the pulsating principle in us. The heart pulsates and the principle is the background to the respiratory activity. Therefore, it is seen as a hidden activity and also a visible activity. So pulsating activity is behind respiratory activity.

We always look into pulsating rate as to how much pulsation is happening in Man. Unless the pulsation is maintained at a level, we may have to think of inhaling more oxygen to lift the life principle. Through pulsation, we relate to our awareness. The moment we think of respiration, we should know that its background is pulsation and stay related to pulsation in the heart. If you do this you are already pulsation in the heart, and you are lifting the life principle in you. Therefore, when you think about what to do, you should relate to the pulsating principle.

If the pulsating principle defaults from the body, that is called death.

So, the pulsating principle has to be strengthened and made to a function such that it strengthens all the pranic principles. It is treated as it is the key principle related to the 5 pulsations. The pulsations are five in number,

The inhalation, which is called the prāṇa,

The exhalation is called apāna,

The third is the equilibrium of the two called samāna

And there is an uplifting moving up to ājñā is called udāna.

The 5th pulsation which moves from ājñā to sahasrāra is called vyāna which means all permeating pranic principles.

The permeating principle is called vyāna which permeates the whole body. The vertical moving pulsating principle moves up and down in the spinal column, called udāna. Then there is inhaling pulsation called prāṇa with which we keep receiving the oxygen into our being by breathing in. And there is apāna pulsation where you put the counter pulsation by which you throw out the carbons, that form in the

body, on account of the combustion that happens in our body, due to the activity of the five energies.

These five pulsations are at work. apāna is the pulsation that throws carbons out in the body. Prana brings a lot of pranic principles into our bodies. udāna enables the movement of life force up and down from sahasrāra to mūlādhāra and even upwards. The vyāna pulsation keeps the life principle of every cell of the body in the system. samāna principle which is the equilibrium of breath. This is the 5 fold Prana facility functioning in us. It functions in three levels. The details of which are given in the book "Occult healing" and the descriptions of how the 5 pulsating principles function at the physical, subtle and causal levels. At the physical level if we take $3 \times 5 = 15$ pulsations. If a man is completely fit in the body he will be brimming with life.

We can always replenish life, even cause resurrection to life itself from deep disease that is attached to a person's life, as the yogi resurrects life from deep sickness and even from death, as what is intended by the prayer from Master CVV. Regularly invite your pranic pulsation during your prayer for contemplation during meditation times or during our sleep hours. During your sleep hours don't just sleep

away vaguely without this awareness.

Sleeping with awareness means that you are associated with your mind with inhalation and exhalation linking up to the pulsation principle to the heart. Then consciously move along with the pulsating principle up to the brow centre and let the sleep come. This is to be a regular exercise, given by Master Djwal Khul, specifically suggesting this exercise be carried out by the aspirant.

When you attempt to sleep during the day or night don't just sleep away vaguely and utilise the sleeping time as means of reaching the higher states in you. Just turn the sleeping hours into a meditative time. Therefore, when you think of the pulsating principle, what we attempt is to equilibrate the inhaling and the exhaling activity into the pulsating activity of the heart. When we feel the pulsating reference in you, be with it for a while, then it leads to insight. That is the subtle pulsation that leads to the vertical column where there is the light that is vertically present, from top to below. That is from sahasrāra and beyond and to mūlādhāra below. That is the access you have, there you have to move the pulsating principle, which lifts up life.

When you meet the “udāna” pulsation which

takes you to go up to your forehead. Where you can witness enormous and unlimited light. When you reach that you find another bridge when you see for and mediate, it is between, ājñā centre to sahasrāra. From building a bridge between ājñā and sahasrāra that relates to vyāna, the principle which permeates all, when you get into it, will be getting out of all the limitations we suffer, you remain only in the body, we feel that our life and awareness is limited or circumscribed by the body. But the truth is we are beyond the body and our awareness. So, our life principle is beyond the body. In fact, our awareness is not our awareness, our life is not our life, it is universal awareness. Life in the bay is the life of the ocean only. Oceanic awareness and oceanic life function in us. The unit of this form is seen, in that you feel that it is not in your life and awareness. Once these barriers are all crossed you are in the unlimited circle which is named "anemi cakram".

That is a sphere without any limitations and you keep improving in the horizons of your awareness with the help of life principles which function as the bird for you. That is why the eagle is given as the ultimate symbol for life principles. The eagle is considered a bird flying over the seven skies, which

represents the seven planes in existence. Now you would really fulfil this by related to the pulsating principle. The principle exists in your own heart.

Sufficient time has to be given to relate to it, with a smiling face. Do not carry out meditations with a serious face. Just keep a smile on yourself. You can just smile and move into your inhalation and exhalation go deep and come back, after some time you can see the pulsating respiration. Be with it and be with your awareness. While this kind of respiration happens, you are inside now. Then be with it, that pulsation is the insight. When you have subtle pulsation, this connects you to the uplifting prāṇa which is called udāna. When you join it, it actually takes you into the vertical flight. You don't have to do anything as your awareness is lifted from the state of air which is the state of anāhata, to the state of the sky. That is viśuddhi (lotus), which further lifts up to the 2nd ākāśa to the ajñā, the brow centre and to the final ākāśa at the sahasrāra. You have three ākāśa, ākāśa, mahadākāśa and parākāśa.

This means the Planetary sky, the Solar sky, and the Cosmic sky. Making three different boundaries, which are apparent and beyond the unspeakable, indescribable and incomprehensible God, who is life and also awareness to you. This

spiritual action is called awareness and life together. Together, they are three. That state has to descend. It descends as two, awareness and life principles and built the system. Cosmic, Solar and Planetary in us. It is the upper part and the lower part. Normally the mundane man life lives in the lower part. It is a fact that the mundane man lives in the Solar Plexus. He keeps on moving around only to fulfil all his desires and requirements. The requirements for those whom he considers as his people, serving his own requirements which keeps him below the diaphragm.

This is considered the usual state. From this state, the aspirant has to try and move above the diaphragm. For that, he has to make all the practices at the heart centre but not below. All practices have to be either at the heart or at the brow centre. This cannot be at the Solar plexus or below the diaphragm. The lift up happens to a person who thinks of developing himself.

To the planetary system, the pranic life principle functions up to the diaphragm, from the diaphragm to the throat, it is in the field of the solar which is why we say the heart is the place of the Sun. Even The Sun is said to be the Lord of Leo, which is above the Diaphragm. Sun rules the upper part. The

Sun for our Sun is called Savitr, who rules the forehead. That is why we pray to Gāyatrī and invoke the Sun to the Sun in us. That is how we relate to the 3 suns. Which is given in Western Hemisphere as “Solomon”, the triple sun, also called āditya sāvitrū and sūrya. What is important is to relate to your respiration and getting upto the heart centre and then link up to the pulsating principle when you are at leisure. This has to be practised.

Link up to the pulsating principle even when you intend to get into sleep. The third step is to make sure that you also give time in your daily practice to relate to respiration, and pulsation, and then work with the principle and move up to the head centre. As such, the time has to be allotted to this practice. The student of pranayama is recommended to relate 3 times with the pulsating principle at the rate of 24 minutes each time, you are required to relate to the pulsating principle. That would enable you to have the habit of related to the pulsating principle. You consciously relate three times whenever you think of getting sleepy for four times. When you practice the cycles on a daily basis, the pulsating principle gradually becomes a habit in you without much difficulty.

You then give up a mindful of thoughts and

start to cooperate to associate with the pulsating principle. This is very important. When you have this association, you are associated with a flying bird, then the bird will take you on the flight. Likewise, if you associate with a bird and mount upon it, the bird lifts you up. Likewise, the bird which exists in you is the pulsating principle. So, try to be with it and be friendly with it, then it obliges you and allows you on its mount, only through friendliness, love and devotion, you can win over it to mount the bird. There are 3 ways through which you can mount the bird. The bird is friendly to be honest, and to a person who is exceedingly devotional, the bird can descend to ease the mounting by the aspirant. Have a friendly relation with the pulsating principle. Love the principle and be devoted to it so that you can easily mount upon the principles existing in the subtle plane and in the heart.

Once you mount on it, it takes you higher even to the land of cosmic nature, which you see as the 2nd Logo (Vishnu). Whenever he intends to descend, he only descends on the bird Garuda, he descends and returns only by the bird. Similarly, we too can ascend and descend with the help of the bird. The bird lifts you beyond your form, then you see the beauty of light. When you see the beauty of this light, it pervades you.

The light is far beyond what you think you are in. You are very seriously contemplating upon a point of light with your body. Once you get out of that body, it is all the light around. When you get out of a deep well and open to a great sky you feel that you are in all the light around. Like that, you see the light everywhere. That is how you keep on obliterating the mark of the territory you have. The symbolic presentation of St. Mark in the Testament is the same.

“Man prepares his own demarcation. He prepares his own demarcations and limits himself to them.”

There are people who limit themselves to their own houses on account of the corona virus pandemic. There are also people who break the demarcations and go and do things on their own ascent. What are the essential differences in each one's perceptions? They are people who keep on coming to the classes overcoming their limitations that we should not know. Likewise, people who can dare are the ones who can obliterate their mark. The Mark is called St Mark. This mark is called in the eastern scriptures as the principle of “Markandeya”

He is the one whose presence is in you as your

own understanding of limitation. He suggests that through your own awareness, you can overcome your own limitations. Today we have a lot of comments coming on the pandemic saying "beyond the fear, there is victory" ("dar ki aage Jeet hi" in Hindi)

You mark your own limitations and you suffer with them. You see the chick in the egg that is limited to the eggshell. When it grows, it sees the limitation of the eggshell. Therefore, it starts breaking the shell. It breaks it and comes out of it and finds the greater light, thereafter it grows and sees its wings which it can use. With the help of the wings, it starts to fly. Similarly, the human is made in the image and likeness of God. The limitations are those he sets for himself. No one has these limitations set on him. By your own awareness you can transcend each one of your limitations.

"May we transcend disease, decay, and death and realise the highest truth, the pure love, and the bliss of existence and serve the humanity according to thy plan"

Is it not a proposal that we break your own limitations? that is why Master Djwal Khul also says "The wisdom is for those who will do something which is meant to put to the surroundings. If you have to know, you have the will, you have to dare, and be

silent”

Don't make publicity about that what you are doing. What I suggest you, do it and you grow in your awareness and grow beyond your body and awareness associating with life. When that happens, you can easily move out of your body, and also move in the body when you practice the knowledge that you have and then overcome sicknesses such as disease, decay and death. This is how Master CVV gave a dimension that he established on this planet today which is very important. Today Master is able to link up the three planes of solar, cosmic and planetary with the human kundalini. That is the beauty. The great work it gives to you a planetary usage. A kind of planetary usage has come from the Master Jupiter's Ashram in Nilgiris that is connected to the great and large constellation “The Sirius”. This is a great work the Master has done. We have to pay our homage to all these Ashrams and the constellation of the Sirius” and also in all the southern ashrams wherever it is on the planet including the ashram of the Nilgiris. We have to pay homage to Sage Agastya and Master CVV, they form the Hierarchy in relation to working with the Merry Life.

Think of them and contemplate and relate to the pranic principle. That can set your health in order.

Setting your system in harmony enables you to contemplate the pulsating principle and make a movement. This is the manner by which you realise the principle of the great sage Markandeya and the principle of St Marks, Master speaks of St Mark in our Occult Meditations.

The same is given in Saturn regulations. Master speaks again about Markandeya in these regulations which are detailed in the book, 33 Saturn regulations. The last three regulations relate to overcoming the whole system which you impose in yourself with your own limitations. That is compared to your eggshell.

By breaking your eggshell, you can move up to the planetary state where you can experience many things related to the planet. All ascended Masters reside in their bodies without being conditioned by the body. The beauty of the Master's Wisdom is that they reside in their bodies but are not conditioned by it. A bird is not conditioned by the nest. The bird moves out and flies to farther heights/skies, sites and could cover the greatest distances and fly back to the nest in the evening. Similarly, a Yogi (the Master of wisdom) just moves out with the pulsating principle which is called the thread of life in the heart that enables you to move

up through the principle. For the Mundane man, the thread of life is connected to the Solar plexus.

For an aspirant, the thread of life is in its own place connected to the heart centre, which is in the rightful place. When a man of wisdom moves out of the body he moves up with the awareness principle. He moves around and conducts the purposes. Then with the thread of life principle, he comes back and joins the heart and enters the body. There is the Lion's gate, through which he can enter and exit from the life principle. The brow centre is the king's place and the gate for entry and exit through the awareness.

That is how we have to understand to conduct these practices. If you carry on without these practices, you cannot get into your defined life. Pranayama is the fourth step of the yoga which enables you to move out from the known situations to unknown situations.

The whole purpose of knowledge is to get into familiar with the unknown situations. i.e. standing in the known situations that you are moving into. With this movement, you move to the unknown parts that become the known parts. Even if there are some unknown parts, you keep moving. Like this, expand until you keep knowing as much as your soul sees

enough to function further.

That is how the knowledge has to be pursued with the support of life. Pranayama enables you to the next step called the Pratyahara, which is the principle of absorption into your own being. Absorb deep into your heart centre and you are drawn within and up to it. Follow it again and again. That is how your "Dip deep and axis arranged hours mantras" follow. You go inside and touch the point where there is a lift up, there you get up to where the functioning happens when you are up there in the ājñā centre or in between the brow and ājñā centre. There you feel you are floating, then you feel that you are airborne. When you continue floating, you reach the sahasrāra which is the upper most point. When you reach there, you realise that you hear "OM MANI PADME HUM" according to the Buddha system or the essence of Gayatri as per vedic system, which puts you in a thousand petalled lotus. It is called "Om Satyam Param Dhimahi" which is the eightfold Gayatri mantra and "Om Mani Padme Om" is the mantra given by Buddha. These mantras are then realised.

When you are in the thousand petalled lotus, you are into an unlimited light of life. That is where you see the bliss of existence, you really understand how

Merryful your Life is. When you are out of the body, you feel free. Many people feel so good when out of the body, like people under the effect of anaesthesia during the surgery. Before they come back to consciousness, they feel great relief and as they wake up in the body, they feel constricted, which is a common experience. I have known a person who was serious and about to die, and who was brought back by a touch upon his brow centre or ājñā centre. When the patient came back to life, he was smiling. As he came back to life from almost the last stage, he said, "Master let me stay in this State. I don't want to come into the body". He said it was so beautiful with a pleasant blue hue floating all over" After getting into the body, where is the float? You have to limp and drag your body like luggage which you carry with you most of your life. How beautiful is it to float? To float over is not mere a fairy tale for people who work with the life principle. Life principle is floating.

People who are highly intellectual keep on fighting in their mind with so many concepts to fight over many viewpoints they have. So much so, that they contradict each other about a point in almost all possible ways. Just as there are 360 degrees, so also there will be 360 viewpoints with one opposing

another. When there are opposing viewpoints, in all the 360 degrees, there is no respite in your mind, however intellectual you are. You get the respite only when you get the intuition. When this mind is applied upon the respiration and get in to pulsation and moves up, it teaches how to float. There are people who float in life and people who work very hard in life. For some people there is hard work all the time, this happens when you are below the diaphragm.

The position below the diaphragm is heavy. That is why the sun sign Virgo which is below the diaphragm. The key note is 'much labour without proper remuneration'. As is the key note for Virgo, so also, the sun sign is symbolic of staying in the mountain ranges. Getting to the cave of heart centre that is above the diaphragm is the respite. The Virgo is below the diaphragm, and if you stay there, you are loaded. The sun sign Libra is even below the lower part, The sun sign Scorpio gets into the hole where it is in total darkness. Now, only the sun sign Sagittarius enables to mount on the bird. Therefore, when your life tends to be heavy and you learn to float, you can cover your duties easily. In a floating state, you can handle the things by overviewing things. This is a facility which enables you to relate to things according

to the need.

The Great Bird eagle moves up higher than all other birds. But the eagle's eye is capable of seeing the smallest creatures that crawl on the earth. The message is that the higher you move in your awareness, the sharper are your looks. For example, if you fly in an airplane high up, you don't see anything on the earth. Unlike this, the ability to see minute details comes when you move in to the higher planes, because you gain the eagle's eye. Then you are able to perceive it and target it well. The beak of the eagle speaks of the targeting. It targets and descends directly on the target, hits the target, and pins it with its mighty claws, holds the object firmly and carries the target. That is called the eagle's grip.

Talking about the eagle, we need to think of the bird, think of life and think moving beyond our own limitations with the help of the life principle. Especially when we are stuck with the mind. When we are stuck with mind, we cannot overcome our own mind because overcoming one's own mind with the help of the mind itself is difficult. How can you overcome with mind when you are stuck with mind? You cannot! How can you overcome unless you have an able mind. Pulsation is the higher state for mind and also for the

respiratory activity. When you are putting yourself on the higher pedestal, it enables you to move into the higher state of awareness, that releases you from the state of awareness. That is why, for a man with intellect, you have to suggest meditation in the heart which relates to the pulsating principle. For a man who is excessively oriented to life and joy of life, you have to suggest the meditation related to the brow centre. That is how you have to work. It has to help him supplement awareness and life principle causing equilibrium in him. That is how the Markandeya principle is helpful to us. Aspirants have to think of the great seer Markandeya, and the mantra which he gave.

***“Om tryambakaṃ yajāmahe sugandhiṃ
puṣṭivardhanam urvārukamīva bandhanānṛ
tyormukṣīyamāmṛtāt”***

The content in this mantra is, “Do not let me die, let me be fulfilled, so that I shall come out of myself, transcending death”. People who cannot come out, meet death. People who can come out on their own, would not be put to death. The mantra again says work out your limitations and overcome them. As long as you work with this attitude, then the angel of death waits and does not touch you because you are still

working out to come out by yourself. As the chick in the egg keeps on fighting with the shell, the mother helps from outside for the chick to come out of the shell. Similarly, even death waits where there is an attempt by oneself to move out of the body or the limitations that one has set on his own according to his state of mind.

Mind is the one that creates barriers. You keep it as open as the sky; it enables every possibility. Sky is called "Akaasa". It opens for millions of avakaasa / opportunities. The Rigveda says that "the path comes to me from all ten directions and lifts me up". When you are open to the help of the pulsating principle, you are no more limited to the routine thoughts which are bothering you on a regular basis. You move within the shell of a few thoughts that keep on driving us in terms of the drinking, eating and speaking etc. related to the world affairs which cause limitations. Moving out of it, takes you through the barriers or the rings of Saturn, barriers of limitations also called death.

The seer Markandeya and the Mantra of Markandeya comes to help. We relate to the message more than just reciting it with fear. People usually chant the mantra when they sense the fear of death or a fear of serious situations. There you are singing the

mantra with fear rather than for awareness. Then it will not serve the purpose.

The purpose of the mantra is to overcome one's own fear which is the limitation and the fear of death. Death is the worst of the fears, so overcoming that by observing what it is, realising what it is, and being with the pulsating principle helps grow out of the limitation. As long as you are in the principle of pulsation, you do not die. That is the beauty! With the life principle, you don't die. Because with the life principle, we can regularly move out of the body and conduct with the awareness principle. For those who are oriented with the life principle, I suggest on this occasion or Merry Life Day, to practise "Merry Life" and to orient to the life principle which is incessantly functioning in us. Please note that your mind is not incessantly functioning. In sleep hours, for example, the mind does not function. However, in the sleep hours and wakeful hours, the life principle always functions. When you are more with the life principle in you, by association with the bird of pulsation, even if you leave the body you are awake and alive. You can thus leave the body with awareness.

Patanjali suggests the fourth step of yoga that is "pranayama" can be accomplished like this. That

paves way to “Pratyahara” which is the absorption to your own being which enables you to move up in to the sky (Vishuddi chakra). Move further up with the pulsating principle, move further up to the lower part and the upper part to the brow centre and to sahasrāra. That is where the awareness and life principle together move in to the higher spheres and experience many more things which otherwise cannot be known. This is the way you can get wisdom with the help of this principle which gives you the joy of knowledge with which you can help others gain knowledge.

Those who are below the diaphragm in their awareness, die hard which is very difficult. Those who work with their life and awareness principles associated with their heart centre, die much easier. If they are able to move up to ājñā, they die at their will. Those who moves even further up, they regularly move out of the body and can also move into the body at will without experiencing death.

This is how the Principle of Merry Life enables us to attain the realisation which Master CVV made possible. Seers demonstrated it before too but it has been a long-drawn process. Master CVV, with his Aquarian energies, with Uranus penetration, made it

easier and quicker. Master works it out faster when you are there on the path and trying to move in the direction. Master makes you move further up. That is why we have to relate to the Master and the Hierarchy related to him and then work with it at least 24 minutes a day for 3 times in a day. That is, in 24 hours, 72 minutes of pranayama is said to be the optimum. In fact, 72 are also the normal pulsations of a yogi in a minute. A man who is healthy can pulsate anywhere between 60 to 100 times a minute. 72 is the nodal number. 6 times 72 equals 432 pulsations.

We have to work out with the pulsations on a regular basis. Start with 24 minutes a day. Then three sessions of 24 minutes per day which equals 72 minutes per day. 72 pulsations per minute for 60 minutes comes out to 4320 pulsations. Work out in 3 meditations during the day for 72 minutes leaving a grace period of 12 minutes which helps with at least 60 minutes or proper practice. Working this out as an optimum is also advised by Master EK in 'The Spiritual Astrology'. You have to pick up any system and practice. The fourth step of Patanjali yoga teaches how to do the pranayama. Inhale and exhale deeply three times and give a pause and again inhale and exhale slowly. Give a pause. In the pause, you can feel the

pulsating principle. Thereafter be more and more with the pulsating principle, then you realise that you are already in the departure lounge where the flight of Udana can lift you up. This is very important step, that happens to all of us when we reach that state. The corona pandemic has provided a good time when it is not much easy to move outside. Move inside and then carry it out. That is the beauty of life principle. This is the last point of yoga. When the life principle, pulsating principle are at rhythm, the life works with rhythm. It is so rhythmically conducted, that awareness need not be functioning in rhythm. Our activity may not be rhythmic, while our life activity is rhythmic with us. Did you ever observe this at any time?

Whenever you are doing the life activity at work, be happy at being. The pulsation and the respiration are happening. It is naturally and rhythmically happening in us. But when the awareness principle does not have that kind of a rhythm because different kinds of rhythms function in different days, but if you see the universe, everything is functioning in rhythm. Rhythmic working of awareness is possible in you too when you associate the life principle with the awareness principle. When both life and awareness principles are at rhythm, you are called a rhythmic

person. You gain the energies with this association. When you are regularly associated with that functioning of life in you, you gain the rhythm and then you have set your system in order. When life is in rhythm and the intelligent activity is not in rhythm, it is a disorder.

When life is in rhythm and awareness tends to be rhythmic, then life gets in order. Then things happen in order. When there is an order in your doing, the expansion is inevitable. Such expansion is the quality of the planet Jupiter, who does not give this expansion until one organises oneself to be very orderly in every aspect of life. That is why in spiritual Astrology, the very first sentence under the head Jupiter is "There is an order in the arrangement of objects, when you organise everything in order".

The same can be conducted in Global level also. If the function goes out of order, all that expansion will not be in the intended place, not in the place of order. When the breath is at work and the speech is at work, if awareness is not in order, it doesn't serve any purpose. Therefore, rhythm to awareness comes with the association of the rhythm with life. It is already within every human. That is the reason the eagle is taken as an example.

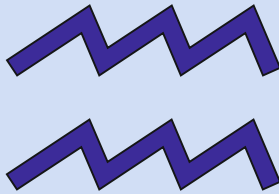
The 7th ray Master is the Master of ceremonial order. Magic happens when a man continuously functions in rhythmic order. His work expands and his awareness expands. All the work he does expands beyond the boundaries. It becomes possible only if the rhythm is possible, which is already in your life principle. Associate with the awareness principle also with it, make a time table and follow it yourself and practise the same in your leisure and wakeful hours and during the prayers in your daily life. All can be arranged within a day. The best among people align to an order that gives them the needed expansion. Hence the 7th ray is of great importance in the field of wisdom which is but imparting the rhythm and the awareness that can be easily gained which you see as the pulsating principle.

Further, the eagle is taken as an example and symbol by the 7th ray Master for all his ritualistic, rhythmic and meditational works. This is the truth that has come to me, use these teachings for your benefit and practice. This is the true information for initiation. A joyful person knows to lead life floating, but not swimming.

There are people who swim in life, but for how long? There is a limitation to your swimming. Life is a

long journey to the far and distant. You cannot swim all the time, you should learn to float. That ability comes when your mind is enlightened with the association with the life principle. Let it be so! Improve not only Horizontally, but vertically as well.

Be Blessed by Masters!



Cheer is Special Wisdom
- Master Djwhal Khul