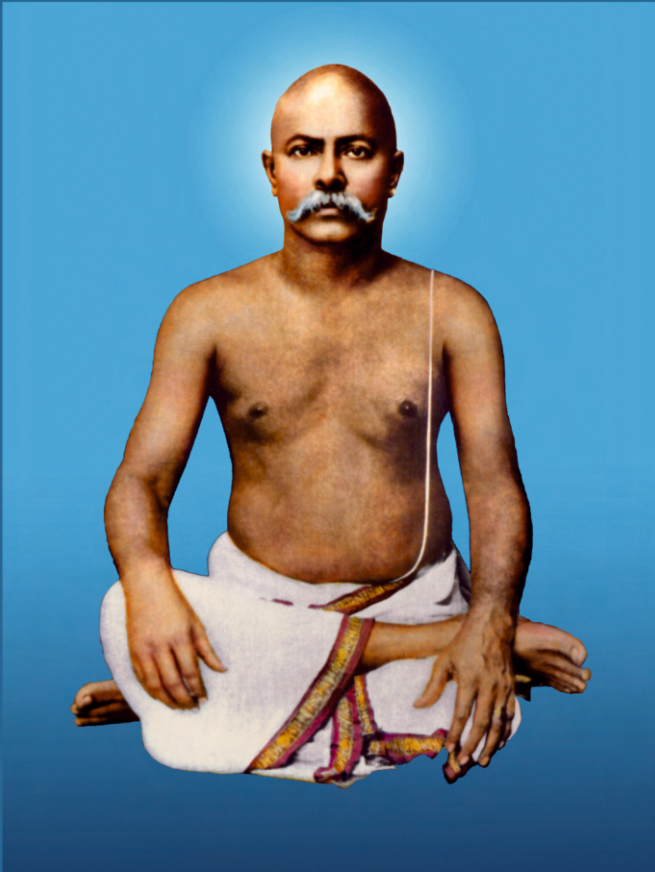


Thus Spake Master CVV



Master CVV December Call'2017
Sadguru Tapovana, Bangalore

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Pranata Nijajanan Swatmatulyan Karoti

“Whoever submits to Me, I shall make him as I AM and he shall continue to serve humanity”

- Master CVV

Submitting to the ONE in all, by perceiving the ONE in all walks of life, transforms man slowly and gradually to function as a Soul. As he learns to function as a Soul, he only sees the Soul around.

He does not find 'others' but only 'brothers'. Service therefore, becomes a natural happening. As one serves oneself, he serves the all pervading Self, without any feeling of service, for, all feeling about service is glamour. It is a show-work contrary to social work.

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Compiled from the Teachings of
Master K. Parvathi Kumar

Master CVV December Call'2017
Sadguru Tapovana, Bengaluru

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Master CVV December Call Day Celebrations' 2017
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A note to the Reader (From first Edition)

Hearty fraternal Greetings to Brethren on the occasion on the Master CVV May call Day Celebrations. Yoga is as ancient as the creation itself. The Yoga of Master CVV is no different from the Path of Yoga propounded by the ancient most scriptures such as the Bhagavadgita and the Yoga Sutras of Patanjali.

Master CVV gave out a New Yoga which gave a new impetus for the evolution of life. It works to hasten the process of evolution. Master K. Parvathi Kumar has been working relentlessly for over two decades to reach out the Yoga of Master CVV in its true sense to the sincere seekers all over the globe.

This booklet is a compilation based on His teachings given out in the monthly magazine “Vaisakh News Letter”. The statements are very profound and have layers of meanings that unfold to the sincere seekers. The students are advised to approach these with an open mind and utmost reverence.

May the Master bless us all!



Rama Prasad Joshi

1

The purpose of Yoga is to experience the
omnipresent Brahman within oneself.

The unmanifest Brahman is manifest in every form.
The other name for Brahman is Existence.

Experience the Existence.

I have come down to
cause this experience in you.

Your Existence is no
different from Me.

2

Be a householder, be in family,
Be in the world. But be alone.
Be all in one. Do not be lonely.

Be in Me. I AM in You.

You can find Me in your heart.

Stay with Me and experience the swing of life.

3

Approach your daily prayers with enthusiasm, with due preparation in the physical, emotional and mental planes.

Recollect Me in your heart and visualise yourself in My heart.

I AM in you. You are in Me. I AM yourself as you.

I AM THAT I AM as Myself.

Stay in Me comfortably and let Me permeate you.

If you let Me stay in you daily for 15 to 45 minutes I shall repair you in all aspects and transform you as I AM.

4

Do you know that you are already initiated?
The moment you hear of Me, you are initiated.
You do not hear of Me unless I decide to let you
hear Me.

When you hear of Me you enter into Me,
concurrently I enter into you.

When you utter CVV, I impregnate you.
Therefore you are pregnant of Me.
In your pregnancy I grow and I permeate into you.

Normally in pregnancy you deliver, but when you
are pregnant of Me, I deliver. I AM the deliverer,
you are delivered into freedom.

I shall neutralize your karma, I shall direct and even
steer your life into Light.

5

Do you wish to know if I AM working within you?

The following happens with you if it is so:

1. The face becomes radiant.
2. Self-confidence grows in leaps and bounds.
3. Anxiety gets neutralised and peace prevails.
4. Your effectiveness in service keeps expanding.

6

Those who follow my yoga

1. Gain abundantly life energies.
2. Work with swiftness.
3. Their bodies do not deteriorate;
on the contrary they shine forth.
4. They suffer no figure change,
they naturally carry healing powers.
5. They shall leave the body consciously.

This is my promise.

The following are advised to be abandoned at once:

Do not judge and do not find fault.

Do not expect others to have similar thoughts as you have, and similar opinions as you have.

Do not expect practical knowledge from the coworkers.

You may not forget but you should learn to forgive.

Do not brood over failures and do not laugh at others failures.

Do not aggravate situations to expose people. That is like making a mountain out of a molehill. Instead, make a mountainous mistake into a molehill.

Never shirk from helping others where you can.
Never sacrifice your discrimination.

Do not think that what is not possible for you is not possible for others.

Do not think that what you know is the only truth.
There can be other dimensions.

Do not think that what you taught is understood.

Do not be under the illusion that your routine is the rhythm, your view is vision.

8

Sight is the property of mind.
Insight is the property of buddhi.
Let the insight be the sight of your mind.

I AM your insight,
I stay in your buddhic plane.
Let not mind be anxious to work with sight;
let it anchor to insight.

When mind links up to the insight,
I sight through you.
Therefore you too sight Me in the objectivity.

When you sight Me in the objectivity
you sight the Truth.

Therefore, practise insight to be the sight.

In the human body, impure and unnatural energy is rooted. This rooting has been happening in the body of a being over series of lives. These are deep-rooted impurities. You cannot uproot them by your own effort; you need a special technique of uprooting it, which you need to borrow.

I AM the technique that you need to invite into you to uproot the deep-rooted stinking, unnatural and impure things. I have come to uproot.

I decided to uproot these undesirable things in you and lift you up and root you up in the sky, in the mid-air. When the work of uprooting is on, your body generates heat during the morning and evening prayers. Drink much buttermilk or water.

I have come down only for you, to help you out. I have the technique to uproot all the undesirables in you in one life. All that you need to do is to offer you to Me on a daily basis with intent.

10

I speak to you soft.
This is due to the love I hold for all.

Love speaks soft.

My soft instructions may not be taken softly. You need to
take them sincerely and work them out.

You need to be firm to adapt to the instructions given by
Me, which seem soft.

If you do so I shall conduct the changes in you
as soft as My instructions.

I shall cause soft mutation and
let you experience the subtle.

11

If the engine is good the vehicle runs well. But if the vehicle is good and the engine is not good, it doesn't suit the purpose.

If the mind is healthy and the body is weak, the work nevertheless happens. If the mind is unhealthy and the body is strong, no work can happen.

Likewise, in my Yoga, the mental is rectified and improved more than the physical. If the physical ambience improves without mental stability, you cannot enjoy such ambience. But if the mental ambience is good, even if the physical ambience is not so good, you can still enjoy.

Harmony at the subtle level is preferable to harmony at the gross level. Be wise to choose harmony at the subtlest level.

That is wisdom.

12

The Yoga that I impart enables a twofold growth in you. You grow in the world and also grow in Yoga. It is bilateral growth but not unilateral.

For this reason whosoever joins my Yoga would have intense work. The work is never reduced. It is always on the increase. Do not try to avoid the work or make effort to reduce it. If you consecrate to the work you will slowly realise that I am at work through you while you remain a witness.

You will enjoy rest in action. You feel tired of work because you think you are at work. When you are dedicated to work I enter into you and facilitate the work while you rejoice the happening. The work I speak of is goodwill work.

Be engaged in goodwill work and grow in society learning Yoga.

13

The Yoga that I impart causes certain adjustments in your subtle nature; they are rectificatory in nature. Consequently you would find certain diseases/sicknesses manifesting in your physical body. You do not have to worry of them. In so far as you do not attain the state of poise (Yoga), you carry one disease or the other in the mental or emotional planes, which is seldom recognised by medical science as sickness. As long as man is not in poise, it is a state of sickness. I work to cause deeper repairs while medicine does apparent repairs. It is more dangerous to feel healthy when there is deeper, unnoticeable sickness. It is like a cobra in your bedroom, which is not noticed. I continue my repair work with you until all the layers of your body are fully cleaned and the flow of PRANA is unimpeded.

Do not worry of the physical discomforts. You need to be concerned of your mental and emotional discomforts. Learn the dimension of the repair-work I do.

Persons with worldly name, fame, position and property do not find my path of yoga comfortable. Those who grow excessively into the world are generally distant to the Truth. The reason being that, untruth prevails in the world than the truth. The yoga that I propound is Satya yoga. It demands truthfulness at mental, vocal and physical levels.

If you have gained anything in the world through untruth you better not invoke Me. The fire of the truth relating to my yoga will burn up your worldly gains just as a flame burns up camphor. I let only truth prevail. I do not let much untruth around you, for it hinders your progress as a Soul. Look for the splendour of the Soul and not so much for the splendour of the world. If it comes in the truthful way let it be so.

Remember that every yoga promotes only truth and does not let untruth coexist.

15

When I start working in you, you would get certain thoughts of goodwill and of discipleship. You need to note them and translate them into action. If you do so you would progress in yoga. If you feel proud of your deeds you would encounter impediments. As you progress on the path of discipleship people gather around you.

Remember that it is ME in you that attract them for the work of goodwill. If you start using them for your personal purposes, their Karma will flow to you. Continue to be useful to them and use them in the work of goodwill. If those who gather around you volunteer to help you at personal level you may use them with discretion.

These are a few hints on my path.

The body contains centres of force. It is not just a form of flesh and blood. The chief centres relate to the five elements, the mind and the man.

The man is expected to preside over the six centres relating to the mind and the five elements. However, depending upon his exposure and the related experience in series of lives he stays in any one of the six centres until he becomes a Master.

Each centre has its detail, represented by the number of petals of the lotus of each centre. Petalwise experience in relation to each centre when completed, one can take to the higher centre. This is an orderly progress, a scientific progress.

Many follow many practices, which may stimulate different petals of different centres without making an orderly progress. In such situations they are held back until the petals of the lower lotuses are also experienced.

The Yoga of sound that I introduced lets you not jump into a higher experience until you have gained the lower experience. It is a Yoga for all round development. Expect not miracles from me. Accept patience and workout every step. I am your Saturn, Pluto that would lead you to deep experiences but not superficial ones.

Realise that the obstacles you find on the way are none other than the things you neglected in the past. Whatever you negated, neglected, excluded and eliminated will come back to you to be resolved by you. Every problem of today can be traced to your neglect of the past. Every thing you neglect today is the problem of the future. The one who neglects, is building a path of obstacles. To such ones the path is tiresome.

If you neglect health rules today, sickness encounters you tomorrow. If you neglect people today, their non-cooperation encounters you tomorrow. If you neglect riches today, poverty encounters you tomorrow. If you neglect duty today, a failure encounters you tomorrow. See the lesson of the present obstacle. Rectify your attitude, neutralise the obstacle and move forward.

Every obstacle is a saturnine message. Stop, think, rectify and proceed.

The Yoga I impart has the quality of speeding up. This is due to the stimulation of Uranus in you. In consequence you are stressed and pressed with too many events within a short time. You should learn to accept stress and move forward in Yoga. Even for the tension and stress, practice of My Yoga is the solution. As much as there is stress, so much you anchor in Yoga. Normally you do the contrary. As the stress in life grows, you cease to practice Yoga. That's where the trouble for you is. Know that the stress is the price you pay Me for the Yoga that I impart.

The one who does the prayer twice daily, regardless the stress, is fulfilled of My Yoga and stands in life earlier and serves better.

MTA tells me that in every human being there is jealousy. The difference is in the degree. But it exists in the incarnated beings. When you do My yoga this jealousy hidden in your nature comes to the surface and as it surfaces you need to eliminate it with devotion. If you let jealousy, it pollutes the heart and obstructs the real Divine experience. Eliminate this energy from you by seeking support from Me. This is your fundamental work in My yoga.

MTA further tells Me that the mediums who work with My yoga and so far as they do not eliminate their malice they will be attacking each other with their malice leading to mutual discord and hatred. They land in disputes and fight. They would even resort to the courts of law. Its a pity that in the name of yoga you entertain conflict, dispute and fight. Remember that you all intended to be yoga friends but not yoga fighters.

The school I hold is yoga school friends. Be as friendly with co-disciple as a school friend is.

The yoga that I impart is in stages. Generation after generation it unfolds better. The fourth generation from that of mine makes it global and gets fully unfolded. This the MTA's prophecy. Each generation lasts for 60 years and hence from 1910 to 2150 is the cycle of 240 years through which the yoga of immortality unfolds. By then the humanity generally knows that man can transcend death by adopting himself to the Path of Yoga and that man is immortal.

Therefore, work out the Yoga imparted to you and transform from mortality to immortality.

Everyone knows that time is most valuable. But only a select few act in accordance with the value of time.

A daily analysis of time is important in relation to its usage to ensure gradual elimination of wastage of time.

When you dispassionately analyse, look out for the time you sleep. Sleep eats away much of the life span and it cannot be more than 6 to 8 hours a day. When the sleep is limited to 6 hours you have $\frac{3}{4}$ of life. When it is 8 hours you have $\frac{2}{3}$ of life available for usage.

The second aspect is in relation to the use of speech. Man speaks a lot for nothing. He unconsciously loses much time when he indulges in purposeless speech. Watch out your speaking habit.

Thirdly, watch out for aimless movements. When you are alert relating to the above 3 you have enough time for discipleship.

Last word! Entertainment and relaxation is not excluded while you plan constructive utilisation of time.

Discipleship provides for moderate entertainment, relaxation. It even demands an undercurrent of humour, which flows from the relaxed part of the being.

Yoga means alignment. The man objective needs to align with the man subjective. This is the first alignment. Man subjective needs to align with the Divine man in him. This is the second alignment.

The divine man has to align with the Cosmic man. These are the three alignments. There are 7 antagonists that do not let the alignment happen. They are:

1. Aham : The pride of Divinity
2. Anumaana : The suspicion
3. Asuuya : Jealousy
4. Adharma : Lawlessness
5. Aaveesha : Emotion
6. Aatra : Anxiety
7. Aadambara : Glamour

The above 7 tease you individually or collectively. They don't leave you because you don't leave them. Learn to leave them otherwise you would leave yoga.

1. In relation to my yoga, there is only one Master; all others are vehicles, mediums. There is only one Master and the One Master functions preparing his vehicles. Master is one; vehicles are many.

The Master is experienced through the vehicles. Hence, the vehicles are also addressed as Master.

There is no name to the Master and no form too. He is called Brahman. He is also called IT, THAT, etc. I call Him 'MTA.'

2. The yoga regulations came to me from my Master. Do not amend them to suit your convenience. Regulate yourself, but do not regulate the regulations.
3. The practitioner of my yoga experiences all states of awareness and all such states of awareness are experienced consciously and scientifically. Conscious progress makes you an occultist; unconscious progress makes you a mystic. My yoga is scientific and its joy & bliss are mystical.

4. To progress in my yoga inquisitiveness and enquiry of my path should be replaced by readiness to sit in prayer and alertness to observe the inner adjustments.

From time to time you abscond from prayer, do you know why? I do not let you pray. Consequently you do not feel like doing prayer for the day. Do not think that you decided not to pray for the day, its I who decided. Whenever your behaviour falls below the norm you cannot do my prayer. I can accept weaknesses. I cannot accept disobedience, irresponsibility manipulative tendencies, indifference and over critical attitudes.

Whenever your prayers are not regular understand that there is need to reorganise your day to day behavioural attitudes.

Prayer is a happening to cause adjustments to experience the Light within. When you work out the contrary in the outer your inclination for prayer dissipates.

This is a word of caution for you.

1. You should know why you entered into the Path of My Yoga.
2. You should also know what exactly is the meaning of freedom or liberation. The other word for freedom is responsibility.
3. You should know why you are on earth and what is the purpose of your incarnation.
4. It is basically your responsibility to give an order to your soul life and personality life. You need to have clear programmes relating to the two. Do not mix up. If you can make the later subordinate to the former, your progress is for sure.
5. Set limits to your personality activity. Set not such limits to the activity of the soul. Let the activity of the soul gradually be the activity of the personality also. This way you walk towards freedom. If it is the other way, you

walk towards bondage.

6. Get out of the sickness “our people and other people”. This demarcation causes death to you. Conflict is the agent of death. I Am in all; see Me and interact. Let Me be the basis for your interactions, but not your perception of “ours and others”.
7. Persons with whom you have no differences over decades could be the persons who have been your co-travellers from previous incarnations. Be in their association. Walk together.

Link up all that you see to the Brahman.

Even the Trinity are also part of the Brahman.

From ant to Abraham all is Brahman.

Ant is no less Brahman than Brahma the Creator.

It is Brahman only as this visible world and the
innumerable formations in the world.

Seeing the Brahman in all is seeing the horizon.

If you thus learn to see the horizon in all,
you become original.

My followers essentially treat Prana and teach Yoga. Treating the Prana is not only limited to the bodily health, it extends to restituting health at all levels and providing solutions for crisis in life.

The humans have crisis after crisis and my followers need to provide resistance at all levels to transcend the crisis.

My true followers work to dissolve even the global crisis. Prana treat is an activity that one should render in the objectivity. Then Yoga can be taught for subjective development. Thus my work is the work of objectivity and subjectivity in relation to my followers.

Active and effective psychological adjustments are done in the subjective and objective lives of my followers. This would lead them to depths of life. This enables, in turn, to gain equanimity of life amidst the worldly duality.

Through the comet Halley the Aquarian energy descended into me. In 2 months I assimilated the energy. It enabled me to know the origin. It also enabled me to know the original history. This knowledge bestowed on me pure memory. The original knowledge also revealed to me the origin of prana, the life force. I could therefore link up to pure memory and plenty of prana. The two decided in the Aquarian age to descend afresh to lift up the beings. I am the chosen one by the Divine to conduct the descent and to conduct the related liftup of beings. I thus became the medium, the vehicle to original memory and prana. I took up this responsibility and transmit the knowledge and the life force to those who follow me. In due course they too would become vehicles for transmission of original prana and original knowledge. The result is immortality and self-realisation.

Thus the energy that flows through me treats prana and teaches yoga to transform the beings to realise their essential immortality, their original state and their original name. Such is the purpose, as I realise it, of the descent of Aquarian energy.

The moment you consciously utter the Sound 'CVV' within your heart, the plenty of Prana that surrounds you makes way through your Sahasrara and reaches Muladhara, boring through the Path of Sushumna. It links up with the thread of awareness and lifts up the Kundalini. Know this and utter my name. I would even recommend you to say the following:

1. Master Namaskaram.
2. MTA Namaskaram.
3. Master CVV Namaskaram.

Remember, when you do the above invocation the life force emerges from the origin, enters into you, links up with the awareness in you, permeates into the etheric centres in you, activates your glands, reinforces your nerves and nadis, establishes health restituting it from ill-health, purifies the seven tissues of the body, inspires your consciousness and leads you into the subtle kingdom, the kingdom of God. This is my promise.

Knowledge is hidden in you. The Master can expel it from within. He can expel all that is within.

In the beginning the impurities are expelled, which are called calamities, crisis, etc. Later precious things are expelled. Precious things are also not as precious as the Master. In the 3rd step the Master appears in you as yourself. You have thus become a vehicle of the Master, a medium of the Master, an initiate.

Know that ignorance, knowledge and the Master exist in you only.

Allow the Master to expel the two and externalise Himself.

To orient better for the prayer you may utter the following:

“Master lead me to the Brahman. Receive me into your fold and guide me on the Path. Strengthen my will. Help me to remain pure and peaceful. Transmit to me compassion towards fellow beings and cooperative attitude. Give me the strength to be discriminative. Inspire me to be charitable. Regulate me to be rhythmic. Bestow on me stability at all levels until I reach Brahman by your grace.”

Such a prayer would give orientation for prayer and meditation to happen. Do not shirk to seek from Me.

It is far better to seek from Me than from the world.

“Key – Frame – Good.”

This is the prayer that I gave. It is the essence of My Yoga. I key up your frame. You as a Soul are essentially Divine. Your frame of mind, which contains the patterns of your behaviour, disables you to realise that you are Divine, a Son of God. Your distorted mental plane also causes the consequent distortions on the subtle and gross states of your plane.

The limitations you suffer and the sicknesses that you encounter are all due to your frame (mental, subtle and physical). If the vehicle is ineffective you cannot drive. Your frame is your vehicle. It has to be kept up, to serve the need. You cannot restructure your frame. I therefore decided to do this for you.

Utter forth the mantra “Key – Frame – Good” and submit to Me. If you regularly do so you would see the result.

I wanted to recruit you into that path of Raja Yoga by which you get liberated in an Aquarian way releasing you from your past karma. The past karma approaches you through the planetary impact. The progressive planets in your horoscope as well the transit planets in the zodiac stimulate your past karma and push you into impulsive actions. This would bind you again. It is here I help you if you regularly do my prayer. Those who regularly pray as instructed would receive a shield of resistance around them, which would protect you from the impulses emerging from the planetary transits, progression, etc.

This is My promise.

Pray, serve and seek not personal favours.

This triple function is prayer.

The Age of Aquarius brings in greater speed and the related tension. The tension leads to heart attacks. There would be increasing events of heart attacks in humanity. This is foreseen.

If any one of you has the tendency to tension or has the symptoms of heart attack, you can submit them to Me in your daily prayer and seek remedy. I shall initiate action to adjust the mental, vital and assimilative layers of your body and eliminate the potential seeds of sickness to the heart. It may look superstitious to you. Well, you can try the prayer and see how it works. I came down to lift you up from death. Can't I handle the potential seeds that eventually lead you to death? Learn to pray the way I suggested. Learn to submit your personality problems in the prayer. I shall provide the needed psychological and even physiological adjustments. Practice and find the truth of it. Do not discuss it with your limited knowledge and logic. What I bestow on you is tangible and is beyond logic of your mind.

For one year if you do the pituitary regulations in the morning and the evening you would know why I suggested the 16 steps of pituitary regulations. Your life's purpose commences.

The acts that you need to do would approach you as per your soul quality. Responding to them you get fulfilled.

The pituitary regulation prayer is as under:

1. Dip deep
2. Axis Arranged Hours
3. Higher Bridge Beginning
4. Truth Levels
5. Nil None Naught Levels
6. Normal Temperament
7. Time Expands
8. Electric Hint
9. Ether Workout
10. Equator Equals
11. Pituitary Hint
12. Hidden Circumference.

13. Side Ways
14. Miller form Centre
15. Vertical Levels
16. Meet Centres.

Master Namaskaram.

Remember! The energy that transmitted through me stimulated not only the mankind, the planet, but all the seven planets of the system. The planets are all entrusted with additional functions. Consequently, the astrology needs to be reviewed and revised. The Chief Life that has flown into the system brought in new adjustments. It destroys certain undesirables and restructures certain desirable aspects and builds a new pituitary. The purpose of the chief life is to build the new pituitary body. Remember! The pituitary body is the receptive centre to the life and the light of the soul. My work chiefly relates to regulation, restructuring and building of a new model pituitary. It is for this purpose I formed a triangle with Manu and Morya.

Once the chief life does its work in you, the influx of Prana would be much better and such Prana would be received without hindrances by the body through the seven centres and seven glandular plexus. Then man would be well structured with the seven tissues of the body. This knowledge is important for persons who conduct the prayer given by me.

The change has become imperative in the present times. Changes happened even to planetary functions. Your efforts to know your horoscope through progressions and transits are mostly in vain. Don't think Saturn is all too bad and Jupiter is all too beneficial. They have changed functions. Everyone works for change today. You remain charming if you accept change. You face difficulties if you resist change. Prayers invoking me would cause necessary adjustments in you, which would enable you to attune to the changes. Worry not of changes. I cause drastic changes in your health, economics and your associations in life. Observe the beauty of change that happens in you.

This is what I frequently speak as 'round development, all round development.'

The yoga that I propound extends life and even brings alive the dead. I demonstrated even in my case departure and return 18 times. I demonstrated return of life on my children and on my disciples. It is not a mere claim. I can stabilise prana in you as long as you continue to do the practice I suggested. Do not indulge your mind into the past or the future. Submit yourself to the present and do what is to be done.

Your mind may get into despair from time to time. This is the mind's trick arising from your psyche. At such times make short pleasure trips and at the same time do not make your trips and travels heavy to you. You have the knack of making things heavy to yourself.

Yoga is not a path of burden-some living.

Learn to simplify life and live Light.

Criteria For Yoga

1. If one intends following the Yoga path of Master CVV, one should know the theory of the Yoga propounded by the Master. If Yoga practice is done not knowing the science, one remains blind and unprogressive, like a blind cow in a green field. Knowledge is important before one practises.
2. The Yoga practitioner should ensure daily study of Yoga philosophy to expand horizons of one's understanding. Practice without understanding results in blind faith.
3. The Yoga practitioner should necessarily know the human constitution with its intricacies. He should inform himself of the 5 elements, 5 pulsations, 5 sensations, 5 limbs of body, and their relation with the 5 centres from Visuddhi to Muladhara. He should know himself as the soul presiding over the body, while residing in it. He should practice to reside at the Heart centre while at rest and at the Brow centre while at work.

4. He should know how the life works through 5 pulsations with Heart as the centre. He should also know that the awareness functions with Ajna as the centre.
5. He should regularly acquaint himself with the life and teachings of the Seers (Rishis) of antiquity and gain the tips for ease in practice.
6. The Yoga practitioner should also gain the knowledge of science of Astrology and Ayurveda for appropriate understanding and adjustment of daily life.
7. Discrimination, discernment and detached approach to life are to be learnt.
8. The regulations of Yoga given by the Seer Patanjali in relation to Yama and Niyama must be necessarily followed (harmlessness, alignment of thought, speech and action, regulated sex desire, absence of thieving instinct, elimination of the attitude to seek and accept obligations, outer purity, inner purity, cheerful and humorous attitude, self-study, observing the Divine in all the surroundings).
9. Yoga practitioner should be economically independent. If he starts the practice early in life, he needs parental

permission. Economic, domestic and social life shall have to be built without being bound or being a burden to anyone.

10. Let not the practitioner neglect or be indifferent to his family tradition and religion.
11. He must ensure that he is not dependent on others. On the contrary he remains dependable at all times.
12. He should develop a daily rhythm by which he retains functional health at all times. Neither his body, nor his activity nor his sleep must come in his way of practice.
13. He should work for social welfare through his vocation, and at no time should associate with any anti-social activity.
14. This Yoga is Yoga of direct Knowledge and is not for emotional ones who tend to be fickle-minded. Emotions destroy the mind's stability. Such emotions should be cleared through dedication to a noble service. It enables stable mind for practice.
15. One should abstain from entertaining opinions on others. The act of judging others stands as an

impediment for one's own progress.

16. One should know that the persons around have different perceptions and views and that synthesizing the different perceptions enables collective working and collective progress.
17. One should learn to see unity in diversity.
18. When one encounters persisting problem, one has to continue to discharge his duties without brooding over its clearance. All problems are solved through time.
19. Learn to cooperate as far as possible. In your anxiety to cooperate do not pick up work which you do not know how to do. Learn before doing.
20. Be not tough and rigid in your attitude. Be flexible and accommodative.
21. Be compassionate towards others' weaknesses and sympathetic towards their sufferings.
22. Do not think that Truth can be perceived only in one way, i.e. your way. Truth can be perceived in thousand ways.

23. Keep an open mind and a pure heart.
24. Seek not powers through Yoga practice. Seeking Brahman and realizing Him is the ultimate purpose of Yoga. Powers and Siddhis are incidental. Healing is also incidental.
25. Offer yourself to the Master in the prayer. Seek his cooperation for transformation and transcendence to realize Brahman and to stay immortal.
26. Be not inquisitive of other's affairs. Be not indifferent if someone expresses his affairs to you.
27. Expect not, that you should be informed of all details by the ones that surround you. Listen to what is informed. Cause not inconvenience through your intricate enquiries.
28. Know that physical life terminates through death. Be ready for departure on a daily basis.
29. Think not, what is not possible for you is not possible for any other. It is your ignorance and your egoism.
30. Let not Master Yoga be practiced as per your convenience. May not the fundamentals be adjusted to

suit your convenience. Carry it out without affecting any change.

31. Do not use the Yoga practice for self-healing. Leave your sickness and your problems to the Master. Working for self is basically contrary in the principle of Yoga.
32. When Yoga is regularly practiced, one receives impulses and directions from within. They should be noted and followed.
33. One's development is in one's own hands. The Master is everready to cooperate if one operates with Yoga. Let not one associate excessively with one's name, gender, caste, language, nationality, race and religion. They are all transitory and change from life to life. Let the identity of oneself as soul and as a descendant of the super soul be recollected.
34. Seek the Presence of the Master. It fulfills one's tasks. Stay in the Presence as far as possible.
35. Perfect health is not promised in this Yoga. Functional health is ensured.
36. All adjustments relating to one's life are done during

morning and evening Prayers. Neglect of Prayer leads to neglect of self-development.

37. Let Yoga practice be the priority, let all other activity be secondary. The former fulfills the latter.

38. Yoga School Friends Society is not a club for socialization. It is a group for self-realization.

39. Be moderate in your food, work, speech, rest, movement and sleep.

40. Let time, energy and money be spent purposefully.



The purpose of Yoga is to experience the
omnipresent Brahman within oneself.

The unmanifest Brahman is manifest in
every form.

The other name for Brahman is Existence.

Experience the Existence.

I have come down to
cause this experience in you.

Your Existence is no
different from Me.