

Master E.K.
Sound and Colour
(Overseas Messages-XII)



KULAPATHI BOOK TRUST
VISA KHAPATNAM

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(Overseas Messages - XII)

MASTER E. K.



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VISAKHAPATNAM**

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Foreword

A volume containing seven invaluable teachings of Master EK during his Euro tour is being brought out as the 12th volume of Overseas Messages by Kulapati Book Trust. The team dedicated to this work is truly blessed of its continued effort to disseminate the wisdom that flew through the Master.

The Master was a healer of a higher order. He had access to healing energies. To avoid the glamour of being known as 'Healer', he adapted to Homeo therapy and imparted *Ayurvedic* way of life. Till date he remains a great inspirer amidst his followers to carry on the practice of healing through Homeopathy and *Ayurveda* as pure service to humanity. His teachings on health, healing, Homeopathy emerge from the practical touch he gained through decades of practice as a homeopath, an *Ayurvedic* doctor and as a teacher of Eightfold path of Yoga. The Master also had great insight into the illness of patients and tried to help them to alleviate from suffering through varieties of means of which astrology and yoga were part.

The Master developed a synthesis of Yoga, Psychology, Astrology, *Ayurvedic* Philosophy and Homeopathy. His handling of the patients around involved in using delicately these dimensions of healing. He healed the minds and bodies and helped relieving the souls from the condition of the former.

This volume of messages is all about illness, health and healing. It is topped up by a talk on the Master's Master which is titled as 'What I Know of My Master'. It stands in the middle of the volume as the fourth article amidst seven. Indeed it is a yogic arrangement. I am very sure that these talks help every unknown seeker on the globe who looks for ancient wisdom and yoga.

My deep congratulations to brother Ch. S. N. Raju and his team of dedicated coworkers.

K. PARVATHI KUMAR

Ritual Continues....

It often happens sometimes that some great people incarnate on earth for a special purpose to be carried out. Among such people, Master EK is one who is considered to be the pioneer of New Age teaching which brought out Socio-Economic-Spiritual reformation.

In the beginning of the last century, HPB was born in Russia, established Theosophical Society. She studied all the scriptures of all the world religions and declared and proved that 'Truth is one.' Only few people could understand this.

In order to make the Cosmic Wisdom comprehensible to people, Alice A. Bailey who acted as medium of Master DK brought out 24 volumes and did a lot of work. But Madam Blavatsky and Bailey, since they were from the world of Occident, they could explain the Ancient Indian Wisdom and sciences up to some extent only.

Master EK, along with Ancient Indian Vedic Wisdom, like *Vedangas*, *Upanishads*, Mythology, Astrology and *Ayurveda*, he also deeply acquainted with many other branches of wisdom of many nations and races. He was a profound scholar not only in his mother tongue, but also in Sanskrit and English. As he is also well versed in scriptures like Old Testament, New Testament, Pythagorean teachings, Greek and Egyptian Mythologies, Free Masonry and symbolism of all the world scriptures, we find his unrivalled synthesizing ability in his writings and his discourses.

Especially, the discourses he gave in Europe are most deep, profound and enlightening not only to the present generation but also to the coming generations. If you

observe his discourses and some of their aspects, we find that he unveiled the wisdom ahead of centuries.

He unravelled many mysteries and revealed many intricate things underlying our traditions and customs and removed many myths and superstitions plaguing the nations in the name of the religions. He always professed and propounded love, service and wisdom throughout his life and lived them in thought, word and deed and became a perfect Master.

I feel, I am abundantly blessed and fortunate in sharing and shouldering the responsibility of bringing out his wisdom in 12 volumes. For births to come I am very much indebted to him. Finally I bow down in gratitude and veneration at the lotus feet of the Master. For me he is the Light of Wisdom and Love.

We thought that it is our sacred responsibility to make available this unparalleled Aquarian wisdom of the Master within the reach of aspirants and the seekers of Truth.

The lectures given by the Master on various subjects in Europe belong to the Aquarian Age teachings. He refers *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali*, *Mantra Sastra*, Secret Doctrine, Isis Unveiled, Old Testament, New Testament, Greek Mythology etc. He refers many authors like Alice A. Bailey, Shakespeare, Milton, Ravindranath Tagore, Blavatsky, Master Gurdjieff, Ouspensky, Emerson and many authors.

He has given many lectures on Spiritual Life, Symbolism of the Scriptures, Seven Keys to unlock the Wisdom, Journey of the Soul, Seven Rays, Masters of Wisdom, Patanjali Yoga, Reincarnation, Discipleship in the New Age, The Evolution of Man, The Power of Life,

Spiritual Constitution, History of Mankind, Science of Meditation, Know Thyself. He spoke on subjects like, Electron, Advanced Astrology, Homeopathy, *Ayurveda*, Spiritual Healing, Sound and Colour, Yoga and Attainment, Yoga and Healing, Light upon Death, Preparation for Death, Concept of Zero etc. You can find many lectures in these twelve volumes.

There are many advanced books written by many great authors on these subjects. The speciality of the Master's writings is, that the reader will find a solution and an application to follow the teachings in his life. If someone is reading about Healing, automatically he feels himself as if he is healed. If he is reading about Astrology, the reader feels that he will not be conditioned by the planetary influences further and he can handle the life with ease without any fear. If he reads on evolution, the reader feels that his goal is to go further into higher evolution. This is the experience of many followers of the Master and I am no exception.

His explanation is somewhat conspicuous by itself. He takes the reader into that plane of consciousness. You find a specific purpose in his writings. His is not just an author, he is a seer, he is a Master and he is a prophet. He is the perfect Master of the Second Ray, the Ray of Love and Wisdom.

My salutations to Master Parvathi Kumar garu for his blessings and support. Whenever I requested him to write the foreword, even in his busy schedule, he has sent in time. I am very thankful to him.

Ch. S. N. RAJU
Kulapathi Book Trust

We are Blessed.....

We have to thank Titziana and Jesus of Switzerland, Paul Meiberg and Dorle of Germany, Lucie, Banoit of Beligum for their effort in collecting the recordings of the Master under the guidance of Master Parvathi Kumar Garu. We are also thankful to Ralf of Hamburg who prepared the CDs. My special thanks to Ludger from Switzerland. From time to time he used to enquire when the project is going to be finished. Now he is working on these books and helping me by making some corrections.

In this Ritual of printing, brothers Rama Prasad garu and Nagalingeswara Rao garu worked from the beginning till the end. Without their help and support, this work would not have been completed. Personally I am indebted to both of them. Since 1980, till now, we have been working as a Triangle in the work of the Master.

When once I took up the responsibility of bringing all the lectures of the Master into printing, youngsters like Vinutna, Lohitha, Roopa, Mourya, Vivek, Madhuri, Radhika (USA) who are software and finance professionals came forward to type the audio recordings of the Master. Brother Mohanbabu and Guptha also helped a lot in this project. Tirupal garu also helped.

Our sincere thanks to Saibaba, who worked with all his love and responsibility in printing these books in a beautiful way.

I thank brothers Satyadev and Navaneetam, the Trustees of the Kulapathi Book Trust for their support and concern.

Finally, I invoke the blessings of the Master who is there always with me and in me, who is my light and life and who is everything to me, to bless all the brotherhood who worked for the completion of this project.

Ch. S. N. RAJU

Acknowledgements

We are thankful to the blessed soul Sri D. Jeevan Kaladhar, Managing Director, J NET Technologies Pvt. Ltd., Madhapur, for his contribution towards the publication of Overseas Discourses of Master E.K. entitled “***Sound and Colour***” (*Overseas Messages -XII*)

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

Ch. S. N. RAJU
Kulapathi Book Trust

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Sound and Colour

Brothers and sisters who have gathered here, we are going to start an eight lessoned series of study on the colours and sounds and spiritual way of looking at things. That means, the more scientific way of looking at things than the present scientist looks. This is because spiritualism is an integral whole of religion and science. Religion forms half of it and what we now call science forms half of it and no one half is complete without the help of the other half. It is the correlation of scientific knowledge with religious discipline. Religious belief includes the eternal wisdom of the ancient scriptures and it forms a more scientific integral whole than the scientist of any age has and more religious integral whole in the sense that it carries with us more veneration and more honour of the subject.

It leads to a better devotion than when the religious belief is demanded from us or when the unilateral key which we call as understanding is only applied to it because the process of analysis and the key which we call understanding are not enough to cover all the subjects that are in Nature. After a certain process of understanding of any subject in

Nature, we come to a certain point where understanding is of no value and intelligence is of no value. There comes a stage when we have to do something and get some results and then correlate one result with the other; for example, the process of Yoga practice or the various branches of Occultism. In these fields, intelligence has no place at all because understanding is not the one that is required.

For example, a piece of iron to become a magnet, it is not the understanding of the subject of magnet that is required. It is the process which is to be undergone by the iron piece and the change that takes place cannot be either explained or understood by any number of volumes. For example, if you take a little piece of iron and begin to rub it with a textbook of magnetism, even if you do for ten years, nothing will happen. It is magnet that is required and not magnetism. The 'ism' is only an attempt to understand, whereas the touch of the magnet is what is called the process which the spiritual scientist calls Ritual or Magic or Ceremonial activity which is governed by the Seventh Ray of the Seven Rays. So, in every branch of learning, the understanding and thinking is only an introductory process. It forms what is called the preliminary preparation before we enter the Ritual hall. If we die in the process of understanding many sciences or subjects, we will be born once again as a perfect fool in any one of these subjects.

We have to know once again from the alphabet. For example, if we learn twenty or thirty languages thoroughly and have the degrees and diplomas with us and with all

those degrees on our heart, if we die, in the next birth, we will not carry any information from one of these diplomas. If we were born once again as a German, we have to learn again from the alphabet. This is the value of understanding and intelligence. But at the same time, it is a preliminary step and it is as necessary as any other step. Without understanding and intelligence, the advanced steps can never be approached at all. I only want to point out that it is not the only thing that is required. It is also a thing which is as necessary as the other steps. At the same time the spiritual science shows us that making and becoming are the processes required which are more important than understanding and intelligence.

If you take the human personality as a flower having hundred petals, intelligence is only one petal. The blossoming of one petal cannot be called the blossoming of the flower. This is all what I want to present to you before we enter into a spiritual study of sound and colour. The second point I want to tell you is that our intelligence and understanding should be correlated with making or doing something and becoming. Becoming means one thing becoming another. So, if the two processes are correlated, then we call it spiritual study. So, a scientific study and a religious discipline put together form the spiritual study or spiritual approach. Many times, of course spiritualism is confused with religion. In fact, it is not and many times, a scientific approach is considered to be final which is also not true.

So, let us proceed in the required direction, in the direction prescribed by the authors of the scriptures and the professors of these books in a grand university which we can call the Universe. The professors are called the Masters of wisdom. Let us follow their path because for the time being, there is no university which has the stature to give us spiritual science and there is no university professor who can teach us the spiritual subjects. So, our universe is the real university, scriptures are the textbooks which form the syllabus which are wrongly understood as stories and fables because people approach them only with their intelligence and understanding. So, let us follow the path of the Masters of Wisdom in trying to understand the spiritual subjects.

Now we have an eight lessoned seminar. We have time for eight lessons. Let us distribute the subject into eight lessons.

The first day lesson is introduction which includes the understanding of the scope of the subject.

The second day lesson includes correspondences. That is, the law of correspondences applied to the study of the colours and the sounds.

The third day lesson includes the use of sound.

The fourth day lesson teaches us about the use of colour, that is how sound is used and how colour is used. For example, a musician who is also a born musician knows how to use the sound; a painter and an artist who is also a born artist can teach us how to use the colour. These

are the aspects we are going to deal with in the third and the fourth lessons.

The fifth day lesson deals with correlation of the two which in its true sense called, 'Music' along with the colour, sound and shape keys put together.

In the ancient days, when the science of spiritualism was more popular than now and when the previous humanity was above and beyond political way of living and when the ancient nations had something in common to learn and teach, they used to call it drama. That is, the use of sound, colour, form, conversation, gestures and postures along with what we call the preparation of the environment correlated with the shape key which we call the makeup of the character of a drama. The whole process was called, 'Drama' and the word used by them was 'Mystery' in one language.

You know about the Greek mysteries and Egyptian mysteries. Similarly, you have the ancient Indian mysteries, Babylonian and Mesopotamian mysteries. They contain the astrological wisdom, the cosmological wisdom, the origin of the universes and the origin of the individual and their correlation along with the teaching of the discipline which we call the science of civics and social science and the ethical science. All these put together they used to call them mystery temples where the mysteries were played. So, the drama is a correlation of all these things. But the word drama is used only in a very poor and unilateral sense in the modern age. Let us try to know in what sense it was used and what was the intended effect and what was the

result they got. The result was called the result of initiation and the initiations were in the form of dramas and mysteries.

In the future also, there comes a time when the present political century will go away and there will be an understanding of the human society through group relations from the point of view of group contact and group consciousness trying to make the humanity live in soul awareness. In those days, in the future it may be after 50 years or 100 years there will be once again a re-opening of these mystery temples and a re-organization of these drama teaching classes in the future universities. So, something about these correlations of sounds and colours, we will speak on the fifth day.

On the sixth day lesson, let us try to learn something about the healing and the use of sounds and colours in healing.

The seventh day lesson must be on meditation, the use of sound and colour in meditation.

The eighth day lesson must be on symbolism. That is, the symbolism used for sound and colour.

For example, if we say the utterance of the sacred word, the sentence includes some symbolism about sound and colour. If we have to explain the word utterance, it is not enough if we speak of the vocal cords because the vocal cords are only parts of the instruments of utterance, whereas it is not the vocal cords that are uttering the sounds. We are uttering the words and the vocal cords are being used as instruments of utterance. So, we have to go beyond the

functioning of the vocal cords to another and finer instrument which we call the mind and how the mind operates the vocal cords, the origin of the intention, the intention which we call utterance.

For example, if we want to utter something, we should get the idea that we should utter. That is called intention. Unless we get the intention, it cannot be translated into terms of mind. Where from the intention comes to us and how it is translated into the terms of mind and how it is further translated into the terms of language and sound. These are the things that are to be traced. The keyboard that is required, the keyboard that is to be explained.

For example, if we want to use the typewriter or any sophisticated machine, it includes its own keyboard and its own alphabet into which we are to be familiarized. Similarly, the utterance has its own apparatus in us, its own keyboard, its own translating mechanism and its own translators working as a team translating in terms of sounds, colours and forms. These translators are called in the scriptures, the messengers between *Devas* and the human beings called the messengers of Gods whose guardian angel is called Mercury, who is also called the messenger of Gods. Then we will be able to understand something about the advanced science of the planet Mercury, who is functioning through our throat centre in translating our thoughts and intentions and feelings into sounds, syllables, sentences and conversations on one side and facial expressions on the other side. So, he is working with a correlation of sound and form. Like this, every planet is working through some

mechanism of our constitution and the working of each planet forms a science of that planet. A proper approach is possible by knowing the keyboard of these expressions or utterances.

The whole keyboard is placed equally spread in the cerebrospinal activity of our body. The cortical cells of our brain and the nerves in the brain and the vertebral column, they form the proper instruments that contain this total keyboard. The channels that are there in the spinal column, that is very fine. The space between one spinal bone and the other, they form the pathways of these *Devas* coming and going every minute, every moment, making this keyboard function whenever we have an intention to utter something. For example, if I want to say this is a chalk piece, it requires a sentence. The sentence requires some words which are to be used in the capacity of subject, predicate and object and these words require syllables.

These syllables require sounds and with the help of this keyboard, these *Devas* help us to utter the required sounds which produce the required syllables in the required manner so that they are recollected in the form of words and the words recollected by the listener through his ear translated into an integral whole which we call the sentence and then the sentence translated into an idea or intention. So, much process is going on with every conversation of ourselves though we are not conscious of it at all. *The more we are unconscious of the process, the more blindly we use our words and expressions; the more blindly a life we lead without having an awareness or a mastery over*

our own emotions. The more we are familiarized with these parts of the machines, the more we get familiarized with the total working of the machine and then we can live with a perfect mastery over the machine.

When life can no more has any conflict with anyone and we lead a life of only understanding everyone without the narrowed necessity of misunderstanding or getting irritated with anyone or having wrong relationships with anyone, thereby we can prevent enmity between two people, two races, two nations and two countries by having a proper understanding of the science of spiritualism.

So, we are expected to speak something of the symbolism of these sciences. When we say utterance, the word utterance requires so much of explanation before we can have an idea of its scope of application. Suppose we use the utterance of the word. We utter many words without knowing the process of utterance and when we clearly know the process of utterance, we can utter every word with full awareness.

If we know what the sacred word is in creation, the one word from which the whole universe came out, in which the whole universe exists, into which once again the whole universe merges. Then we can know what that word is.

Now we are not in a position to know what that sacred word is for the simple reason that we are also part of it. So, through an artistic process of studying the symbolism and applying it through the law of correspondences, gradually the sacred word makes its manifestation to us.

It gives its awareness to us and we begin to grow aware of it more and more. This is the scope of the eighth lesson that is the symbolism of the word, 'Utterance' and the symbolism of what we call the 'Sacred Word'.

For example, the sacred word is called OM. But it teaches us nothing because the written OM is only a symbol of the original word. I will give you an example. I say good morning Sir. Instead of uttering it I write it on the board in a language which is not known to any one of you. For example, of course it is my regional language in India. It means good morning Sir. If I write it on the board, and when you come, it makes no effect upon you. Similarly, if someone says us that this is the sacred word, we know as much of the sacred word as you know about this. Sometimes we write like this. It is also equally not understood because it is only a symbol. We have to know what it is, which is more known to you also.

I say, three people come here. Three is a number. I use the word three. Is this word 'three' number? No, it is a word used for number and this is a script used for the word. For example, there is the number three. We will use the word 'three' for it. The word 'three' has nothing to do with the number and the script we write has also nothing to do with the number. Then we write like this, '3'. Even this is only a symbol or a script which has nothing to do with the number. Sometimes we write like this. All these things take your mind to the number which we call three, but no one of these things is the number. The number exists in you and me as a form of understanding and it never

comes out. Therefore, we should approach the number only through symbolism and we should be able to understand the symbolism and make a nearer and nearer approach to the number.

This is all what you can do. You can never define a number or describe a number or show a number on the board or in the book. Numbers are existing only in our understanding. We are using them applied to things around us. Same thing with the sacred word also. The sacred word is more deep and more profound than anyone of these numbers. So, it requires the key of sound, colour and shape to approach and then you can know the key through another, called meaning. The meaning of the sacred word is "I AM". This is what the scriptures give us.

For example, if you read the conversation of Moses with the God on the mountain, Moses asked God, "If I go to Egypt, they ask me what the name of your God is. Then what should I answer?"

God said, "I AM that I AM".

If God had said like that, Moses would have gone to Egypt and when asked, what the name of your God is, he would have answered, "He is that He is". Therefore, it is not the answer God gave. He never said, "I AM that I AM". But he said, tell him that, "I AM that I AM". It is different. So, after going there, if you want to utter the name of God, you should always say, "I AM that I AM". There is no use of saying, "He is that He is". So, the total sentence, tell him that, "I AM that I AM" is a *Mantram*. It should be taken

as it is and we should make an approach through symbolism. We should study it in the light of colour, sound and shape and then in the light of its meaning. For Example, the shape of the word of God, the shape of the name of God that is the sacred Word, is what we call a globe, a perfect globe which is also an egg in its workings.

What is the difference between a globe and an egg? An egg gives you a living little thing, whereas some man-made globe can give you nothing. An egg means something which can germinate or generate. That is, which can give you something like yourself, for example, like your son or your daughter. That is what is called the process of the utterance of the word. In this word, the sacred word is uttered in the form of the father becoming a son or a daughter; the mother becoming a son or a daughter.

This process is one of the examples of the utterance of the word. We are getting children, but we do not know what the utterance is and what the word is. This whole creation is uttered forth in the form of space globes which we can call the space eggs. Each egg begins to germinate in the bigger periodicities of time. We have the solar systems and the galaxies and the planets and the living beings. Like this, we have to approach what the sacred word is and how it exists with us and with every one of us.

Where does it exist in us, what is its function? What does it do daily with us and what we have to do with it? Why we should utter it and what is the process of uttering it and what is the training and discipline we are to undergo before we utter it? This is the scope of the symbolism of

the sacred word. We try to study it applied to sound and colour and also a little bit of shape on the eighth day. This in short is the scope and syllabus of our subject.

I will give you a detail of the first aspect today.

There are mainly seven colours producing many colours. If you study the classical music of the scripture, there are seven scales of sound called the musical scales. The utterance of the sacred word in the beginning of this creation was done as the expression of the first three colours and sounds or the expression resulted in the externalization of the first three colours or the first three sounds. Now, we generally use colours and sounds. In fact we have to use colours or sounds because the same seed gives rise to two leaves. For example, if you see a seed giving rise to two leaves, similarly there is the sacred word with you which expresses itself into sound and colour, which can be called sound or colour because they are the two leaves of the same plant coming from the same tree. That is why the leaf of sound contains seven; seven colours, seven sounds. We should be able to know something of this in our lesson.

Among the various branches of the music of the ancient scriptures, only one nation is existing where this music is still living, that is the Indian nation. In all the other nations, the tradition already died. Now, there is the necessity to recapitulate and recollect the whole tradition. So, it is very difficult to collect the whole thing from other nation. Though we have the scriptures, we lost the key and it is a great difficulty for us to go into them once again.

But luckily, the key is living still in one nation. That is the reason why the Masters stimulated the minds of some people for some occidents to study and practise in ancient Indian classical music.

There are schools for ancient Indian music and dance that are going on in various countries of the Occident. You will get these keys only from those who can apply that music and dance. There are seven musical scales according to the classical Indian music and there are three levels of musical sound which I will explain subsequently. For the present, you remember that there are three levels of sound utterance and seven scales of musical sounds; three plus four according to the Indian tradition. The three levels are your normal tone, your higher tone and your lower tone. Everyone has his or her normal tone, higher tone and his lower tone when he whispers something to others. When a person is going in the street, if you want to call him, you will use your higher tone. When you are conducting normal conversations, you use your middle tone that is normal tone. When you want to speak whisperingly, for example, when someone is sleeping in the room, you want to speak something to someone, like that. Then you will use your low tone.

So, everyone has the three levels of sound or tones. In Sanskrit, they are called *Sthayis* which means levels. These seven scales of musical sounds are called *Swaras*. The training of the seven *Swaras* is the first step in classical Indian music. The classical music of every nation has these things. But the total key is lost somewhere in each nation.

We should reconstruct the total key carefully once again. Similarly, we have the first three colours expressed by the creator when he uttered this whole creation in the form of the sacred word.

It is symbolically expressed that the sacred word OM is made into three syllables. So, it is said that in the beginning of the creation, the creator who has come out from his own background, the background being called the father or the creator and the son who has come out, he made an utterance of the sacred word as his own existence. Then he made it into three syllables. You can see this much explained in the books of Alice A. Bailey also. But unless you begin to practise the utterance by yourself, any amount of explanation is of no use. The more number of pages we try to explain, the more tedious the subject becomes and the same is the result with many of the books of Alice A. Bailey. Not that the books are tedious, but often we read the books without making a performance of what is expected of us. That means, we use only our intelligence and only we try to understand what is there in the books which is not at all required with those books. As a result of such a study, our head begins to reel after reading for two pages. Then with great difficulty, you will read a third page and the book drops from your hand and you go into fine sleep. It is because it is not the procedure and process how to read these books. You have to practise something while reading these books.

The practical key is to be observed. There are many instructions given in the books of Alice A. Bailey, instructions about personal life, about social life, about our

vocational life and about our duties to humanity and about proper timing and punctuation of the incidents of the day without which nothing happens when we read these books. For example, while speaking of the utterance of the sacred word OM, the Tibetan speaks of the art of breathing which was rightly called *pranayama* in the ancient days which is practised in a wrong sense in the modern days by many. For example, some people suffocate themselves and call it *Pranayama*. Some people use a process of self-smothering. Like this, no breathing out or no breathing in. They call this dirty process by the sacred name *Pranayama*. So, the Tibetan speaks that the art of breathing is different from self-smothering.

There is a process of reestablishing rhythm in your breath and that is *Pranayama*. When once you begin to reestablish rhythm, automatically respiration stops. When your mind stops in meditation, automatically the respiration stops and disappears in yourself through the process of meditation. This is what is called *pranayama*. The respiration stops by itself and begins when the mind begins to take birth in you again. As long as the mind is working, respiration begins to work. When the mind disappears in you, then respiration automatically stops. This is called *Pranayama* and you are not expected to stop respiration and smother yourself. The Tibetan Master while speaking of this, he explains how to practise this art of breathing. Then he says, it has everything to do with your daily routine and your behaviour.

Unless you regulate your daily routine, you can never establish the rhythm and balance in your respiration. So,

you proceed from the other end, not with the wrong end. When you are making attempts to regulate your respiration, you are starting from the wrong end. You proceed from the side of regulating your daily routine, establishing a regularity in as many items of the day as possible. Imagine the twenty four hours as a rotating circle. If you do something at 6 AM, establish a periodicity that you do it daily at the same time. So, if you do something round about 6 PM, do it exactly at the same time in the same place. Suppose if you take your breakfast by 9 AM, daily take your breakfast only by 9 AM to the minute. If you go to the office by 10 AM, daily be in your seat exactly to the minute by 10 AM.

Like this, you multiply the number of items in the day which you can keep up regularity to the hour and minute without having any tension of programming in your mind. You should be able to maintain this regularity like a child playing some game. If you feel the tension of keeping up this regularity, it is not only useless but also dangerous. You will grow into anxiety and nervousness daily driving yourself into the hurry of maintaining the regularity. *So, if you can succeed in maintaining this regularity, then the geometrical centre of the circle begins to manifest itself as the centre of your own consciousness and then automatically the art of breathing can be practised because respiration is an activity that is going on in yourself. The daily routine is an activity which you are creating for yourself. Unless you equate the second type of activity with the first type of activity, that is unless you equate your man-made activity with the natural activity that is going on in*

you, you can never dream of establishing a rhythm in your respiration.

Every disturbance in your mind creates a corresponding disturbance in the rhythm of your respiration. For example, when you are afraid of something, the respiration is disturbed. The heartbeat is disturbed. The circulation is disturbed. Whenever you are angry, it is disturbed. Whenever you are jealous of some person, it is disturbed. Whenever you experience a hatred of some person, it is disturbed. So, when the daily routine of our man-made activity is causing a thousand disturbances to the respiration during the day, what is the use of trying to control your respiration with violence? The constitution begins to react against you and produce its own defects and diseases.

So, we have to regulate the routine and daily activity. Then only, simultaneously practise the art of breathing. When the whole process becomes an utterance of the sacred word OM, then if you begin to utter vocally also, it helps you. This is what the Tibetan Master teaches us about the utterance of the sacred word.

How to use the sound and the colour for it?

We should go into the detail in our lessons. Today let us understand that there was first the birth of three sounds and then there was the birth of remaining four sounds. In the process of the creator uttering forth the sacred word, in the process of his respiration, he has his exhalation and inhalation. His exhalation is what we call objectivity of his creation and again his inhalation is subjectivity of his creation. When he is exhaling, all these solar systems come

out. When he is exhaling in each solar system, all the planets come out from the solar system. When he is exhaling in each planet, the atoms of that planet are being created and the evolution on the planet is taking place. Every individual is self-conscious. When he is uttering himself his own word in every individual, we are there making our own little respiration. Our respiration is also one form of his own utterance in us. Many times, we may not believe it. We think that our utterance, our respiration belongs to ourselves. Why should it belong to God?

We should remember that we are making the respiration only from the time we are permitted to breathe. Before that we could not breathe because we were not there. So, we are permitted to breathe and hence we are breathing. Until the time we breathe our last, only we are permitted to breathe. Within these two limits, we have certain amount of independence to breathe. Even then we do not have perfect independence because breathing is taking its own care and we are not breathing it. It is breathing for us and we are living. We can stop it for a few seconds. We have that much of independence and after which we cannot stop it because we do not want to stop it. Nature produces an idea in our mind, 'come on! Let us not stop it. Let us breathe and be happy'. Even that amount of independence is not complete.

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The colours Indigo, Blue, Orange and Yellow, they are predominantly found creative and progressive in nature.

That means, they are useful mainly for meditation purposes and also for healing purposes. So, we should have these four colours in predominance. I will repeat once again. Indigo, Blue, Orange and Yellow and next in order Green can be taken. Some shades of green are very non-progressive, negative and destructive in their nature and they should be avoided, whereas some shades of green, most auspicious, progressive and helping. For example, if you take the green of the leaves of trees, the green vibration you receive when you look at a vast meadow in sunshine.

Suppose there is a meadow of thick grass. The next morning, suppose there is beautiful Sun, then if you imagine the colour of meadow in the light of such mornings, it is the colour that nourishes; it is the colour that heals. It is the light giving green. So, it is necessary to remember this shade of green away from the other shades of green, for example, the negative shades of green. Then they are remembered by thinking of the green shade given by a crystal of copper sulphate. It has a peculiar shade of green which exists between blue and green. It is highly dangerous to think of this colour or meditate this colour.

This is the difference you have to keep in mind. All the shades of green that give you the colour of the leaves of trees, especially the shades of the colour of grass are always creative and nourishing and healing and they give respite to the mind. In fact, they heal the undesirable traits of our busy mind. *To be busy is the most destructive aspect of mind. It is the cause of all diseases, all suffering, all*

tension and nervousity. People go into all types of nervous diseases by having a thought vibration; that thought form is directly related to self-pity. For example, the moment one feels busy, he feels that others are not helping him, others are not taking as much care of him as they should do.

As long as this thought form exists, the all-self will be broken and during the moments when it is broken, any evil spells may attack. For example, an infection, a contagion can attack or a microbe can attack a person only when the egg is broken and the shell around him is broken. Whenever one feels busy in mind, there is an automatic disintegration of the shell around him. Whenever one feels a benign thought, there is instantaneous integration and again reformation of the shell. So, the shell goes on changing instantaneously with the change of vibration in thought.

Some shades of blue and some shades of green wonderfully heal this defect. The green of the meadow when meditated upon daily heals the mind from feeling busy. That is the reason why when we are having too much of work and in a hurry, we are sapped and exhausted. When we stop our work for a few minutes, and look at the meadow through the window for few minutes, happy and relaxed, what is the cause? Instantaneously the 'All Egg' rearranges and heals itself and removes the blockage of the energy centres in our system. Immediately energy flows from space into us and we feel refresh. Same thing happens when we receive fresh air also. So, we instinctively know that the presence of the meadow and fresh air always heal.

Generally, we cannot bestow much thought over these things. We just bestow some thought. We know the science for ourself. We can instantaneously recognize the healing agents that are working around us.

The meadow will have only additional effects. The colour of the meadow whether painted or true, it will have the same effect always. If we go into the meadow, it has the additional effect of the helping gases it emits. But for that, everything is the same. So, when meditating in the beginning stage, always the shades of colours change from thought to thought and it is a vicious circle. The moment the mind changes; the thought in the mind undergoes a transformation. Conversely, the moment a thought is changed in our mind, it changes the shade of the colour we are meditating. The one thing changes the other. There is a little story in India.

A fellow wanted to get married. He was not having the opportunity to marry for a long time. He became insane. He went into depression and he was taken to a doctor. The doctor tried to cure him for one year and said it was impossible. He can be cured only if he were married. So, they approached people to get him married. But every girl said, he could be married only when he is cured. So, there is no solution. We should cut it somewhere. A change of thought changes the shade of colour we are meditating. A change of colour changes the thought. So, we should have some landmarks in our mind, for example, the green of a meadow, etc. This is the reason why in Occultism, for example, the practice of the *Mantras*, the colour and

the thought associated with that sound is prescribed by the scientist in the same book. For example, when you are meditating one *Mantram*, he prescribes a seal to be meditated, for which he gives a description.

Every *Mantram* will have a description to be meditated. For example, there is an open meadow on which water is sprinkled. Then, the morning Sun is glittering on it. There is a single tree with beautiful flowers on one side of the meadow. Cowherd was sitting and playing on his flute. This is the picture of a description given for a *Mantram*. That means, when you want to meditate a sound or a colour, you should have a landmark with some combinations of colours and thoughts which keeps your mind away from getting changed to undesirable colours, undesirable thoughts.

For example, yesterday I gave you a combination of sound. I told you, it is a *Mantra* to purify all the vehicles. A meditation is given, a Deity in milk white colour with a splendid musical instrument in his hand and having the head of a horse (*Hayagreeva*). This is the picture given to this combination of sounds in the science of *Mantram*. Each combination of sounds has its own colour or combination of colours. For example, the colour that is to be meditated for this sound is milk white. Like this, there should be landmarks in our mind which protect us from a change of thought into undesirable thought or a change of colour into undesirable shades of colour.

So, when we speak of green, we should be careful of the undesirable shades of green. Whenever we are busy, an undesirable colour vibration works upon us. It is dull

grey. Conversely, whenever we continuously think of it, lack of self-confidence will be the result. We will be nervous and negative. So, immediately the colour should be changed.

Sometimes, when we have such colours in the room where we work, they have their undesirable or desirable effects upon our mind. If you keep copper sulphate for some time without cleaning, the moment you clean the crystal once again, the colour is quite different. The uncleaned colour is the one which is most undesirable. But I feel, it is because of the effect of atmosphere on the copper compound. If you wash it in water once again, the shade turns to blue and then it is not dangerous. Therefore the meditation of the dull copper sulphate colour, the colour which you find after preserving the crystal for a long time and exposed to atmospheric effect is detrimental to everyone. Also, some shades of brown. They are uniformly bad to everyone. Some shades of purple, very dangerous. That is the green of the compound because they belong to the previous round of creation of this earth. They are existing as runaways of the previous creation.

Green is the colour of the chlorophyll. It is a highly fortunate and progressive colour. Gray colour in any shade is not at all good especially for meditative and healing purposes. Sometimes not precisely, but gray in its true sense, is a combination of black and white in a disharmonious combination. When sky is manifesting gray colour, definitely it creates a bad mood in the beings. When the Sun is not apparent, then there is an effect of gray scale.

That causes sluggish circulation and arthrosis on the physical plane and melancholia in mentality. Especially in the room, we should not allow the colours to be predominant. These are the colours that are to be remembered separately from the undesirable colours. Wherever they are, they are negative and unprogressive. When the activity has a motive of negative side and unprogressive side, people generally have an attraction for that colour.

A businessman, who is also a spiritualist does not prefer these colours. So, from a worldly point of view, we can't define these colours because as long as persons are in completely worldly and materialistic nature, having motives much self-centred, they cannot have a well-defined procedure for themselves because their psychological setup and intelligence are mingled and mixed up with motives. Therefore, no colour has a definite effect upon them. All colours have positive and negative effects combined together upon them. So, the clarity of mind and personality that can be achieved by a spiritual student requires an elimination and filtration of undesirable colours, whereas a person as long as he is not having such a requirement, he need not have a selective way of doing things.

The difference can be felt by a purified vehicle and not a materialistic mental vehicle. Even though he is a great businessman, if he is awakened towards the spiritual path, immediately he begins to have a selective way of doing things and he has a taste for the progressive and an instinctive dislike to something which is negative. It is only

for such people that this selection is useful. For example, the colours that are there on physical objects are not intended here in this service. The colours that exist through light and the colours that are meditated on the mental and higher plane, they count much. They cause a lot of change either to the positive or to the negative aspect. In the materialists, who have not yet the touch of spiritualism, real colours exist as thoughts, whereas colours on the outer objective plane have no effect.

This science is only for those who meditate. What makes the difference is the evolution of that particular soul. For business people, anything is the same. Whether he uses the brown or the green the effect is the same. Of course, we can't very much express our opinion except one thing. The uniform is prescribed for a very long time and it produces a cumulative thought form over all those people which makes them live in their own world of existence, not having an expansion into the wider human values. For example, they can explain you what is there with them and they expect you to go into their formula.

If you want them to consider the humanity at large and try to suggest or prescribe that which is progressive to the various types of humanity, they cannot do because their mind has lost the capacity because all the delays are caused by Saturn. That does not mean Saturn causes delays. But we create situations that cause delays. Saturn carefully manages that the delays are properly arranged and programmed. He governs over the factor of inevitability which gives us the necessity to expand. *When the process*

is complete, Uranus takes over the situation because he is the Lord of breaking what is old and destroying what is not desirable and reconstructing the required new things. So, always Uranus is a substitute of Saturn.

Remember in some respects, Moon, Saturn and Uranus stand as one group of Masters. Moon also does the same thing. He is the Lord of phlegm, mucosity and water accumulation. He is also working on the etheric body to produce areas that are dense in the etheric body. He is also the Lord of coldness and lack of circulation of blood. He is a cold planet and Saturn also is a cold planet. They belong to the same range of orbit and they are called the substitute planets, that is, the Moon takes two and half days for a sign to travel and Saturn takes two and half years, just as the Sun and Jupiter are substitutes in some respects. In twelve months, the Sun goes round the zodiac; in twelve years, Jupiter goes round. Similarly in thirty days, the Moon goes round the zodiac and in thirty years Saturn goes round. Beyond Saturn, we have Uranus.

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We go to the Fifth Ray. In the beginning, the disciple responds to Moon through the violet ray and finally he responds to Neptune. This is what Blavatsky means when she said, that the Moon is only a temporary substitute of a bigger planet. About the Sixth Ray, devotion, Mars is the Lord. When the work of transformation is complete, Venus takes up the charge. Because when the work on the ray of devotion is complete, it is pure and devotional love and nothing else is left. Venus is the Lord of pure love.

Now, finally about the Seventh Ray. In the beginning, the disciple responds to Jupiter and in the end, he responds also to the Venus. This means, Venus has two different aspects in him. One is as the Lord of Taurus and the other is as the Lord of Libra. Here he is the Lord of Libra. In the above, he is the Lord of Taurus. That's why, in the scriptures, Jupiter and Venus are described as the two Grand Masters, who bestow the code of law and conduct to humanity of this earth from two different points of view.

For example, Jupiter's law and ethics and code of conduct govern the activity of the Seventh Ray. That is ceremonial work or magic. That is a process of expansion through discipline what is called ritualization of life. Those who have attended yesterday's lecture, they would have understood what ritualization means. That is of the Seventh Ray activity. The previous substitution of the Sixth Ray activity is different. That is the capacity to forgive. The law and code of conduct given by Venus, it speaks always of forgiving and forbearance.

I will give you one example from the scriptures, how the concept of truth speaking under the influence of Venus is. Suppose I am a murderer, who wants to murder a fellow. Some helpless fellow has escaped from my clutches. He took shelter in your house. Suppose, I ask you, 'do you know where this fellow is?' What should be your answer? According to Venus, your answer should be, 'no, he is not with me'. This is one example given in the scriptures about the code of conduct of Venus. If you ask Saturn about it, he says, 'you should tell him exactly where he is because

it is due to their previous karma they are linked up like that. It should be purged and purified. Let the fellow be murdered once, so that he may remember in his next birth'. That is what the Grand old Master advises us. That is Saturn.

So, the scriptures speak to us in terms of examples and allegories. We have to select. Always we are the makers of our own destiny. They are there to tell us what they do when they are in our position.

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The fellow with the same colour responds to the substituted planet after the discipline is completed and after the training has been completed. The periods and sub-periods stop influencing the fellow who has undergone spiritual discipline and even the progressions, they influence only his physical body and not at all the other vehicles. So, these periods and sub-periods, hold good only to the 80% of humanity, who are not yet disciples in spiritualism. It is only the birth chart that holds good. As far as the progression is concerned, it is only the twelve houses that work through progression, that too sometimes forward and sometimes backward.

So, we have to decide our own position and test in few sub-periods whether we are responding to them or not. If there is no difference in our response between one sub-period and the other, we need not very much care for them except to know favourable timings for meditations and initiations.

Now, we go to the next chart, which is highly important and highly practical. That is, correspondences with sounds.

There is a classification of sounds in the scriptures and it is the same in all the scriptures and it is the same in all the books of the science of the *Tantras*. It is the same in the ancient Sanskrit grammar books and it is what is called the science of sound. It forms one fifth of the occult keyboard. Just as the typewriter has its own keyboard, our cerebro spinal system has its own keyboard which works through the *Chakras* and *Kundalini*, etc. and works with the modulations of our consciousness as our proposals to speak or not to speak and our proposals to speak this sentence or that sentence; our proposal to either question or to answer; either to choose this word or that word; to propose these syllables or those syllables and to make an effort to utter each syllable.

So, there is a psycho-nervous keyboard and that keyboard is said to be with the great Lord. In Sanskrit, he is called *Maha-Deva*. *Maha* means, Great. *Deva* means Lord. He is also called *Maheswara*, also means the same. *Eswara* means Lord. For example, in *Patanjali*, you know the word *Eswara* who exists in the heart. In the *Bhagavad Gita*, you know the word *Eswara*. *Maheswara* means the Great Lord. He has this keyboard with him. Where? If it is somewhere there, it is not useful to us. It is here, not somewhere there. The Lord is described as sitting on the mountains of ice.

The Indian describes it as the *Himalayas* and the Occidentals may describe it as the Alps. The Scandinavian or the Norwegian may describe it as the North Pole. But the description is 'mountains of poise'. That is glaciers

which are always a symbol to speak about the cortical cells of the brain. That's why it is symbolically described that the pole has always ice. There is a deceiving type of language in the scriptures. Sometimes, the Masters also use such language. For example, in DjwhalKhul's books, you find the word *Ashrams*. We should not think the word *ashram* in its physical sense. *Blavatsky also speaks like that in her works. She speaks of the one oldest manuscript. Manuscript means, the inner man as his own script. She says, it is the oldest copy in existence. That is, our spirit consciousness is the eternal principle as old as itself.* She says, it is concealed in the cave temples. That means the layers of your own consciousness inside. She also says, only one copy of it is now in existence. That means "I AM". That is, it has no plurality. The plurality is in lower principles. That is, the bodies. These are called veiled writings which should be learnt from person to person.

Another example is, she speaks of the author of such a book. The author was writing the book, but he could not complete it. He died in the middle and his son could complete the book. If you read eighth chapter of the second volume of *Isis Unveiled*, about Jesuits and Masons, you will find this story. It means that the complete story of creation exactly exists as a drama in the story of a father becoming a son. That is what it means. She says, only the son could complete the book. So, about this *Mahadeva* also, we have many hundreds of stories in the scriptures. This *Mahadeva* has an implement with him with which he produces all the sounds. That implement is described like this. Half square with diagonals. Previously, we know

the cross and the square with diagonals. Here, it is only the half square with diagonals. Here, there is a square. So, it is held like this in the middle and we have the two ends circular. So, if you look at it from a side, it appears like this. And, the fellow *Mahadeva* holds it in the middle. It has a string and a ball at its end. When he moves it like that, it produces sounds. So, this keyboard is described as this implement.

In India, there are a sect of worshipers of *Mahadeva* who go round the houses early in the morning before sunrise, begging with a bowl, using this instrument and singing something extempore in a peculiar mood, some times, making unconscious predictions and prophecies about the fellow who is giving them alms in the bowl.

So, we will now explain this board. It is called *Damaruk* in Sanskrit. These sounds form one group. They are called, Gutturals. That means, they take their birth in the throat centre. Here, many shades of these sounds are also uttered. Remember G also, only when it is uttered as 'GHAR'. Not as 'ZAR'. For example, when you utter German, this does not form here. They have correspondence with orange colour and throat centre and Uranus in the beginning. So, before discipline, it is with Uranus. After discipline, it is with the Sun. Then the second group. Please be careful about the phonetical equivalence. Let me know how you pronounce this in Germany, 'E'. So, always remember it only as 'E'. For example, if you write like this, it does not hold good here. How do you pronounce it? Epsilon is its name. I want its pronunciation. I want

something to express 'YA'. I want a letter for 'YA'. These come under one group. They respond to green. In the beginning, they respond to the throat centre. In the beginning, they respond to the base centre. After discipline, they correspond with the throat centre. In the beginning, Saturn is the correspondence. In the end, Uranus is the correspondence. Next, how do you call 'VU'. That's correct. How do you call it? 'VA'.

'F' also. These all come under one. If I say philosophy and coffee and all these things, these are called the second row, Palatals. They are born with the palate. The third group is called Labials. They are born with the lips. They correspond with yellow colour. In the beginning, they correspond with solar plexus and finally, they respond with the brow centre. Mercury is the correspondence in the beginning and Jupiter is the substitute in the ending. Next, this is one set.

R-1 means, the first 'R' that is uttered in the vocal cords as the base of all audible voice. R-2 is the 'R' which we utter at the tip of our tongue. They are called linguals. That is uttered by tongue. In the beginning, they belong to the spleen centre. That is red colour. They belong to the spleen centre called *Swadhishtana*.

In the end they belong to the head centre called *Sahasrara*. This is 'TA' and this is 'TTA'. This is 'DA' and 'DDA' also. You can write your own equivalent. TA, THA, DA, DHA, all these things. So, you can make a mention in your own alphabet. In the beginning, Mars is the correspondence. In the ending, Venus is the correspondence.

You can question on the whole chart is finished. Also, to the group add 'O' also. 'O' Like OM. 'O'. So, add this also to the U group. These two belong to one group.

Like this, any sound can be nasalized by add a nasal in the beginning. For example, if we add OM, 'O' is nasalized. If you add it to 'U', U is nasalized. If you add 'M' also, 'M' is nasalized. Their colour is Indigo, substituted by blue, or violet; any one of these three substitutions. They belong to the heart centre in the beginning or in the ending.

We can't say they are too much substituted from one colour to one planet to another colour to another planet and cannot be separately corresponded. This is the keyboard of correspondence among sounds, colours and planets. You will find many hundreds of keyboards in the English books written now a days. But this is the keyboard of all the Masters and all the scriptures. Don't get confused with the other things.

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I gave you the chart which gives the correspondences of the sounds, colours and centres on the spine and the planets. You can add one more point also to this chart. To the first group of sounds, I gave you A, H etc. You write against it as the *Deva* of Air presides over the first line of the chart. That is, the sounds A, H and K etc. The colour orange and the throat centre, Uranus and Sun. So, against that line, add air, meaning that *Deva* of air presides over these things and to the second line, E, etc, the *Deva* of the Earth and the third line, VU etc, the *Deva* of Water presides over these things. About R1, R2, etc, the *Deva*

of Fire presides over it. These are called the *Devas* of the four elements. These four elements are the basic requisites of this whole creation and there is the fifth one which forms the background of these four. That is, the nasal, M, etc. It is called the *Deva* of *Akasha*.

Some people translate Akasha as ether. Some people translate it as the content of space. But all these put together and something more forms the meaning of the word Akasha; the word etymologically means 'All brilliance'. That means, everything including the four elements and their Devas and the sounds of the four elements, the colours of the four elements and the planets, the planetary potencies. All these come out of Akasha. So, Akasha is the content of all these things. That means, they exist subjectively in Akasha, just as sugar and salt and copper sulphate when placed in a glass of water dissolve and exist in the water as solution. The whole creation exists in Akasha in a dissolved state which we call Pralaya. Just as sugar, salt and copper sulphate can be separately crystallized from the same water once again, the various Devas and the elements of creation come out in the systematic manner from this Akasha whenever creation begins as one unit. This is what is meant by Akasha.

So, these sounds which we call the nasal sounds, they help us to open our gates between *Akasha* and ourselves. That means, the gates between ourselves and the other four elements and their *Devas* are also automatically opened, by meditating a nasalized sound. That's why classical music of any nation, mainly includes the process of nasalizing

sounds. There are very limited in number of non-nasalized sounds in classical music. In Sanskrit, the nasalized sound is called *Beeja*. *Beeja* means our consciousness, called *Bindu*, means a drop. That is a drop of consciousness, dropped out from the background consciousness.

So, when we nasalize a sound and begin to listen to it, then the seed of our consciousness begins to germinate into a tree of consciousness with many branches, each going into the field of an element and a *Deva* who presides over a group of *Devas* working under him as his own department. This is the sacredness of nasalizing a sound and listening to it.

So, this is one aspect of this, the importance of the *Devas* of the four elements, our developing a contact with them. The importance can be understood when we go through the following sentences which are highly meditative. I give only the sentences to you, each sentence is worth spending everyday with it to get into the required effect.

I read the sentences. "Sound and rhythm are closely related to the four elements of the ancients. Such, another vibration in the air is sure to awaken corresponding powers, union with which produces good or bad results. So, any sound vibration, any colour vibration when we are pleased to utter it and think of it, it is sure to confer its effects upon us in awakening our awareness to the Deva who is presiding that sound or that colour and establish a communication between our consciousness and the consciousness of that particular Deva."

The way in which we use these sounds or colours in our daily life decides this communication established,

protects us or nourishes us or destroys us. That is what the sentence means.

Next sentence:

"No student was ever allowed to recite historical, religious or any real events in so many unmistakable words, lest, the powers connected with the event should be once more attracted".

For example, we speak of war and stopping war many times. The thoughts produce the possibility of war. Since there is a continuous telepathy between any two human beings existing on this earth, automatically whatever we think, will be pervaded through all the humanity. It has its echo value. For example, if we stand in a valley, in the middle of many caves and shout, 'war', at least ten times we hear the same word from around. If this was to be the mechanical effect of echo, what will be the mental effect, the intellectual effect, the logical effect and the biological and emotional effect of the echo? This is what this sentence means.

So, by using any word, we are stimulating certain group of *Devas* and establishing a chain action that goes on working with the thought centres of many people. This is what the sentence means.

Then the next sentence:

"Such events were only narrated during the Initiation".

So, the heroic incidents of war heroes and martyrs, etc. are narrated to the disciple in the initiation halls only at the time of initiations. So that he may be able to learn how to use it for a constructive purpose. This is what this passage means.

Another passage relates to the same effect.

I will repeat the whole passage. It is better to repeat without translation, run on continuously once and then once again with translation. First, I repeat without translation, so that it may be run on. I repeat the whole passage again.

"Sound and rhythm are closely related to the four elements of the ancients. Such another vibration in the air is sure to awaken corresponding powers, union with which produces good or bad results".

"No student was ever allowed to recite historical, religious or any real events in so many unmistakable words, lest, the powers connected with the event should be once more attracted".

"Such events were only narrated during the Initiation".

I repeat with translation now.

"Sound and rhythm are closely related to the four elements of the ancients. Such, another vibration in the air is sure to awaken corresponding powers, union with which produces good or bad results".

Some of the Devas stand to Deva evolution as Masters to humans. That means, just as there is evolution in the human beings, there is evolution in the Deva kingdom also. The only difference is that our evolution belongs to a process of betterment day by day; whereas the Deva evolution has no place for betterment because they exist in perfection. Death cannot be betterment to perfection. But their evolution means something different.

Suppose there are two artists. One is a Master of painting and another is a student. Development is a word

which can be used to both. To the student, it means development from his existent state to the better state of painting, but to a Master of painting, what does that mean? It means, applying his art to a new dimension once again, creating a new dimension, making the human consciousness project into that new dimension with the help of colour and art. That is what the word progress means to the Master of art. It is not for the betterment, but it is for the betterment of humanity.

He makes a new combination of his concept of art and consequently he makes a new combination of colour and art. That is what the *Devas* are doing every moment, every second. In doing so, they are taking up the perfected people among humanity whom we call the Masters of wisdom; for example Master Morya, Koot Hoomi, Tibetan, etc. and also Christ and *Sanatkumara*. These *Devas* are experimenting with these Masters in suggesting to them, new and wonderful dimensions to be projected into humanity. That is what the Master means in this sentence.

Some of the *Devas* stand to the *Deva* evolution as Masters to the humans. With their heightened vibration and superior knowledge, they unite their forces with those of humanity for the progression of the two evolutions. I repeat the same. With their heightened vibration and superior knowledge, here speaking of the *Devas*, the *Devas* have a heightened vibration. It is a heightened vibration that exists to the human being, because we are on the way to progress. But to the *Devas*, all vibrations exist equally. For example, what we call the worst vibrations, they also mean the same to the *Devas* as the vibrations which we call the

best. For us, the human beings, we respond wrongly to some vibrations and we are pleased to call them bad vibrations. We respond favourably to some vibrations and we like to call them good vibrations. So, for us, the humans, good and bad vibrations exist.

For example, in a room there are perfumes. In another room, there are rotten eggs and rotten fish and petrified matter. If something is stinking, a fellow like me refers to call the air in the first room good air and the air in the second room bad air. This good and bad belongs to my behaviour which arranged the perfumes and the rotten things in the two rooms. So, good and bad does not belong to air. These things belong to us who arranged things in our rooms.

So, there are many rooms in each house which we call the mind. In some rooms, we have perfumes and in some rooms we have rotten eggs and rotten fish, that is our thoughts about others. So, to the air, there is neither good nor bad, because the same atoms construct the substance of the perfumes and the same atoms construct the substance of the rotten eggs and the rotten fishes. It is we who arrange things well arranged or ill arranged and receive the consequences in the form of perfumes and rotten things.

So, here the Master says, 'with their heightened vibrations, the *Devas* have vibrations and their rate of vibrations just as we have sound frequencies, there are one, two, three vibrations to the *Deva* kingdom on the cosmic plane. Hence they are produced in terms of the first triangle.' The first rate of vibration is called *Bhu*. The second rate of vibration is called *Bhuvaha*. The third is called *Suvaha*.

So, in the beginning of any cosmic creation precedes the solar systems, these three *Mantrams* are uttered by the one cosmic *Deva* whom we can call the Logos. In the *Vedas*, every day we are expected to meditate upon these three utterances before we do *Gayathri*. That's why, we say "*Om Bhurbhuvassuvaha*". That is what we say. The first one means, the gross vibration. That is, low rate vibration. The second one is a subtler vibration. That is, the medium rate. Third one is subtlest vibration, swiftest vibration. They three produce three phenomena. We should start from the third one. The third one produces what we call the phenomenon of Radiation. The second one produces the phenomenon of Vibration. The first one produces the phenomenon of Materialization. Radiation belongs to what we call Light. That is Spiritual Light, the experience of which we call Joy.

The second one relates to mental light which we can experience as the highest realization. But, to those who go into their constant way into the meditation, the two experiences become one. Joy and Realization have no difference. The third one is what we call astral light which we call *Akasha*, when meditated gives us a dimension of space and time. The two cannot be differentiated. Therefore, it is experienced as space time. So, the *Devas*, every moment utter these three *Mantras*, not in the same words, but in their own language.

For example, if I say, I read the poetry, I read the literature of Goethe, I read only in English; whereas you read in German. Some fellow reads it in French. So, the

Devas utter in their own language, whereas we the human beings utter in words "*Bhur Bhuvah Suvaha*". Our human language differs from the *Devas*' language in sounds. Just as you utter "Goethe" and I utter "Gethe", they change the vibrations according to the music which we call the creation.

Can you ask musician, why he changes the succession in his playing with the reeds of the piano? He has music in him and according to that music, he is playing on the reeds. An insect going on the piano can find only the reeds moving up and down because it cannot have an idea that music is being played by the musician. Imagine ourselves as little insects. But the *Devas*, they are changing the music and according to the change of the sound, they wanted to produce. They have to change the rate of vibration; they are doing so, with their heightened vibration.

That is whenever they make the highest vibrations, their vibration is heightened. Then we have, all of us will have some effect similar to the effect of the beautiful morning Sun. So, the Master says, '*with their heightened vibrations and superior knowledge, unite their forces with those of humanity*'. We also have our own forces, our force of understanding and our force of reason, the force with which we apply our intelligence, to understand others and judge others; to read the books of the Masters and help popularizing the name of the Masters. These are the forces that exist with us.

The *Devas* are having their own forces. They unite their forces with us. Then immediately a fellow like Krishnamacharya feels that he is able to help the *Devas*

more now a days, because he belongs to the Aquarian age and belongs to an advanced humanity. So, the change of rate of vibration is given by the *Devas*, whereas this fellow believes that he is helping the *Devas* and helping the planets. So, they will be enjoying the both. They unite their forces with those of humanity for the progression of the two evolutions. That is the human evolution and the *Deva* evolution. *The progress of the Deva evolution means, producing a new combination in the behaviour of the human kingdom and progress in the human evolution means advanced humanity progressing into the next step of perfection, so that we may be more experienced in spiritualism.* Tomorrow, we may not think that we are helping the *Devas* or the planet itself. We will exactly estimate that we are being helped and that everyone is trying to help himself by becoming better in this creation and contributing his lot to the creation. In that sense, there is less of nuisance in the creation because of his good behaviour. That is what Pythagoras says.

They have much to impart about colour and sound. So, these *Devas*, they are artists of two types. Some are musicians and some are painters. So, the first group works with sounds, the second group works with colours and lights. They have much to impart about colour and sound. They want to give us more beautiful ideas about colour and sound. How can they give us? Is it by conducting seminars? If you want silence here, how can you impress? Is it by shouting silence or by being silent? So, the *Devas* impress upon our mind about our reaction to colour and sound.

In those terms, they want to impart us better knowledge. That is what the Master wants to transmit to our mind. See, what type of language and phrases and sentences the Master uses. He has not the wisdom enough to understand that we are not going to read his works with such great attention. If at all we read, we read in patches here and there, that too while travelling in train and aeroplane because we are often busy with more important things.

One sentence is enough for one life to enter into the *Deva kingdom* to work with them. I repeat the sentence. *"They have much to impart about colour and sound and their effect upon their etheric bodies of men and animals. Physical ills will be nullified; attention will be centralized upon the infirmities"*. Infirmity means, of the astral or emotional body. I will repeat the passage. *"Some of the Devas stand to Deva evolution as Masters to the humans. With their heightened vibration and superior knowledge, they unite their forces with those of humanity for the progression of the two evolutions"*.

They have much to impart about colour and sound and their effect upon their etheric bodies of men and animals. Physical ills will be nullified, and attention will be centralized upon the infirmities of the astral or emotional body. *Because many of our diseases physical or mental, they are the results of our emotional influences. So, the real disease exists on the emotional plane and it's not of much use in trying to cure them on the physical plane. So, we have to make an attempt to cure on the emotional plane.*

This can be done with the help of colour and sound. This they want to impress upon the minds of advanced humanity. That is, new group of world servers. For example, a group likes yours; they try to impress the truth upon your minds, so that you may make new and more effective discoveries in healing with sound and colour. That is what the Master means.

Another such passage, we will go to the next passage.

"The violet *Devas* of the four ethers form four great groups with the seven subsidiary divisions". Seven subsidiaries. So, there are *Devas* of air, fire, water and earth. Now the Master is speaking about these four groups of *Devas*. They are four sub groups who belong to the violet *Devas*. That is the *Devas* who give violet vibration. So, they work with the ethers of the *akasha*. Remember that, violet, indigo and blue - they exist in *Akasha* and do not come out as different colours except in sub colour tones. So, these violet *Devas* of the four ethers form four great groups with seven subsidiary divisions. Like this, the *Devas* exist in their offices. Their seats will be arranged like this.

Each fellow will be given a separate musical instrument, a violet colour canvas background, with all the other colours and painting brushes working through the Sun's rays- the Sunrise, Sunset etc.

So, every fellow is asked to produce his music according to his own pleasure and paint his own picture according to his own joy. These violet *Devas*, they take cassettes of the music separately. Then afterwards, do you know what they do? They play all the five cassettes

simultaneously. But yet, it is only music that is produced and not panic. This is what the Master means here. So, on all the seven planes, that is *Maha-Para-nirvanic*, *Para-nirvanic*, *Nirvanic*, *Buddhic*, Mental, Etheric and Physical. So, each instrument has seven strings. *Maha-Para-nirvanic*, *Para-nirvanic*, *Nirvanic*, *Buddhic*, Mental, Etheric and Physical. This is the cosmic physical.

So, in this last plane, there are seven sub-planes and to this seventh sub-plane, which we call the solar plane, there are seven, seven sub-planes which belong to the planetary plane of consciousness. The seventh sub-sub-plane has its seven-seven sub-sub planes and on the seventh plane, that is, to the physical of this sub-sub plane, we belong. So, our Munich and our group are existing there.

So, the Master says, "The violet Devas of the four ethers form four great groups with the seven subsidiary divisions". These four groups work with the four types of men now in evolution. We are four moods of human beings. That is, every one of us belongs to one of the four structures of mind.

The first structure is wisdom, knowledge and science. The second structure is protection. The third structure is utility, purpose and will. The fourth structure is execution and working out of the plan. So, each of us belong to one of these four mental structures. According to this, we see the four-fold human society in the scriptures. It is called the four classes. The first class is called Brahmans. The second class is called Kshatriyas. The third class is called Vysyas and the fourth class is called Shudras. In the Devas,

in the archaic stanzas, they are described as the mouth, the arms, the thighs and the feet of the Cosmic Person. So, the first group is described as the Mouth, the spoken word. The second group is as the arms that are those who protect, for example the rulers, the military and the police. The third are called Vysyas, the traders and the merchants. The third group is compared to the thighs of the cosmic person. The fourth group represents execution and hard work. That is, labour on the physical plane which we call execution. They are compared with the feet of the cosmic person.

This is what the Masters speak of. These four groups work with the four types of men now in incarnation. Four ways dominate at any given period with one in excess of the other three. So, if you take the human evolution in any century, all the Four Rays are not equally applied. Only Four Rays among the Seven Ray activities, they take prominence and among these four structures, one is most predominant. That is how the human society of any century goes. So, he says, 'four rays dominate at any given period with one in excess of the other three. Only four rays are in physical incarnation'.

We read of the Seven Rays. We very much discuss about our Soul Ray, our Personality Ray, Mental Ray, Physical Ray, etc. We are discussing in the spiritual seminars, to which ray I belong etc. But the fact is, all the Seven Rays are not descending into flesh and blood at the same time. Only Four Rays descend in physical incarnation. The effect of the violet light lessens the human

illness and cures those physical plane sicknesses which have their origin in the etheric body. So, when the disease exists in the etheric body, that means the astral and the emotional also then the violet ray affects and heals them. So, try to make a contact with these *Devas* through your skill in meditation and establish the effect of the violet ray vibration upon those who are around you. That is what the Master means here.

So, we utter thrice OM according to these instructions and then utter *Gayathri* thrice.

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I hope some of you might have traced the passages from the original sources of books. I did not find anywhere in the book, "Cosmic Fire". Of course, it is a mysterious book. So, from the same book, we will proceed with some more practical meditations. Here is a sub-heading given by the Tibetan Master. It is only through the printed books of Alice A. Bailey and not the archaic manuscripts. The heading is, "Effects of some Colours".

He explains about yellow colour specifically here. Much good can come from the frequent use of the colour yellow. One should surround himself with this colour. It serves to keep inflowing energies in the head or to prevent their descent no lower than the diaphragm. That means, the meditation of the yellow colour helps us in such a way that the energies that are flowing from the outer space into us, they flow into the head through the various higher centres. That is, the Brow Centre and the Throat Centre and in very rare cases, from the Head Centre. Generally,

many people receive the energies through the Throat Centre and also the average human beings lose much energy also through the Throat Centre because we do not know how to steer the energies. Just as there are gears to the motor car, there are gears to the throat centre also, by handling which, you can direct the currents from space into yourself or from yourself into the outer space. That is why, the passages of throat and nasal cavities are linked up with the lungs which form the mechanism of the income and outgo of energies, the grossest form of which is respiration.

Air is the grossest form of the energies that flow to and from us. Conversely, unless the finer forces flow to and from us, air cannot flow as our respiration. The element earth and water, in the tissues of the lungs along with the element of air in the form of the gases that are there in the tissues of the lungs, they cannot pulsate. As a result of which the lungs cannot make the pulsation. So, there are many finer forces that are flowing into and from us making channels for the grosser, like air, water and earth; to imitate the movement of these forces which we find as the phenomenon of respiration. That is the reason why respiration is self-proposed and automatic along with the function of the heart.

The finer forces pulsating at the heart, they are making the grosser tissues of the heart pulsate and the finer forces are making the grosser tissues of the lungs to respire. So, we have fire and air as the higher forces; water and earth as the lower or the grosser forces. In the element fire, there are heat and light working. Light is working in the form of mind, thought and intelligence and creative activity.

These are called the tongues of flame in the Secret Doctrine. They are all called the rays of the fire element.

With each of these rays, forty-nine *Devas* will be working with each of these rays. That is what the *Rigveda* teaches us. When they are working, there will be inflow and outflow of energies which can be compared with the finer lines of force working at the poles of a magnet. When you examine a magnet, you cannot feel that these forces are there. You may examine the dust of the magnet under a high-power microscope. You do not find anything at all. Because these lines, they belong to the force plane and not the matter plane of existence. No instrument man made can measure the existences that exist beyond physical matter except your capacity to feel. That is, the cooperation of the *Devas* of fire with the cooperation of the *Devas* of water. This cooperation makes you feel. Then we say, we feel that there is magnetism. We conduct some experiments; we observe the behaviour of the magnet.

So, from the matter plane, you are entering into the behaviour plane with the cooperation of the *Devas* of fire and water and the result is, you say that you feel that the magnet has magnetism. *So, magnet belongs to the physical plane of existence. Magnetism belongs to the energy plane of existence. Your feeling belongs to the cooperation of energy plane and mind plane in you. The resultant is what we call feeling. When a little more mind is working with healing, we call the process 'perception'. Above perception, we know how our mind works. At least we can pretend to know that there is a mind existing. Below this level, we cannot even pretend to know that the mind exists.*

So, here the energies in a human being come and go through the mechanism of the cerebro spinal system. It contains the cortical cells of the brain and the nerve tissue. These two put together form the traffic of the *Devas*. So, they are the highways and the streets in the cities of the *Devas*. The path from head to spinal column is like the highway that runs through Europe and wherever there is a town or village, there are bypass roads into which the cars of the *Devas* divert and enter into the town, village or city and honour the traffic rules of that energy centre. Then they drive their cars in obedience with the traffic rules of that city. Then, they find out the necessities of the citizens of that city because they are all groups of *Devas* existing there. They have no sleep because if they sleep, our body is to be thrown immediately into the cemetery.

That is why in the scriptures, the *Devas* are described as having no sleep and having no wink of the eye and they do not need food. What we eat and drink will be distributed by these *Devas* to us the human fellows existing in this body to produce the energy fuel. That is, fuel that is to be burnt to make the stored energy manifest. So, these *Devas* utilize the food materials in decomposing the food material into the required chemicals which evict the required calories of heat and the heat is once again transformed into energy; then, we are living and we are getting married and begetting children.

This is a short story about the *Devas*. So, these *Devas* have to work night and day without sleep. They have no Saturdays and Sundays. If they are also foolish enough to

have Saturdays and Sundays, they will go to some journey on the weekend and immediately we are weakened. So, these fellows with their cars enter into the cities and enquire what the groups of *Devas* need. The *Devas* have only needs and no desires, whereas we human fellows have more desires than needs. For example, even though all of you have wrist watches with you, I too want to own or possess a watch, whereas time can be known from any one of the watches here. That is how we human fellows behave. So, we have more desires than needs. So, we often ignore needs and are entangled in desires and go into complications and again we have to solve our own complications and no one is there to solve.

This dirty procedure, we call likes; whereas the *Devas* have only needs. Suppose, we do not supply their needs, what happens? They wait and we die. They do not die. So, they are neither the losers nor the gainers with what is supplied by us to the body. If we supply good food material in proper time, the *Devas* use it in a correct way and we are healthy. But if we begin to supply wrong things; we supply many such things, coffee, tea and the costlier liquids; then the *Devas* often rebel to distribute this dirty matter into the body. But with great reluctance, we force them to distribute it. The result is, our bodies are rotten. The moment the *Devas* feel that this abode is stinking with foul smell, they have their own chartered aeroplanes. They take off into the higher planes immediately and then our relatives search for us in this body.

We are not found, we disappear, but the minerals are there to appear to our relatives for a few hours and the

cleaning groups of *Devas* who decompose the matter and restitute the materials to the original sources. This is what is happening daily. When these forces are entering into us, they enter through the eyes and ears, through the nose and through the mouth. All these things are taken through the Brow Centre and the Throat Centre and in the respirations by the Heart Centre which includes the activity of the heart and lungs.

So, when you meditate upon the yellow colour frequently, that is golden yellow colour, the energies are attracted only through the higher centres. That is Brow Centre, Throat Centre, and Heart Centre and very rarely Head Centre. When these energies go through the lower centres also, that is the Solar plexus, the Spleen centre and the Base centre, then what happens? The lower centres will be stimulated more than what is needed. As a result of which, we have the activity of the lower three centres as our daily routine activity. That is matter, force and mind.

What is the activity of these three centres? It is to eat, to drink, to sleep and awaken, to dance, to feel pain or sorrow and fear and to play sex, and then die. Our requirements include only the requirements of these activities. Suppose, I am only in these three centres, then you bring a book called, "Cosmic Fire" to me and show it to me and say, 'this is dictated by the Tibetan Master'. Then I will be eating a cock and I question you, 'what does that this book contain?' Then you say, 'the three forms of fire'. Then I ask you, 'what does this fire cook for me to eat'? Suppose you say, 'these are more glorious and valuable

things'. Then I will bite one more piece of meat and question 'what if'? You have no answer. So, you have to accept defeat and take away the book of "Cosmic Fire" and place it into your rack once again. So, there is no response to the higher vibrations. But, if we have the higher centres, they are guarded by the direct traffic of the superior officers, the higher and nobler *Devas*.

In these realms, the Lord of that plane of consciousness is the plane himself. There is no difference between the container and the contained. There is no difference between the house and the dweller in the house, whereas in the lower three centres, the dweller is different from the house. So, the terms of living differ from plane to plane. So, when the traffic of the *Devas* is there upon the three higher centres, then they exist in us in the form of our own self-awareness and self-consciousness, which means an instinctive and automatic self-control; whereas for the fellow living in the below three lower centers, self-control means great strain and drudgery. It is as difficult as throwing petroleum upon houses and setting them to fire or bombarding the cities of enemies. So, it is so difficult. That is the reason why no one of these three planes can give us self-control.

Can our hand help us unless we live in the hand? We should first help the hand by living in it. Then the hand can hold something for you. The three lower centres are like that. The mind is a foolish fellow who has no capacity to help us. He is only a born servant who can never be a Master. Self-control belongs to the three higher planes.

When it starts from the higher plane, automatically the lower planes are under control. When it starts from the lower plane, it is the stimulation of energies without awareness. It is like starting a motor car and pressing an accelerator by one who does not know driving at all in the busiest city of Munich; an inevitable crash of all the vehicles by a bombardment of food or activity or sex life.

That is what happens when the lower centres are stimulated first. So, the human constitution is a capsule of three principles; Matter, Force and Consciousness. When stimulation is received by consciousness first, then the energies will be controlled and the matter of the body will be controlled. But when the stimulation is received by the physical, that is the matter and the force first, then there is wrong stimulation and there is emotionalism and sensualism, indulging in mind and senses and the vehicle goes to pieces because it is not used according to the intention.

This is about the self-control. The mind is not at all the centre of self-control. Beyond the mind, there is the fourth principle called the Will which is the central principle or the fulcrum principle and above that, there are the three higher principles which exist in us only in the form of direct awareness. So, when the awareness is first stimulated, then everything will be under control. This is the difference.

Now what the Master tells us here is, 'by meditating constantly upon the yellow colour, the three higher centres will be stimulated by the forces coming from outside and the three lower centres will be kept under temporary cutoff,

just as you pull away the plug wire. Then, there is no stimulation at all of the lower centres except for the natural functions which are semi-mechanical and semi-vital and a little bit mental. That is what we call the activity of the rectum and the genitals and intestines. Then our journey in life is very safe. That is the reason.

The path of yoga is also of two types. There are two schools of yoga path existing from the very beginning till today. One path is called the 'Right-hand path' and the other is called the 'Left-hand path'. The right-hand path first deals with the Brow Centre, the Throat Centre and then the Head centre and afterwards to the Navel Centre, then to the Spleen Centre, then to the Base Centre. The real abode is established between two centres, the Heart Centre and the Head Centre.

The Great beings are doing the planetary work on this earth on the axis of rotation of our earth and the poles, transmitting radioactive waves, and establishing centres of transmission of video activity that is television and radio activity and forming corresponding centres. For this reason they use the same minerals of the earth to construct the bodies also. These *Devas* use the same minerals of the earth to construct the physical bodies also, just as little magnets are built from the substance of the bigger magnets and then arranging these little magnets on a bigger magnet in the required directions, so that all of them submit themselves to the law of gravitation and get attracted to this earth. This is what is happening.

The intermediary beings between the human beings and the *Devas*, they are existing on the axis of rotation

of this earth. One group of them exist in the North pole and they have their correspondence in our Head Centre. Their office is called *Shambala*. Another group exists on the equatorial belt at the geometrical centre of the earth. They have their corresponding centre in our heart. It is called Hierarchy. These are the followers of *Sanatkumara*, *Manu* and the followers of the Christ. They are the higher Masters, *Nirmanakayas*. They are technically called *Nirmanakayas*. This is a term used by the Tibetan Buddhists and for the first time used in English books by Blavatsky.

The word *Nirmanakayas* means, those who can at their will, build their bodies. This is the meaning for all the ordinary readers, but for the students of Esoteric schools, the word *Nirmanakaya* means, builders of bodies; builders of not their bodies, but our bodies. These Masters work from these centres. The centres on the Earth work as transmitting centres, whereas the centres in our vertebral column, they work as receiving centres. Whether we know all these things or not, there is a minimum of the matter received by the receiving centre and that is what is called the mind and the force that works the routine activity of this body.

So, yoga is a process of tuning these centres to the original centres, just as the boy knows how to tune his TV to the programmes or how to tune the radio to the transmitting station. The student of real yoga gets trained himself into the art of tuning. This is what is called yoga.

There are two schools of yoga. The one school, they work with the higher centres. The Masters of those schools

establish contact with us through the higher centres and stimulate the higher three or four centres and then gradually the lower centres. As a result of which, we receive only good thoughts in the beginning and nothing more. Afterwards, gradually our sense of responsibility begins to increase, instead of privileges being increased and then our behaviour gets rectified and our propriety increases. Then, gradually, the lower power centres will be stimulated.

So, unless there is a realization and unless there is a response to a greater awareness of existence and a willing acceptance to higher responsibilities of this earth; unless these things are stimulated, the abilities and capabilities that are kept in the lower three centres by Nature are not at all permitted to stimulate. This is what is called the Right-hand Path which belongs to the path of the Masters, who belong to the path of *Patanjali* and *Bhagavad Gita*.

The Left-hand Path is, the Master asks the disciple to begin to meditate upon the Base Centre first and the Base Centre begins to get the first stimulation. Blavatsky compares this with disturbing a lake where there are horrible crocodiles and then getting into the lake to take a bath. Same is the fate of the fellow who follows this system and then the wonderful snake called *kundalini* begins to lift its head in terms of matter and force because there is no mind there. There are only desires and instincts and reflexes and they are first galvanized. So, we will be a big beast of desires.

Before the practice, I was eating only two eggs in the day. After starting the practice, I purchase all the eggs in the shop and begin to eat and all the chickens begin to

move and they begin to shout inside. Then there will be the day of judgment by the Lord, called the law of karma and the Lord sits on the throne and asks, 'you fellow, how many eggs you have eaten?' We say, no. He throws some grains like this. You know he has described in the Gospel about the throwing of the grains. Then all these little beings come out to eat those grains. The Lord calls all those chickens, hundreds and thousands of little things. The Lord says, 'let there be iron beaks to you and let all of you eat this fellow.' They begin to eat that fellow in the form of gastric ulcer and various digestive diseases and in the form of the surgeons and their knives.

This is the story when we begin to stimulate the lower centre first. Our capabilities to wish and desire, they are magnified. Our capacity to attract the opposite sex will be magnified and wonderful things happen and we will be in hot soup within no time. We believe that we drink the soup, but we are placed into the soup. So, this is what is called the left-hand path. *The difference between the two paths is, the Masters of the right-hand path exist somewhere else and they leave our discipline to our own responsibility. At the same time, they stimulate our sense of responsibility more and more, whereas these wonderful Masters of the left-hand path, they physically exist with the disciples. They own their disciples. They possess their disciples. Whatever good things are there in the house of the disciple should be first given to the Master and then only he should use. If you purchase good yogurt and sour cream, you should offer one packet to him and after he eats only, you should eat.*

So, they take care of every discipline of every day upon you. Whenever you disobey them, they are angry. They open their mouth and show their tongues and hands and they blow out the fire of their anger and wrath upon you. They can curse you. They can give you malediction. They can kick you and blow you. This is the difference between the Right-hand Path and the Left-hand Path. This is called yoga path.

In Sanskrit, to distinguish between the two paths, the first path is called Northern path and the second path is called the Southern path, the technical term in Sanskrit, for the first path is *Samayachara*. *Achara* means procedure and conduct. *Samaya* means traditional. So, it is called the traditional procedure. The second one is called *Koulachara*. The word *koula* means, the base centre or *Mooladhara*. The whole word means, the procedure that starts with the cellar. That is the base centre.

So, now let us read the sentences of the Master. How the meditation on the golden yellow colour saves and protects us? Unless we know the value at least to some extent, we cannot appreciate the need of the meditation. Unless we appreciate it, we are not pleased to follow the path. So, we read the sentence of the Master once again. "*Much good can come from the frequent use of the colour yellow. One should surround himself with this colour*". That means, on the physical plane also, use as many articles in your room as possible with this colour. It serves to keep inflowing energies in the head or to prevent their descent, not lower than the diaphragm. This deprives the solar plexus

of a constant flow of energy. That is, it stops a constant flow of energy to and from the solar plexus and greatly aids in freeing the psychic from the astral plane.

Visualize a vivid golden yellow, ponder on the true significance, value and reward of silence. So, you should think of silence, its significance and its value while meditating upon the golden yellow colour. This is how we have to do. I will repeat the few sentences, very important.

"Much good can come from the frequent use of the colour yellow. One should surround himself with this colour. It serves to keep inflowing energies in the head or to prevent their descent, not lower than the diaphragm. This deprives the solar plexus of a constant inflow of energy and greatly aids in freeing the psychic from the astral plane. Visualize a vivid golden yellow colour. Ponder on the true significance, value and reward of silence".

Another meditation: ***"Visualize a vivid electric blue around yourself. Ponder on the true significance, value and reward of joy."***

So, while meditating upon the blue colour, you should think about joy, its significance, its value and its reward. So, these two colours are to be meditated in the given form. So, for some time, meditate upon the yellow colour along with the concept of silence. Meditate upon the electric blue colour along with the concept of joy. After completing these two processes, utter OM three times audibly with thought in mind as you sound it in the following manner.

While uttering OM first time, you have the thought that you are cleansing your aura. That is, you are having a shower bath of OM, cleansing the entire aura. When you are uttering it for a second time, meditate the silencing of all discards. That is, whatever there is undesirable in us and around us, it is silenced. This should be the meditation when you are uttering OM for a second time and then for a third time, the expression of joy. So, this should be the meditation of the succession- yellow colour; blue colour, 'OM' as cleaning, 'OM' as silencing and 'OM' as joy. This is the procedure. The colour you meditate upon should be much bigger than your own size.

It is not effective at all, if you meditate it a little in Brow Centre or in Heart centre in the form a little candle flame, it begins to flicker whenever the mind flickers and then disappears when the air blows. So, let it engraft you from all sides and also from within you outside, the same colour shine. This is technically called 'sealing the door where evil dwells'.

We will utter OM thrice as the Master asked us to do and then do the *Gayathri* thrice.

Meditating that idea and visualizing that colour in the sunlight you are witnessing, to repeat the words, I repeat. This is the passage given by the Tibetan as the translation of one of the stanzas to meditate upon the Golden yellow light. Please repeat with closed eyes and all the parts of the body completely relaxed.

"The golden rays that issue from the heart of the Sun pour forth and wake my soul and the soul of all created

forms. Within those forms, the life of God awakened. The power of God streams forth as Will, as dedication to the plan, as strength to work and give a son of God."

('OM' 3 times Chanting)

Now, you have to think of glittering deep blue colour which is called electric blue. Think of it as a big ocean without any movement at all and then think of it as the ocean of sky around you. Repeat the passage by thinking so. "Within the darkness of this OM, present within the form, a point of life is seen. Then, there arises all-around that point a field of deepest blue and this becomes irradiated by the soul, the inner Sun shining within a brilliant field of blue. The point of light becomes the many lines of rays of light. These lines then merge and blend until the lighted ray appears before the eyes of each tired pilgrim on that ray.

Repeat OM thrice, with the idea of the blue ocean of sky around and within yourself. Having the silence dissolved everywhere in it.

(Master chanted OM 3 times)

Now meditate upon milk white light, a big lotus in milk white colour and a grand big lotus as big as the space you can imagine. The lotus is around you in the form of course of light. You are completely and deeply immersed in the middle of the lotus, and a part of the lotus is within yourself also. The middle most portion of the lotus from your heart to your head, the petals of the lotus are giving you a touch of fresh cool breeze.

Now let us utter OM thrice thinking of the expression of joy, that is satisfaction, fullness and happiness.

(Chanting OM three times)

Now you can open your eyes. This meditation should be followed every day for one full year. That is, if you note down the date today, you should do it until the date returns next year. You should do it once in the morning and once in the evening. These two passages given by the Tibetan, as meditative words about the Golden yellow and blue light are the translations of the stanzas of an Upanishad. You will see a few lines on meditation in the beginning of the book "Treatise on Cosmic Fire". Those are a few lines, few *Mantrams* from a scripture called the *Swethopanishad*. Similarly, the present passages we uttered now are also taken from another Upanishad called the *Rudra Upanishad*.

You select your own time in the morning and evening. But, keep up the time exact to hour and minute to begin the meditation. It is better to do the English translation passages during the first one year, before you actually begin to utter the original *Mantram* because the concept is to descend into us completely. Only along with the concept, the sound of the *Mantram* and the number value of the *Mantram* and the colour of the *Mantram* begin to work upon us.

Another clarification is, these are the only two colours and the milk white in the end that everyone is permitted to meditate daily. No one except the advanced disciples is given the procedure as to what to do, colours of their

own Rays and colours and sounds. So, the thoughts we have learned in the previous days, seeing the equivalents and correspondences of the choice.

From time to time, some ideas will be given to you in the form of some passages in your own language or English. You have to note down those passages with the date and keep it for yourself without discussing about them and they will be sometimes useful in the future. So, you are expected to maintain a diary book separately and the indication of the diary book is that, the cover of the diary book should be of this colour. When you are having a book with this cover, here is another book and using it as a diary after your meditation, it is an indication to the advanced disciples of the Master that you are an aspirant, that you are aspiring to be one with them.

So, they begin to respond automatically within a few weeks. This has nothing to do with any religion or any recognized esoteric school or any society or any association. All the societies and associations and groups are attempts to form a spiritual group and you may belong to one of those groups or you may be forming as one new group and what happens is not concerned. We are not concerned. So, to what group we belong is not a matter which concerns us. The procedure is the same and the contact is the same and the communication is the same. The progress is the same. The experience is the same to all those who want to be part of the humanity of this planet.

Those who want to know more and more details, they remain outside any such group because of the defect of

strong individuality and intellectualism. Because of the defect of that they are free to do it. It is for them to choose. But one thing is sure. As long as we want to investigate into matters and try to know for ourselves before knowledge is presented to our mind, then we are individually a separate institution to ourselves and that institution continues with the same amount of progress which we have made till now. It never expands. So, the fellow dies with the same brilliance which was with him at his birth. But yet, everyone is permitted to worship his own intelligence until he knows the higher law of it.

So, remembering these words, those who are beginners, who have no basis in the past, who have no standard or progress in the past, they may start this process from now and those who are really confident that they are a bit advanced, may not follow this. They follow their own path. For those who want to follow this, it is necessary that these passages should be taken. The English sentences belong to the Tibetan Master, whereas the concept belongs to the original stanza.

Then the next meditation is - *"Within the darkness of the soul, present within the form, a point of light is seen. Then there arises all-around that point, a field of deepest blue. This becomes irradiated by the soul, the inner Sun shining within"*.

A brilliant field of blue, this is the point here. The point belongs to the Tibetan. The points of light become the many lines of rays of light and this becomes irradiated by the soul, the inner Sun, shining within a brilliant field of blue.

The points of light become the many lines of rays of light. These lines then merge and blend until the lighted way appears before the eyes of each tired pilgrim on that way. He walks in the light. He is himself the light, the light upon the way. He is the way.

Utter 'OM' thrice impressing upon you the concept of silence, silencing of all discards. Discards means inequalities. After a pause of half a minute, meditate upon a lotus of milk white colour of milk white light, as big as the volume of space you can imagine. You are in the lotus. The lotus is in you also. The middle point of the lotus is from your heart to your head. Meditate for two minutes and utter 'OM' thrice as your expression of joy. The petals of the lotus give you the touch of cool breeze.

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There are of course two blinds in this. One blind, if we look through the window, this wall is called a blind. It blocks a way to see. So, the Master has kept two blinds in the meditation. He expects us to remove the blinds after some time of meditation. One blind, I can remove it now to you. But one blind, I have to keep until the next year. This meditation has a sound key which is kept a secret and a blind. So, the colour is given, the meditation is given and 'OM' is given as the sound. But some more sound should be added to Om to complete this meditation.

According to the original stanzas of the manuscript from which the Master has taken these lines, you can meditate with that sound also. The blind is like this. This should be added. You should utter it as "Zoom". Like that,

you have to start *Zhoom*, Not *Jhoom*. There are two 'J's, one is *Jha*, one is *Za*. That is uttered with the palate. One is uttered with the teeth. We want the one with palate, *Zoom*. The sound means, life in a living being. It belongs to the ancient most of the languages into archaic Sanskrit themes. Basis of the word *Zhoo*, that is a group of living beings are kept. The word zoology comes from this. This single syllabled word belongs to the Senzar language. When uttered like this, it is called preserver of life. So, in the science of *Mantrams*, this total word is called conqueror of death. That means your consciousness entering into your higher principles leaving the three lower principles.

In the science of *Mantrams*, this is the best sound that heals yourself and others either from defects or from ailments or diseases on any plane. This is the healing *Mantram* of the ancient most scientists. It is called *Mrutyumjaya*. The word *Mrutyu* means, death. You know same word in some Indo-Germanic languages also. For example, martyrdom, mortuary and in French they say Morgue. So, it comes from older Sanskrit. *Jaya* means conquering; so, conqueror of death. It is called *Mrityunjaya Mantram*. The passage given by the Tibetan Master is a direct translation of meditation given under *Mrityunjaya Mantra*.

Thank you all.

Homeopathy and Ayurveda

Brothers and sisters and the elder brother of you all, Rama, I come here with a particular attraction every year. That is the smile of Rama. I think you all know the value of it. Many people smile, but the smile that gives discipline and the smile that gives control is a significant smile. There is that peculiar twist in the smile of Rama. So, the second thing I very much desire to come to our centre is, the mirrors in which his smile reflects. I find wonderfully polished mirrors which reflect his smile, that is, faces of his disciples, younger brothers.

So, these are my special attractions every year because I am one who very much believes discipline and orderly way of doing things and I find what I expect here in this centre. Every year, I come here and feel filled with the joy of smile and discipline and with the same great expectations I came here this year also.

I expressed a few minutes before that Rama will have a second centre because the first centre is expanding. Anyhow, I am quite at home and very happy with you. Rama has indicated, it would be useful if I talk something

about healing and medicine. I wonder why Rama wants his disciples to be informed about medicine. Because, you have with you more than what is medicine every day distributed to you by Rama. He distributes the discipline which makes you not require any medicine. The real secret of healing is with you.

I will point out what it is towards the end of my lecture because I am expected to speak something about Homeopathic and *Ayurvedic* sciences. Since the highest method of healing according to homeopathy and *Ayurveda* is existing with you and since other methods of healing are less valuable than that, I first explain a few about the less valuable things, that is, the medicine and then I will point out what is there with you which is more valuable than medicine.

First of all, let us try to understand the science of healing. This is a century where radical changes from the foundations are taking place in every science. Within one year or two years, every time we are seeing that the changes are wonderful and the speed in which the changes take place is really wonderful.

So, the concept of cure and healing has changed a lot during the past twenty years, so that, we may not speak something about curing diseases. In any system, if we begin to speak of the methods of curing diseases, it will be out of date. What is needed is not the science of curing diseases, but the rectification of health. But in all the medical colleges, in all countries, we find that the students are unfortunately taught the science of diseases and their cures.

What we call the medical colleges, they are making a butchery of the genius of the new generations in throwing the younger generation into the science of disease and its cure and infecting their minds with disease and its cure so much for five years, six years or seven years that they are for life infected with 'disease intelligence'. Only very few of them are able to recover from their disease of disease infection and become healthy enough to understand that health is truth and disease is not truth because with their professional and commercial behaviour, they are making disease as truth and health as untruth.

In a period of one century, we have experimented to make a diagnosis of the disease, to make the various clinical tests of the tissues of the body and try to catch hold of the name of the disease and shoot it directly, forgetting that there is a more important thing than disease, that is, the person who came to you with a disease. So, the medical field is making us forget persons and remember diseases. So, we are in a Paleolithic period about medicine. So, there is no scope of the accepted authorities of medicine or the universities or the medical colleges to recover and be able to teach good science to the students. I repeat, that no university on the globe in any country till today has the evolution or the stature enough to teach the Science of Man, a part of which is the Science of Health because health is understood in comparison with disease. It is the man on the street, the free thinker who has to take up the cause, taking up the courage enough to ignore the authorized medicine for which you are expected to become self-sufficient in making yourself healthy.

This is one of the main mottos of my life's work for which I have been working night and day for thirty years. As a result, in India, I could produce till now many thousands of families who do not require medicine from the doctors. If there is any disturbance in the health due to the various pollutions that we are producing around us, at least one member of each family is able to cure the whole family and their neighbours. Another aspect is, making the healing art a non-professional and sacred art. You know, in the previous centuries, in any nation on the globe, there was not such a dirty century when medicine and justice were sold in the market. There was no century as backward as the 20th century where justice was sold in the court for a high price and doctor could sell his profession for a price. So, we can understand we are in the darkest bottom of human existence in certain aspects.

So, light should be brought only from such centres because every day it is your duty to utter OM, trying to understand that it is the light of yourself, the light which you call 'I AM'. So, with these few remarks of introduction, I give you the reasons why any other system is better than the system which gives you medicines daily. But we are in the age of such a system that if I have one sneezing, I have to take two tablets. If I have blocking of one nose, I should have two tablets in the mouth and one inhaler in the nose. If I have an urgent business to take a journey, I am beastly enough to suggest to my wife to take pills for postponement of menstrual cycles. So, these are the atrocious ways where we are living in the darkness of

ignorance not knowing what the meaning of the word 'consequence' is. *We know only the sequence of our procedure and not the consequence that is happening on the background.*

We have a physical body and whenever there is some disturbance on the physical body, we use physical medicine to the physical body, medicine not only into the mouth but in the place where the trouble exists locally. Do you understand that the physical body is not an entity in itself? By this time, you the yoga students might have understood it. If the boy is blowing bubbles of soap with water, do you believe that each bubble is an independent substance? It is only some soap and some air within and some air outside which makes you call it a bubble. By that do you believe that it is an independent entity? Understand that your physical body is the resultant of thousands and thousands of forces at work in your body. Those who believe that their physical body is an independent true existence, they have to live death conditioned all through their life, thus fearing in the mind that they would die someday and that they should do everything before they die. You will find their faces eclipsed with death conditioning.

"I have to construct the building before I die. I have to get my children educated before I die. I have to get my children married before I die. See I have to see my children are settled before I die". So, for every sentence, in the subconscious, there will be the suffix "before I die, before I die". That is what is called the death conditioning logic

of the fool. That is the fate of those who believe that the physical body is true. *But if you have a scientific understanding of what physical body is, you will very easily know, even a child can very easily understand that there is nothing like death in its scientific sense. What exists is only a transformation, a transformation of consciousness from the limited to the unlimited and a transformation of the pulsations of the body travelling into the pulsations of the solar centre and the transformation of the organic chemistry into the inorganic chemistry, the chemicals of which are both the same. If you test the chemicals in the soil of our earth and the chemicals in the human body, they are the same. There are no new chemicals in your body.*

But the chemicals that are in your body, they are organic in their functioning, the same calcium, phosphorous, etc. When the body is dropped off, the same chemicals will go into the earth in the form of inorganic chemicals. They wait there until once again called into a body through a seed. This is the scientific cycle of life. There is only what we call the cycle of life and the cycles and spirals of evolution of consciousness, not the blind theory of evolution of Darwin, but the scientific theory of evolution, the evolution of consciousness.

In the light of this background, if you understand the science of health and healing, you will understand that it is useless to treat the physical body with physical medicine except in very emergent conditions because your physical body is the result of many actions and reactions. It is the equilibrium of many thousands of actions that are taking

place and there is no use of fighting with the results. *The physical medicine you give will act upon the physical cells of your body and conduct 'physical plane chemical reaction'.*

For example, if there is too much acidity in your stomach, the pharmacy produces some acids that work as anti-acids in your stomach. When you eat that tablet, it reacts with the acid in your stomach and makes the acid disappear and we feel the relief of it temporarily and unfortunately, we are unscientific to call it a cure. But, if there is too much of acidity in the stomach, you should be scientific to question why there is the production of more acid in the stomach. If there is under-production, you should question why there is under-production. If there is calcium deficiency in a child, you should question, why calcium is deficient in his body. Is mankind dying with a lack of calcium on this earth? Many foods are there full of calcium. All the people are extracting calcium from the food materials they eat. Unless there is a cause, why should the child not extract the same calcium into his bones? Without questioning that, what is the use of foolishly supplying calcium in the form of medicine into his body? So, it is useless to fight with the results.

You teach to others what you have learned in yoga lessons, that is there is a body made up of energy in you which is forming energy centres every second along your spinal column. From each centre, there are distributing centres where from this energy is distributed and it is these centres that are receiving matter from outside in the form of food and the air you breathe in and the water you drink

or the water which you make a shower to the body and the sun's rays that are incident upon you and the moon's rays and the light of the stars. These are being received from outside. There is another great thing, the content of space.

You the yoga students know what space contains in it. If you ask the laboratory scientist, he will say there is vacuum in space because there is a big vacuum in his brain. But, you yoga students know what is there in space. It is simple commonsense. When everything is coming out of space, when the solar system itself is a beautiful crystal coming out of crystallization through space and when all the planetary bodies are forming through space, when the millions and millions of the atoms in each planet are forming from the space, how can one with commonsense call that space is a vacuum? Everything comes out of space. Everything exists in space and everything melts and dissolves again into space. When space is such an aquaregia, he must be a fool who thinks that there is vacuum in space.

So, you understand the content of space that is called the energy reservoir. The same is called electricity when we are able to bring it out. Electricity is not coming out in the bulb. It is not coming from the wire. It is not coming from the plant. It is there in space. Space is a pool of electricity and the electromagnetic plants and the big power plants, they extract the power from space and after serving us in the form of light and telephone and radio, etc. Again this energy is going into the same pool or the ocean of

space. But just as the human being could discover establishing electricity plant, long before it, Nature began to establish the electric plant.

That is what is called a unit living organism. *The first organism Nature produced is only one big atom with a centre which we call nucleus and that one atom is what we call the solar system and that centre is what we call the Sun globe and all the other parts of that atom are our planets. The same formula is being conducted into every tiny atom. Just as that big atom has its centre, you also have your centre which you call your heart. Just as that atom produces what we call energy lines of force, just like the magnetic lines of force, we find the same air and wind blowing around the planet of our earth. Same thing, your body is also blowing. That is what you call your respiration.*

So, the unit which you call your body is the electric plant that is produced by Nature in the form of your body. That is what is called *Prana* in the science of yoga. It is only to regulate the *Prana*, you are doing *Pranayama* because no science of no university in the world can teach you what *Prana* is at the present date. No biology, no chemistry, no physics professor can teach you these things. You are to take up the lead and educate the common public in true science, ignoring the authorities of the various universities because you know the truth. You are practising the true methods here.

Understand if there is any defect in the physical body, which the doctor calls disease; it never exists on the physical body. It starts on the *Prana* level which you call the etheric

body or the subtle body. Unless the lines of force are disturbed in the subtle vehicles, the chemistry of the physical body can never be disturbed. Understand the theory of the microbe and the virus and the contagion. Microbe, the virus and the contagion as it is understood now, is as unscientific as totally false because the theory says, that disease giving organisms are everywhere in space as omnipresent as God himself or even more and that everyone is inhaling those disease producing bodies.

When we are eating our food, we are eating these diseases producing bodies. Through water, through air, we are inhaling the millions and millions of such bodies. There is tuberculosis and there is leprosy, there is every disease, there is what is called tetanus, there is every disease available with us at our nose. But, why people are not getting it? Why people who are very careful about contagion, they are getting contagious? Why the worker in countries like India and Africa is too much exposed to these contagions is more healthy and more safe than the doctor addicted hygienists and the medicine addicted habitants. We see among the highly educated families, there are people who cannot sleep without pills, who cannot breathe without pills, who cannot wake up without pills and who cannot have digestion without pills, so that, the quantity of pills is more than the quantity of food they eat.

See there is something fundamentally wrong. Unless there is something wrong in the causes, there cannot be a contagion from the so many bodies that are entering into our nose and coming out. So, the real cause of contagion

should be known in the future in a right sense. Without any mental contagion, you cannot have a physical contagion. Unless you hate a person, who is sick, you have no chance of receiving any contagion. Unless your subtle body is broken to pieces for a few moments by some outburst of anger or jealousy or sudden fear or anger, until then there is no possibility of any contagion attacking you. Only during those moments, when the subtle body is broken, the contagion is received not in the form of microbes or virus, but in the form of the life force of a diseased person contacting the life force of the healthy person, immediately the person is affected.

So, he is infected on the *Prana* level, not on the physical level and as a result of which, the physical cells produce a harbour to the enemies of the nation. They will invite these little beings to lodge inside and multiply anti-national elements. That is the true procedure of contagion. So, the science of health is what is required and not the science of disease. The more you concentrate upon disease, the more you are meditating disease as your personal God. The result is, you are disease conditioned. So, try to meditate what health is. Try to know what keeps you healthy. Unless one makes a defaultation of his food, drink, sleep, work, rest, and sex, unless one makes a defaultation of one, two or three of these things, there is no possibility of the physical cells receiving illness.

When once the physical body receives sickness, understand that something is fundamentally wrong on the vital body. Try to rectify the vital body not always with

medicines but with better way of living, better habits, positive thoughts, enthusiasm and living in the presence of people who are enthusiastic, but not emotional.

Emotion is different from enthusiasm. The difference is like that of the dog and man. The more you live in the presence of emotional fellows who go into outbursts of emotions; you will also get in to outbursts of emotions. One day, they will be very happy with you. They see that you are a God and after a few days, you see they are having the greatest spite to you. One day, they are very sorrowful. They have no hope to live. After a few days, they are the masters of hope. For about two hours, one will be a master of hope as long as the content of the bottle is giving him a kick and when the kick is gone, the emotion is gone. So, this is what is called emotion. It should be purified and distilled; just as dirty and muddy water is distilled into clouds, just as the salt water in the sea is distilled to form clouds to return into pure water. So also, the consciousness in you should be distilled from the mud and mire of emotion into the pure experience of inspiration and live in the presence of those who are inspired.

The method of getting inspired is prayer, meditation and breathing and regular reading of any scripture. Daily make it a point to read some sentences from any scripture and spend some time in thinking the thoughts of the sentences. Without doing this, if you want to cure your physical body with physical medicines, the result is frequent disturbing of the chemistry of the body with the strange chemistry of the medicines you produce into the body.

When you are not tackling the causes, when you are fighting the results, the disease can never be cured. Your body is like your house and when there is something very nasty in the house, is the house responsible? If the furniture is disorderly, is the furniture responsible? It is the fellows who are living in the house to be kicked by some good disciplinarian. But instead of doing it, if you begin to arrange the furniture in a proper manner and remove the dust from every chair and every table, make the house clean, what is the result? You will find the next day the house still worse because the people who are living in the house, they are worse than donkeys and dogs. Now, they have understood that there are people who will arrange everything correctly. So, they behave worse. That is what happens when you rectify the physical body with physical medicine.

If for four or five months, I will supply calcium to the calcium deficient child, he will develop like a plum, like a good fruit with the first supplied calcium for the first time. But when you stop it, once again he goes down like a skeleton into bones because the intelligences in the *Prana* understood that you are directly supplying calcium. So, they grow immune to the calcium of the food. They are already lazy in not extracting the required calcium from the food. Now they become more lazy.

It is like rewarding a lazy fellow in the office. So, that is what is happening when we are feeding the physical body with physical medicines. So, in homeopathy, it is discovered for the first time that it is the subtler body that is the cause

of disease, whereas the results are found on the physical body. The cure must be done on the subtler body, then the results of rectified health are enjoyed on the physical body. That is what homeopathy teaches as the main principle. Homeopathy never believes medicine on the material plane to be administered to a person because any substance works when materially supplied only on the material plane. Instead of supplying quantitatively, if you supply qualitatively, the results will be different.

When calcium is required, in allopathy we will supply quantitative calcium. But in homeopathy, if the patient requires, we will supply qualitative calcium. There are only calcium qualities and no calcium chemically in the medicine. What is the difference between the qualitative and the quantitative calcium? What is the difference between a tree and its seed? The seed is a potential tree or a qualitative tree. See, you know or some of you might have seen what is called the banyan tree, one of the biggest of the trees. Not 'Ficus religiosa' exactly, it is bigger than that. It is, I think, 'Ficus benghalensis'. 'Ficus religiosa' is what is called *Ashwatha*. This is a big tree which produces its roots into the ground. Those who have gone to Adayar might have seen it. That is what is called the banyan tree. You see the banyan seed, the smallest of all the seeds. It is much smaller than the mustard. Are you not having a whole banyan tree in your hand? You are having it qualitatively. The tree which you see is quantitative tree but the tree which you can understand in a seed is the qualitative tree.

So, the calcium which we see on the physical plane is the quantitative calcium. But, if we take a little trace of calcium in much distilled water, and shake with the machine many times, what this water contains is qualitative calcium and not quantitative calcium. If you take one drop of this water in this bottle, and place it in another jar of distilled water, and once again shake with the machine, the same qualitative calcium is more powerful in the second jar than in the first jar. That is what experiment and trial and verification tells us.

To understand a disease, you have to understand the person and not the disease separately. That is what homeopathy says as a second proposition because the existence of disease is false. The existence of the person is true and his normal condition is true. A disturbance in his normal condition is technically called disease. So, can the disturbance be called an independent item? Therefore, disease has no true existence. Health has true existence because it is the normal state of condition.

We say this is a building. If there is an old building, we say that is a broken building. But, the word building indicates something existing. Broken building is not an independent item. It was also a building but broken. That is what disease is. If you call 'broken' a separate entity, and have an illusion that Mr. Broken as a person exists, it is absurd. So, it is to rectify the person when the physical calcium is rectified and there is a wonderful method discovered in homeopathy. The person is to be studied, not his tissues because health is to be restored to the person.

Disease is not to be killed on the tissues. Therefore, we have to talk to the person to give medicine in homeopathy because how can we understand a person? Is it with his physical body? If somebody takes a piece of this into biopsy, a piece of skin and sends it for medical examination, can the clinical fellow say this is Mr. Krishnamacharya?

So, if we want to administer a medicine to a person, we should talk to the person. We should observe his behaviour. Is it normal or abnormal? If it is normal, he never requires any medicine. If it is abnormal, in what way it is abnormal? We have to make a case sheet. That is, some persons are shy. That is an abnormality in behaviour. Some persons lack in self-confidence. That is an abnormality in behaviour. Some persons are brutal in their behaviour. That is an abnormality in behaviour. Some are nervous and some are afraid when they are alone. Some are afraid when they see crowds. You see, opposite types. One fellow, if he is left in the room for one hour, he gets wonderful ideas. 'If I suddenly die now, what happens?' Such ideas come to him. 'Or if something danger happens to me, there is nobody here' and he is in fear. There are people who do not travel single because they fear, 'If I die in the train or in the aeroplane, how can my people know it?'

It is a scientific doubt they get. Many people expressed it to me. When we were many thousands of feet high in the sky, that is, travelling for eleven hours in the aeroplane, there was the Atlantic Ocean under and the sky above and one fellow said to me, "If I die here and if the plane crashes, how can my fellows know it?" I asked him, "If you die here, there is no question of your fellows because your wife

and children are not no more your fellows, but they are only fellows. Therefore, no necessity for them to know it, no utility even if they know it and no greater danger if they do not know it. So, be a little more scientific in thinking and be factual. If at all you have any fear, you should fear only for one thing. That you will have great pain and burning while the plane is burning or when your body is crushed or broken, only for a few seconds. That is the only thing for which you should feel fear if you are really scientific. The other fears show that you are a perfect fool." Within fifteen minutes, the fellow was a little bit better psychologically because I have to give a shock therapy to him. That's why I talked like that.

So, you should observe if what type of abnormality the fellow is having and make a list of those abnormalities. The list indicates, that person has a defect and select a medicine which carries the list of abnormalities which you have found in this person and try to understand from an expert scientific homeopath, the dilution and the repetition of the dosage you have to make of the medicine. According to the dosage and dilution, you give this medicine to that person and you will see the miracle of it. You will find it verified hundred times, thousand times. That is the principle of homeopathy. *That is, when any medicinal substance is introduced in a healthy constitution, the constitution produces some abnormalities of behaviour, and these abnormalities properly recorded after verifying with the same medicinal substance in a thousand people, and all the abnormalities in the thousand people that are common are taken together. Those abnormalities form the indications of that substance as a medicine.*

Those abnormalities in a person indicate that he needs that medicine. In homeopathy, it is the patient that indicates a medicine. It is never the doctor that prescribes the medicine. Every patient should be separately examined and understood by the doctor not as a doctor, but as a friend and a brother, as a philosopher and a guide. Understand that the art of healing is not a commercial medical practice where your duty is finished when you pay the visit, see the patient, give the medicine and take the fees.

So, definitely the homeopathic system is what is needed to rectify health, not to kill diseases. If at all, permanent cures are done, they are never affected by physical medicine in the physical body. What we get by physical medicine is daily relief with daily medicine, hourly relief with hourly medicine, so that the very busy person going to the office, the very busy businessman running for his market should have temporary relief and run to his work. After such a defaultation for ten or fifteen or twenty or twenty-five years, the result is, bankruptcy of defaultation.

That is, we do not have that amount of money in us which requires the repayment of the defaultation. Suppose, I make a defaultation of traffic in the car, the police says, "Pay one thousand franks". If I look in my purse, there will be only five hundred franks. That is what is called bankruptcy. The life force has become a bankrupt. Defaultation has exceeded the capability of life force and we are called from every corner to repay. We have defaulted income tax for twelve years, sales tax for ten years, house tax for the municipality twenty years and we have credited the house to a credit bank, brought money to make business. That money is gone into the sea with business. Now, we

are receiving papers from each side. What is it called? It is called the necessity for cumulative payment. That is what we call the incurable disease. Unfortunately, they are also named as diseases. They are not diseases, but they are stages of incurability of the human constitution which they call cancer and hydrothorax that is water formation in the liver and the thorax and gangrene. All such diseases, they have wonderful scientific technical names in medical science. They are not at all diseases, but they are the indications of a cumulative payment demanded by the authorities of law, law not in the court but in Nature and a bankruptcy in the *Prana*. That is the result if we resort to medicine every day.

Medicine should be used only if there is a trouble in the body. Medicine should be compulsorily used if there is a serious trouble in the mind even though there is no temporary trouble in the body because disease starts in the mind, not in the body. The abnormality of the behaviour shows that the person is sick. If the person is not able to sleep, he goes to the doctor. The doctor examines all the secretions of the physical body, says nothing wrong. But the disease is on the mental plane and has not yet descended to the physical plane. Unless it descends to the physical plane, the present doctor is not capable of accepting it as disease.

So, when there is only insomnia and there is nothing on the physical body, the materialist doctor has no solution except giving some narcotics and dirty poisons under the fine names of sleeping pills and sedatives with beautiful attractive colours, like the technicolour movies, in very much coloured cartons. See, they eat life daily. You know a small story narrated by one of the world famous story writers.

He says that he was sick one day. So, he went to the doctor, got himself examined and took the papers from the doctor, paid the fees to the doctor, went to the pharmacy, purchased all the medicines prescribed by the doctor, came home and called his wife to bring some water. She brought a tumbler full of water and he has thrown all the medicines from the window out and took the tumbler full of water and kept quiet. The wife was an American. She asked him, "What do you mean?" He said, "I was sick. I went to the doctor because the doctor has to live. I went to the pharmacist because the pharmacist should live. I throw the medicines out because I too have to live."

Then the wife said, "Wonderful. Let us make a literature of it and produce in the world, so that people are benefited". Remember she was an American. So, she wanted to produce the whole useful literature to the world.

That is how you should propagate your true science. Have courage of conviction about the truth of what you follow. Understand when there are serious aberrations in the behaviour of a person like lack of self-confidence or timidity or its perversion in the form of brutality. Unless one is timid, he cannot be brutal. One cannot show violence unless he is a timid fellow. Observe these things in persons and select the proper drug in homeopathy, give the minimum dose of it. If the person is rectified with the first dose, do not give the second dose. If at all he wants a second dose in many long-standing diseases, he requires only after a long interval. The minimum interval is one month.

This is how we have to use medicines and minimum medicine is prescribed in homeopathy, that too not

quantitative but qualitative. These are a few features about homeopathy. The subtle body will be rectified in you, what you call the etheric body or *Prana* body is rectified. A rectified body of forces will have all the energy centres reorganized and each energy centre distributes the tissue material again in equal terms, so that the abnormalities of the tissues disappear. For example, when there is sugar in urine, instead of unscientifically getting ourselves addicted to anti-sugar pills, if you study your own abnormalities on the mental plane or if your wife or your son make a study of the abnormalities in your behaviour, select the medicine in homeopathy, give one, two, three or four doses in one year or two years. See, the sugar disappears because the disease is cured. That is how you have to make treatment.

Ayurveda is also a similar system. Sometimes once again we will talk of *Ayurveda* because these are subjects which are a bit heavy to receive, *but I want to tell you a greater secret than homeopathy and Ayurveda. That is what is called practising periodicity in sound and thought; regularity in sound, thought and respiration. Every day if you practise regularity in your routine, have some items of your daily routine, let it be one, two three or four, conducted at the same hour and minute, at the same place without changing it, that brings every force in you into regularity. Daily produce some harmonious sounds and repeat the sounds for fifteen minutes or half an hour and listen to them and attribute a noble motive to them. That heals yourself and others who are in your presence. Until*

this regularity is established, if you are too nervous, if you are too restless and if you are too unstable to sit at the same time in the same place, then only use medicine until you get that much stability.

Then sit down every day the same time at the same place. Produce the same sounds in the same intonation. That is what you are doing daily in your *Sankeerthan*. We call it *Bhajan* also. We also call *Satsang*. That is the holy singing you are doing here. There is no higher scientific way of healing than musical recital of Holy Scriptures, repetition of some noble words, what you do here again and again. You are repeating the name of Lord in many ways in a musical intonation and rhythm and beat. That is the one which cures permanently. Gradually you will find yourself more and more healthy and your presence stimulates health vibrations in your family. Believe that this is the highest form of cure.

If you are advanced in your spirit and understanding, you will be the beginner of the new dimension of science. If you are shy and retired about producing this in the world, after ten years of fifteen years, there will be another group of people much younger than you who will produce the most advanced scientific dimension to the world. This is the highest which I think as an advice to be given to you and in the presence of your Rama, I am giving you this advice. Because I am confident that he is having the disciplined way of getting things done to see success.

Thank you all.

Spiritual Healing and Ayurveda

Today's topic is healing and the science of *Ayurveda*, two big oceans to be covered in a single journey, that too in a very short journey. The subject healing itself is vast, deep and profound and the science *Ayurveda* is still more vast, deep and profound. What we can do in one lecture is a positive introduction of the scope of the subjects with some hints of real practical value here and there, if possible.

We will start with the subject, the scope of healing. We have many systems of medicine in the modern age apart from what we call the classical system or Allopathy. It was once considered that Allopathy was self-sufficient and enough for everything. But, the advent of the Aquarian age has made the human being more and more self-aware and self-conscious. There are more number of people than ever who can understand things more and more than in the previous decades with a growing awareness into their commonsense which is the real basis of the birth place of every science and also a growing awareness into the intuitive aspect of human mind.

A spiritual age has already begun when the human being started his journey from the flesh and blood into the kingdom of the senses and mind and deeper still into what we call the discrimination and deeper still into the right type of understanding and deeper still what we call the will or the *Buddhic* plane and deeper still what we call the soul consciousness where one can live in group contact with others. He is travelling towards the other planets in the inner world also and also towards the centre of all planets, that is, the solar centre within himself or herself, the centre which we call the real 'I AM' in all of us.

This is what we call spiritualism. This is an age when the human being is taking a journey to his spirit. This has made a deeper understanding possible. This is leading the human mind away from what is more valuable towards something which is more useful. *So, from the costly and valuable things, to the simple and useful things man is travelling on one side. On the other side, the objective side, he is crazily taking a journey into the outer planets without knowing the purpose and without performing his duties on this planet. So, this is a strange period through which the human being is passing.*

On one side, he is spending enormous quantities of human energy symbolized with millions of dollars that are being spent to experiment with the bodies that are sent to other planets. Those who are travelling into the inner worlds are growing solidly and more meaningfully and silently they are preparing the ground for the next generation. We are not much concerned with the objective travellers because they are leaving our planet before they are finishing their duties to the beings of this planet.

So, such a period necessitated a better understanding of the healing science also. As a result of which, man discovered that the scope of the classical science of medicine is not self-sufficient. That the whole scope of Allopathy is diverted only towards the physical plane and the best medication and the best surgery and the best experiments on radiology are in no way better than scavenging the physical tissues. When diseases exist on higher planes, the causes of diseases exist in our mind in the form of our taste to misbehave.

The results of the disease are being experienced on the physical vehicle just as the activity of television is received in the little box which we have in our house. What is the use of shouting at the fellows not to fight when you are looking to a sin of fighting in a television? In such a way, the classical medicine is found not self-sufficient and the human mind automatically began to search for some new dimensions. In trying to do so, it has broken its barriers of orthodoxy and it has crossed the limitations of time and found no objection to travel into the past and into the future. The result of the human mind travelling into the past is a proper understanding of the ancient sciences like *Ayurveda*, Acupuncture, etc. The journey into the future resulted in advanced sciences like the Homeopathy, Dietetics, Naturopathy, Hydro therapy, Colour healing, Sound healing, Music therapy and Magneto therapy.

Now for the first time, after a new journey of about three or four decades, the human mind began to taste some self-sufficiency in the medical science. Yet, there are fields

where gaps have been left and the human mind discovered that these gaps can be filled by a step of correlation, that is correlating the different branches of medical science and also trying to understand that the secret of healing is existing within himself, not outside. Even though medicine is used, it is not the medicine that is curing diseases because there is no use of administering medicine into the body of a corpse. If medicine were to be the real curative, it should cure the diseases of the corpse also when administered. *Once again, humanity rediscovered the truth that it is not the medicines that are curing diseases, but there is a force that is there inside our constitutions which is continuously working with two functions of its own.*

One is self-preservation. The second is self-protection.

The first is being done by an intake of food and drink and the excretion of unnecessary material, intake of fresh air and intake of healthy thoughts that can heal through a process of good conversations with accomplished persons. The human mind rediscovered the fact that the constitution of a living individual, that is a biological unit is a coexistence of three entities; Matter, Force and Mind. A proper co-existence causes health and a disturbance of the mutual relationship causes disease. The human constitution is exactly the same as an electro magnet and a dynamo.

There is no difference between a generator of energy and the living organism, the principle of working in both the entities being an alternation of currents. In the electromagnet and in the dynamo, it is caused by the change

of direction in the magnet, whereas in the human constitution, it is caused by an alteration of currents that is affected by two processes which we call the inhalation and the exhalation. Just as the magnet has something invisible also around itself which we can call the lines of force and the polarity, we have in our constitution, something invisible going on which is more true than the matter we are seeing and which is responsible for the maintenance of this matter. This self-preservation is being affected by that force which is working inside and the self-protecting activity is also affected by the same force and not the medicines.

Whenever there is a disturbance in the constitution, immediately there is an attempt from inside to rectify and cure itself. Unless we disturb the constitution continuously from the external causes, it has its own way to rectify itself and cure itself. When it is not capable of doing it for certain reasons, some substances which we call medicines will help the vital force to cure itself. In either case, it is not the medicines that are curing; it is the vital force that is curing itself. This fact is once again understood by the humanity in the present cycle and this made us search for new and self-sufficient methods of healing.

It is understood and verified again and again that medicine plays a role of 20% in the process of curing and healing and the remaining 80% depends upon other factors, for example, our behaviour with food and drink, our behaviour with work and rest and sleep, our behaviour with sex and our behaviour with friends, neighbours and relatives and those whom we call our enemies. So, the

80% of the causes of disease exist in these factors, the misbehaviour converted into a long-standing habit in our daily routine. These are understood as the real causes of disease and 80% of the real cure consists of removing these causes, whereas the remaining 20% can be done by medicines. The one who depends upon his or her cure completely on medicines will be having a temporary relief daily, while in the long run will be thoroughly disappointed and becomes a total wreck in life. So, the use of medicine should be minimized and our misbehaviour towards things should be rectified. New and positive habits should be engrafted into life. Positive dynamism is to be developed in our way of living.

The magnetic vibrations of our mind should be altered in such a way that we feel a brotherhood with everyone. For example, when we see bad people, we should be able to understand that they are not bad people. Many of them are weak people having weaknesses just as we too have our own weaknesses and they are only badly behaving people and not bad people. So, our irritability and impatience towards them will be transformed into sympathy and love, so that we may give a greater possibility for them to rectify. If our circumstances permit, we can give them a hand to walk together in life and sometimes lift up a little bit into better circumstances. As we try to do this, we understand that we are becoming more and more healthy. Our mental health improves at first. Our dynamism is on the increase and the magnetic vibrations that are positive will be developing. And in course of time, for example in one year or two years, we find that our diseases

are cured. This is for the simple reason that it is the vital force that is building the tissues of the body.

The body is not maintained by chance or blind action. A self-conscious activity is going on in the constitution which is more conscious than our conscious mind. For example, our conscious mind sleeps when we sleep whereas the consciousness that is working inside never sleeps. For example, when we are sleeping, our lungs are not sleeping. Our heart is not sleeping. Our blood and circulation are not sleeping. Our stomach and intestines are not sleeping. No organ or no part of the body is sleeping when the foolish fellow, the mind is sleeping. Because when he sleeps, nothing is lost because real intelligences that are at work are not sleeping. When we compare our intelligence with the intelligences that are working in us, we should be really ashamed of our own achievements because we cannot protect ourselves, whereas the intelligent forces that are working are protecting us.

For example, if Nature asks us to breathe for ourselves for one hour, what happens? What happens if a fellow sleeps? Immediately he dies. If a fellow is telephoning to his friend, the mind goes to the conversation and he forgets about his own respiration because our intelligence is foolish enough to believe that there is something more useful and more immediate. Immediately the respiration stops. The telephone drops off from our hand. We fall on the ground and die.

Nature knows that our intelligence is too foolish. So, it never depends upon our intelligence for important things in our constitution. It has reliable intelligences that are

working in what we call the vital force and the mind. It is these forces and intelligences that are protecting our health that are indicating the needs of the body by producing hunger and thirst and by producing sleep. It is these intelligences and forces that are healing whenever there is some disease. Immediately we can understand that if something goes wrong with our health, it goes wrong inspite of the working of these intelligences. That means, we might have worked for a very long time in a wrong way to produce a disease. That we might have misbehaved for such a long time as to establish a disorder in the constitution.

This is the real cause of any disease. The theory of contagion and infection and the theory of the microbe and the virus is totally false and unscientific which will be proved within the next two or three decades. No doubt there is infection and contagion, but it never occurs without any cause. Unless we permit the contagion into our constitution, infection never takes place. When there is an infectious disease in a town or a city, when the microbe or virus is travelling in air, when all are breathing the same air, how is it only some people are going sick and some are not being affected by the contagion at all? There are higher scientific laws about contagion and infection which the present accepted scientist is quite ignorant of.

We have to go into the nature of those laws and strangely in the past, there were scientists who understood that particular law. They have understood how by our behaviour we create susceptibility to contagion; by our mental misbehaviour like anger, jealousy, suspicion, fear, etc. Unless we admit such mental aberrations into our

behaviour, it is not at all possible for any contagion to affect us. This law will be understood within the next two or three decades by science and once again it will be established. The present foolish notions about contagion will go away.

The ancient scientists who understood this law, established a way of living. They have made a formula of that way of living. They have given us that particular formula in the name of the science which we call *Ayurveda*. So, don't misunderstand that *Ayurveda* is a science of disease and medicine. It is mainly a science of health and not a science of disease. Unfortunately, the modern medical science is only a science of disease and its cure. We have nothing to offer to poor medical student by way of science of health today. So, the modern medical student is trained into a negative idolatry of disease, accepting only the existence of disease.

He is trained not to visualize the absolute existence of health, but only the very ghastly, negative aspect of health. *One of the fundamental laws of healing is that the more we think of our disease, the more we go sick.* We are expected to take care of solutions and not problems. We should understand the problems within a very short time and keep our mind in solutions for a very long time. We should remember what to do and we should not remember for a long time what is making us suffer. Because suffering is given by Nature to us to understand that we have defaulted in our life, to understand that we are doing something wrong and to understand that there is something wrong in the constitution and to warn us that we have to change our way of life. That is the meaning of pain and suffering.

It is not the pain that is to be killed. It is the cause of the disease that is to be enlightened. It is the behaviour that is to be rectified and before doing it, if we begin pain killing, that means we are encouraging ourselves into the wrong way of living and continuing it for a long time and the process speedily leads us to the grave.

This is the scope of the subject of *Ayurveda*. It teaches us how to behave from morning to night. It teaches us purity of the physical and the mental vehicles, purity of the etheric and the astral vehicles and our behaviour to maintain this purity, our behaviour with others, our behaviour with food, drink, work, sleep, rest and sex. This is what *Ayurveda* teaches us.

I think some of you know that yoga is a part of *Ayurveda*. Though some people are teaching it as an independent science, we should remember that it is only a part of a bigger science and not an independent science at all just as the *Bhagavad Gita* is not an independent book, it is only eighteen chapters of a bigger book. Similarly yoga is not an independent science. It is part of *Ayurveda*. So, the scope of the subject *Ayurveda* teaches us that we should rectify our constitution by a practical way of applying some good behaviour and cure diseases by using some food substances for example, milk, honey, etc. and some oils for example, sesame oil and coconut oil; the various methods of using these substances to cure various diseases. For example, I will give you a practical example which proves the use of *Ayurveda*.

Some of you know a disease called hemicrania. That is what is called migraine of one side, a very obstinate and

very teasing type of disease. It is one of the diseases that is challenging Allopathy. The allopath has nothing to do for it except bending his head. Just as he has nothing for diabetes, just as he has nothing for cancer, he has nothing for insomnia, he has nothing to offer for depressions, nothing to offer for nervousness, so also, he has nothing to offer for hemicrania.

There is a sure and radical cure. The process of which includes no medicine at all and which you can apply to anyone of your friends and find the results and find that they are stunning and infallible. I will tell you how to do it. *In the night, take a silver container and place twenty ounces of buffalo milk in it. Buffalo means, you have to find out if you want a remedy. In the hot countries we have buffaloes. You will have buffaloes in zoos. Boiled milk taken into a silver container and some brown rice cooked placed in that milk and a drop of sour cream is to be placed in it. Then, one pinch of the powder of dry ginger, cover it in the night, take in the morning and have it as the first feed before breakfast.*

It should be eaten before sunrise. This should be done daily for forty days. Within the first one or two weeks, the migraine disappears. If one is patient enough to complete the whole course for forty days, which is a little bit difficult with the Occidentals, if one cares to do it, there is no migraine at all at least in this birth. You can try it.

Many of the *ayurvedic* principles are like this. In certain cases, you are asked to mix cow's milk and honey with warm water and drink it in the morning as the first feed

before sunrise for forty days. People of cardiac weakness which is not of a congenital type, can try this and then go to their cardiologist doctor after forty days and then try to understand what a cure through food materials is.

Similarly, there is the mixture of honey and lemon juice. One table spoon of honey with the juice of half a citron dissolved in twenty ounces of warm water, taken as the first feed in the morning before sunrise, it cures all the gastric and digestive troubles of both the types, that means, the troubles of the acidic stomach and the troubles of the alkaline stomachs also. Generally, substances that cure the acid stomach, substances that cure the troubles of the acid stomach prove much painful to the alkaline stomachs and substances that cure the alkaline stomach prove much painful to the acid stomach. But, this compound cures either dyspepsia or acidity. When healthy people daily take this compound life long, their health will not be disturbed by any minor causes or infection or contagions and they will live an active healthy life until the last moments.

These are only a few examples of Ayurveda. Many of the principles exist as instructions in our daily life. For example, when to wake up in the morning, how to pre-plan the routine of the whole day within the first five minutes after waking up and then applying oil to the body and everyone making a process of self-massaging which invigorates the circulation and also necessitates many postures of the body. For example, if we pay something and go to get a physical massage, we have no advantage of all the postures that are required when we attempt a

self-massage. And then, about the process of cleaning the teeth, nose, eyes and ears and the necessity of at least one wash of the whole body a day and daily change of garments, like this from morning to evening, a procedure is prescribed in *Ayurveda*.

When the procedure is followed by a perfectly healthy fellow who is born to healthy parents and who has no hereditary diseases, he lives with the same health until the last moments and lives very brisk and active. If a sickly person begins to follow this procedure and if his sickness belongs to a hereditary nature which is too deep to be cured, then all his sufferings will be gradually rectified and his sickness arrested though not cured, even though the doctor is not successful to cure the fellow from his hereditary disease conditions, he lives quite healthy for all practical purposes, because the disease is arrested into the background until the last moment. He lives a long lease of life and only in the end; he leaves his body quite normally without any strain. That means, either the health is perfectly maintained or the incurable disease is permanently arrested for life.

It is for this purpose that *Ayurveda* is discovered. About 75% of ayurvedic cures, they include a systematic and scientific use of food materials and not medicines. *When real treatment is required, there are medicines that are prescribed in Ayurveda also and the medicines are divided into three main groups. The first group is called remedies, that is, those which rectify the health. The second group is called rejuvenators. The third group is called*

regenerators of tissues. So, the whole scope of treatment is divided into three groups mainly. The first group is medical rectification. The second group is rejuvenation of the tissues. The third group is regeneration of the tissues. The first group is called in Sanskrit Aushadhas. The second group is called Vajeekaranas. The third group is called Rasaayanas.

So, the treatment is of these three types in *Ayurveda*. Another interesting aspect in *Ayurveda* is, it has the theory of the vital body just as the homeopathy has. The human constitution is divided mainly into three layers; *the layer of matter, the layer of force and the layer of consciousness and the second aspect which we call force is called Prana in Ayurveda. The one centre is called creative centre which creates the cells in the body for the various tissues. This is taking place every moment; the second activity, it is destroying the cells every second and making a release of energy for us to live.*

For example, the tissues are being built by the creative activity and the process of combustion in the lungs is being conducted by the second activity and also the digestive process is also caused by the second activity. There is a third activity which is causing pulsation. This pulsation is causing the alternation of expansion and contraction in the nerves and the muscles of our body. It is what is called peristalsis. It is due to this function, to enable the blood to circulate properly. So, these are the three functions of the vital body according to *Ayurveda*.

The first activity is called Kapha in Sanskrit. The second activity is called Pitta. The third activity is called

Vata. These are the Ayurvedic terminology for the three activities. Equilibrium of these three functions is what is called health. A disturbance in one of these functions automatically creates a disturbance in the activity of the constitution and it is what is called disease.

So, according to *Ayurveda*, there are three groups of real diseases; diseases produced by the defects in the first centre, defects in the second centre and defects in the third centre. The three defects produced three different types of diseases.

The defect of the first activity produces out growths and cysts and polyps and also putting up flesh and weight and also troubles with bronchus and phlegm and mucus.

The defect in the second centre that is the destructive centre causes rapid loss of weight, emaciation and temperatures, cough and consumptive type of diseases like tuberculosis etc. Tuberculosis is only one of the consumptive diseases.

The defect in the third centre results in a loss of peristalsis of some part of the body resulting in losing the capacity to pulsate.

Generally, there is wind formation in the stomach, bloating and incapacity of the bladder to expel urine, and laziness of the kidneys, and accumulation of fluids in parts of body, for example, oedematic diseases, etc. In some other cases, the nerves lose the capacity of movement. Various types of nerve and muscle paralysis, loss of sensation and death of parts of the body are caused by the disturbance of the third centre. This is only a reference. There are many

details about each group of diseases. So, these are two examples of the scope of *ayurvedic* science.

I have given one example about the food materials used as medicines, another example of classifying the medicines into three types and a third example of understanding the vital body and its functions.

Now let us try to have a few words about the scope of healing. Healing is understood in the modern age as spiritual healing. The number of people who begin to heal has enormously increased during the past two decades for the simple reason that the age in which we are living is an age of service. Automatically, the instinct to serve humanity increases more and more. We have well entered into the Aquarian age. One of the layers into which our awareness enters speedily is service. Those who still belong to the previous age, that is Piscean age, they are not able to understand this fact and they are criticizing and making a fun of the healers of the modern age. They are speaking very lightly and humorously about people who try to heal for the simple reason they belong to the previous age and they are not able to readily adapt to the changing ideology.

It is our responsibility to encourage the art of healing and regulate the process of healing through scientific methods and standardize and establish the science with simple and practical methods that are infallible and that render results as surely as anything. These are the limitations and the scope of the science of healing. We should also remember that it forms a part of the total medical science. Rather the science of medicines also forms a part of the

total healing science. The so called various systems of medicine that exists today will be scientifically understood in the future as the different chapters of the same science. Since we are now living in a political century, we wish to understand each as a different science with a compartmental and political mind.

In the future, the next generation has no necessity to have a political way of understanding things. The whole science will be understood in a holistic way. With the various systems of medicine, for example Allopathy, Homeopathy, *Ayurveda*, etc., will be properly understood as the different chapters of the same subject, same science, so also spiritual healing. We have many hundreds of books written on spiritual healing and thrown upon the heads of the modern readers. Some are practical and some are highly intellectual and only theoretical. Some are scientific while some are sweet and philosophical. It is inevitable that any science has fake literature in the beginning. That does not mean that the science is fake, but we should be able to discriminate and have a selective way of reading.

Spiritual healing is beautifully explained by Alice A. Bailey in the book "Esoteric Healing". When we have to speak the truth, no second book on healing is necessary at least for one and half centuries more, but on one condition, i.e. if we have the continuity of purpose and patience and energy enough to read the book leisurely and make a repeated reading as many times as possible, simultaneously practicing healing. So, a repeated study of the book with a practical application of the principles is

required. The scope of healing differs from mind to mind according to one's own understanding of his own life and the scope of life. An average human being understands his life differently from a primitive human being. A scientist understands his life in a different way. A philosopher understands in a different way. A spiritualist understands in a different way. So, the scope of healing differs from person to person.

Some want only healthy and vigorous physical bodies—to eat well, to enjoy the taste of drink and food and to enjoy the comforts of life like sex, etc. So, according to some, definition of healing is that much. But according to a well-developed person, the scope of healing is different. For example, Alice A. Bailey has given five different scopes of healing.

The first is the scope of a primitive man of animal nature. In his view, 'healing means to enable him to live in full animal and emotional life, gaining experience in full growth and his contact with various experiences and an understanding of his environment. This is the scope of healing for a primitive man.

But to an average educated human being, it differs. His scope of healing is to respond to personality, to make the force of his personality express to its full extent. His activity belongs to his solar plexus, that is, strong likes and dislikes, having strong intellectual policies and approaches that can be vigorously enforced upon others. This is the scope of healing according to an educated average human being of the 20th century.

Beyond this fellow, there is another human being who is called the aspirant of the modern age. That is who is evolved enough to aspire for something nobler, to enter into the activity of service. That is human brotherhood and world goodwill. To such a fellow, healing means some other thing, that is, to transfer the forces from the lower centres to the higher centres.

For example, we have seven centres. The Head centre, the Brow centre, the Throat centre, the Heart centre, the Navel centre or Solar plexus, the Spleen centre and the Base centre or *Mooladhara*. These are the main energy centres. To each one, one or two of these centres are more active than others according to his degree of evolution and the plane of consciousness that is active.

So, there should be a specifically scientific process which stimulates and activates the centres of energies and transfers the activity of the lower centres into the higher centres, a process which makes the Head centre more active than the Base centre. For example, this is the process. There are centres having conjugate foci. The three lower centres work as lower counter parts of the three higher centres. If we know how to activate the three higher centres, they predominate the three lower centres and there will be a mastery over our own living, a mastery of consciousness over energy and matter, a mastery of intelligences over forces. The fourth centre which corresponds to the will and love, that is, the activity of the first and the second Rays, it works as the fulcrum centre because the activity of the first centre, head centre has come and joined the heart centre.

In the language of the Tibetan's works, the fellows of the *Shambala* are in regular contact with the Hierarchy. The circuit is complete and the healing is done in an ideal way. So, to such an aspirant, healing means transferring the energy of the lower centres to the corresponding higher centres. And, after some years or decades, the aspirant becomes a disciple provided he is going in right direction. And then his scope of healing differs. He has a bigger scope. According to him, healing means promoting the control over centres through three processes. One stimulating the centres, that is energy centres and then eliminating impurities of those centres, that is the second process. The third process is, transmitting consciousness through these centres, that is, what is called the process of stabilizing the centres.

So, the process of healing must first give stimulation to the centres, a safe and steady process of stimulation. This stimulation causes a vigorous circulation of etheric energies. It results in eliminating the impurities from the vehicles and a continuation of the same process establishes the awareness of the centres. It makes you more and more aware of the activity of the centres. This is the scope of healing for a fellow whom we call disciple. After some time, if his luck is good, the disciple becomes an initiate and his scope of healing differs from the others. According to the initiate of the first three initiations, the scope of healing is as follows.

Every centre should be made responsive, responsive to Ray energy. That is his scope. There are the energies

of Seven Rays that are working on the Planetary level, the Solar level and the Cosmic level. He begins to live one with the Hierarchy and *Shambala*. His scope of healing is to establish proper means of communication not only between persons but between himself and the planetary consciousness of this earth and the solar consciousness of our solar system and the cosmic consciousness of our cosmos through the capability of contacting the Seven Stars of the Great Bear. Of course, it should be properly studied again and again in Alice A. Bailey's books. That is in short is the scope of healing.

Finally, there is one indication in the book "Esoteric Healing", that is, growing more aware to the activity of the Second Ray, the Ray of a double functioning. That is what is the double functioning of the Second Ray; Love and Wisdom. So, unless we have a special assertion upon the working of this Ray, we can't have an activity of the healing process. To whatever Ray we may belong, we should establish the function of the second sub-ray of our main Ray. How? Not by thinking about the Rays in the book; not by making an intellectual discussion of Rays and their functions. It is absolutely useless to discuss about the Rays. A fundamental knowledge is enough and more than this is a waste of time and energy. Stimulation of the Ray activity can be done only in terms of our service to others and there is no exception to this in this law. Unless we go into the street, into the office, into the airport, into the railway station, into the busy places and begin to silently heal without declaring that we are a healer and until we feel compassionate with anyone who is suffering around

us without making a loud declaration of our compassion and an advertisement and propaganda of our healing in the newspaper, we cannot be healers.

It is an attitude to be developed. It is a process to which we are to submit ourselves. Unless we lose ourselves to that process, unless we give ourselves up to that process, unless there is the cooperation of the activity of the devotion with the activity of the second sub-Ray, there is no healing at all. When you talk to others, when you look to others, when you smile to others, when you engage others in humorous conversation, when you play jokes with others, you should be able to contact others with your soul through your heart via your intellect through the vehicle of sound.

This is the first requisite of a real healer. The art of contacting should be practised by having a continuous attitude of compassion. This is the key note and the remaining things are details of the techniques which you can yourself study. All the techniques become true when you practise how to focus your soul, heart and intellect through compassion. All the scientific techniques become utterly false and useless when the current is not flowing through the electric wires in our house. For example, if the electric current to our house is cut off outside, what is the use of having many scientific instruments like this in our house? So, unless there is the contact through compassion, all the wonderfully scientific theories become totally false. So, let us make the theories true and find out the truth of healing and taste and experience the pleasure of healing.

Thank you all.

What I know of My Master

Now about, 'What I know of my Master'. I belong to South of India. I was born in a traditional orthodox Indian family where my parents were great scholars in the scriptures and traditional education. My father knows all the Vedas and their commentaries. He is a great scholar in all the Vedas and all the commentaries. He was a great scholar in *Ayurveda* who had conducted many miraculous cures. He was also a scholar in traditional medicine and homoeopathy. He had many disciples in the scriptures. He was a great Master in Yoga. He practised Yoga with his Master. He lived with his Master for twelve years. He had the power to cure diseases by touch and indication. From my childhood, I received traditional education at home. When I was about five years of age, I was just learning English alphabets, the Roman alphabet, I saw a little book with my father and on the outer cover of the book, I saw big letters C.V.V. and because I was just learning the alphabets, I took pride in reading the letters aloud. My father said, it is the name of a great Master and has opened the

book and shown me a picture. He said, this is the name of that Master. He also said, it is a *mantram* to be meditated. That was what happened in my fifth year.

I forgot everything afterwards. I didn't remember anything of it at all. When I was studying in the university that is about after sixteen years interval, I visited a gathering in a house. All of them were sitting like this together. There was a big picture of the Master before them. I did not remember the picture I saw with my father. But, I felt that I have seen. I thought that it was some friend of my father.

All of them, they were sitting with closed eyes in meditation. I also sat with them. After a few minutes we dispersed and I forgot everything about it. Afterwards, after three more years, when I was about 21 years, an old gentleman took me to a gathering. There also, there were many people gathering in a big hall and there was a picture of the Master there. I felt that I have seen him somewhere because I did not remember the previous scenes and they were all closing their eyes. I too closed my eyes. They were all doing like this. I did like that. One of them said, "Namaskarams Master C.V.V" and I too repeated with others. Then I found some change going on in my body. There was a peculiar sensation in my spine like a feeble electric current.

When we touch an electric current, there will be a peculiar sensation. I felt the same sensation in my column.

I was enjoying it closing my eyes. It was continuously going on for a few minutes. I wanted to open my eyes. I could not do it. After sometime, the sensation stopped. I opened my eyes. All the other people also opened their eyes. Immediately we had good lunch and then we dispersed. I asked the old gentleman who took me there, what it is? He said that they are all some yoga practitioners. He said, "I don't believe in all these things. They are all foolish. They believe in many things and because there was good lunch, I took you there."

So, I could not get any information from him. Then I forgot about it. Then in 1949, I completed my post graduation course and I joined my service as a professor in a college. I had to make my own residence separately and I was newly married. I had to bring my wife. So, I rented a house and brought my wife. Since we belong to the traditional family, we wanted to establish a meditation room for our self. I went to the market and purchased a beautiful picture of *Gayathri* and then I started my meditation room with *Gayathri* picture. Daily in the morning, it is our habit to sing *Gayathri mantram*. From childhood, we are taught like that. So, we started there in our shrine room. After about a month, when I sat down, saw the picture of *Gayathri* and closed my eyes, I saw a different picture. I saw the lower portion of the picture. That is somebody sitting with the lower portion. I thought that it was some illusion of the mind. Because we see many things many times, the mind is strange and as long as I was closing my eyes, and chanting *Gayathri*, I was seeing

only that picture without a change. I thought it was some illusion.

The next day, in the morning, again I saw the same picture a little above. I felt something strange because it is not usual to see the same picture when we close the eyes. The next day, I saw it a little above. After few days, I saw it a little above and finally I saw the whole picture. Then I suspected that it was not wild imagination because there is some continuity in it. It was very calm in the morning. Every day we sit for meditation in India before sunrise. Since the room was a separate shrine room for ourselves, it was quite calm and I was enjoying the same picture daily. I opened my eyes and saw *Gayathri* and closed my eyes, I saw this picture. Of course I didn't question into the matter too much but I was enjoying it passively because there is no use of questioning anymore. We don't get any answers to our questions.

After I enjoyed the same picture for about two and half weeks, I was invited to visit a village high school. The headmaster of the high school invited me to his place to celebrate the centenary celebrations of Ravindranath Tagore. I went to his place that evening. It was about 5:30 in the evening. We were sitting and talking many things. Suddenly he said, "It is 6'o clock. You would excuse me for a few minutes. We have a prayer inside. We will conduct our prayer and again come and join you." He asked me to wait for about fifteen minutes. I said yes.

He went into his house. An idea came to my mind, 'why can't I also go and join the prayer.' But I felt a little bit delicate. He came back again and said, "If you have no objection, you come and join us in the prayer". You see, if we can understand, it is how the Master's grace will flow to us. Had he not invited me, I would have felt delicate. So, I went inside and his wife and children were sitting in a row. I saw a big picture of the Master, a human size picture, painting. I felt really shocked because this is the same Master whom I am seeing in the morning daily. Without invitation he comes to my house in the morning

I sat there and followed what they did. They closed their hands like this. They closed their eyes and they repeated "Namaskarams Master C.V.V." I too repeated. Immediately there was a peculiar sensation in the spine, exactly the same sensation which I had previously. Immediately it came to my mind that previously I had the same sensation and I could recollect that this is the second time that I am sitting for this prayer. Then I recollected that it was not the second time, but for the third time because the recollection went back and finally I recollected, that about the age of five, I saw these letters on the book and the picture and I could correctly recollect that I had seen the picture in the hands of my father. That is what I experienced when I sat in the meditation. After fifteen minutes, we got up and then asked him who the Master was. Then he said, "He is called Master C.V.V. We invoke his name in three letters daily. We do this twice in the day, that is, at six in the morning and at six in the evening."

He said that he was a great Guru of the Raja Yoga path. He had many disciples and he lived in south India about two hundred miles from Chennai on the banks of a holy river called *Cauvery*. He was having his own Yoga school. He passed away four years before I was born. So, after he passed away, I was born four years later. So, there was no possibility for me to go and see him physically. So, I asked the gentleman to give me his inscription of the name of the Master along with his signature and acceptance for me to repeat the Master's name. I wanted to form a link with the Master through this gentleman because without the link of a living person, there will be no use of any *Mantram*. We should receive the *Mantram* only through a person, not through a book, just as you learn music only from a person, not from a book. So, he has given me in my diary, the name of the Master and he made his signature and the date. From that day, I began to meditate upon the Master's name daily. He also informed me that there was a photographer at Madras, who was a direct disciple of the Master.

The photographer was too old. He was about 92 years. If I wrote to him, he would send me a photo of the Master. He advised me to write immediately because he has grown too old. You may have the luck in getting the picture through him. So, I returned home. I was lazy not to write to him. But, within five days, I got a picture of the Master through post because the gentleman wrote him to send me a picture. I opened the packet, when I received it through post and saw on the back the signature of the photographer also.

When I was looking at the photo of the Master, some friend brought a news paper. I read the news that the old man left his physical body. It was strange. I took that photo and from that picture, I multiplied all these pictures. That is how it started. Then when I was meditating upon Master daily, I began to see some colours and some pictures and for about a few weeks, I just enjoyed the pictures and then I felt like having a book to note all these things with dates.

So, I started with my spiritual diary. I began to get some passages. Some passages in English, some in my own language Telugu, some in Sanskrit, like that. I noted them as they came to me. Sometimes there are some symbols and some figures, some numbers, like that. In course of time, I came to understand that, I am getting my programme of the day as instructions and since then, life took a very peculiar turn. I came into contact with most remarkable people and I could never imagine that I will travel the world, such a great distance because as I told you, I was not rich and I am not rich even now. I live only just self-sufficient. As a language professor, I have no possibility to travel other country.

There was a spiritual society in my place, who started a spiritual monthly journal. They wanted me to be the editor of that journal. I started doing it. They used to send the journal to Theosophical Society, Adayar, Madras, and one old gentleman was going through my editorials in the journal. He wrote me a letter. "I was following your editorials. I want to have a correspondence with you". That

old gentleman was a native of Belgium. That is a village called Spontin and he was living temporarily in South India, doing some research in the Theosophical Society at Adayar. He made a correspondence with me and after about a year of correspondence he felt much satisfied with my explanations of scriptures. As soon as he began to make a contact with me, the journal in my place stopped. They could not continue the journal, but we continued our correspondence. Then he invited me to his place in *Nilgiris*, that is, Blue Mountains in South India.

For one month, I was giving discourses in his place, about the scriptures and spiritual astrology. Then he gave me the first set of books written by Alice A. Bailey. Until then I did not know who Alice A. Bailey was. It was he who first introduced Alice A. Bailey to me. My father was the first who introduced Blavatsky to me. I read the books of Blavatsky with my father with his good explanations. But it was the first time for me to see the books of Alice A. Bailey and it was so remarkable as that was the first set that came to India at all. So, I was the first man who received the first set of Alice A. Bailey books in India. Then I began to read them. He wanted me to explain certain passages and he said that he was thoroughly satisfied with my explanation of Alice A. Bailey books. Especially "Cosmic Fire and Initiation" and he took my lectures in cassettes and after I returned to my place, he wanted me to prepare a text book of what I taught to him.

So, I prepared a book called, "Spiritual Astrology" and I sent the script to him. Immediately he got it typed and

he got it printed in South India. He took the books and the cassettes of my lectures to Belgium. He had his disciples in Belgium, France and Switzerland. He distributed my lectures and books and introduced my name to those places. His name was Mr. Albert Sasi. Still there are his disciples in these countries. For the first time, they invited me to Europe in 1972. That is how it started.

So, after I started meditating my Master's name, all these things became possible for me. Another peculiar experience of mine is, I was trying to understand 'Secret Doctrine' after I started meditating his name. Of course it was very difficult. Even though my father explained everything, it was not easy. One night, some gentleman just asked me on the street, "Are you reading Secret Doctrine?" I was shocked. I was just thinking what to answer. Again he repeated, "Are you reading Secret Doctrine?" I said, "I am trying to understand". Then immediately he said, "You read from this particular chapter and page. There is a chapter named, 'The Holy of Holies-Its degradation', (about 'Sanctum Sanctorum'). He asked me to start from that page and read. 'You will understand', he said.

It was late in the night and he said and he went away. Just I tried to follow him, but I could not find him anymore. I went and started reading 'Secret Doctrine' from that page. I began to understand things which I could not understand previously and also I found the great commotion and activity going on all the whole body. Strangely I was only alone in my house during those days. My wife and other

people, they were away in some other town. I was single in my house in the night. I was reading this book 'Secret Doctrine'. I felt some activity going on in the house. I suspected or imagined that some people were walking here and there. I found something like a fog before my eyes, like a screen and I found many people coming and going.

I saw many forests and many temples and many pyramids and people with peculiar garments going and coming, having lengthy garments; some people having turbans and some people having some barbs and all that. Late in the night, I was reading the book. The next day, I wished I would see the gentleman once again. So, late in the night again I went into the street anticipating that I may see him. It was about 2 AM and I saw him again very luckily. He asked me, "Have you attempted to read it?" I said, "Yes". Then he gave me a picture on a paper. He said, "Daily meditate upon this picture and you read the book. You will understand." He said, "You read *Bhagavad Gita* also."

I said, "Already I have read *Bhagavad Gita*. Then he said, "No, read it again." Then I understood that I was a fool to answer like that. I asked him if I can know his address. He smiled and said, "No, we will be meeting." That's all what he said. Then I used my intelligence and said, "You are welcome to my house." Then he said, "No. When the time comes, we will meet again". So, I wanted to lead him by the nose to my house and it was not possible. There was nothing mysterious about him, but again and

again, he is appearing to me and from time to time, he is advising me and helping me in everything.

After sometime, I was shocked to see him in different places also when I went to another city or town or country. I see him in every country but I don't find anything peculiar. But, I received every bit of programme of my life from him. And he has explained me many things and I think many of the things which I explained in my conferences, they are the things given by him to me. He said, "This is the only thing which you can do, that is, the meditation of the Master." ***He promised me one thing. That is, "If you want to ask anything, don't ask anyone. You ask me. Then you will have no necessity to ask for anything. And if you observe this principle, you will find that everything comes to you without asking."*** That is what he said.

I began to observe that principle since 35 years. And during these 35 years, I had no necessity to ask anyone for anything till today including my bread and my house and my family maintenance. He also said, ***"If you are required, you will go there and if anyone wants your assistance, you will be placed there. You have to answer yes. You should not programme for yourself. Everything will be programmed for you and you will be called wherever you are needed. You have to do service wherever you are called"***. That is, these are the two things he advised me and the third thing, an instruction, "Don't try to know what others think about you". These are the things he has given me. He said, "This is enough if you observe these things." I have been observing them till today.

I get every experience what I want and it was strange that my second son was having an incurable disease. That disease called, the 'grand mal', that is, epilepsy, that is, falling sickness. Doctors said it could not be cured. They asked me to use sedatives to the boy, which I refused to do and I left the boy just to chance and live normal living. I came into contact with a homoeopath who started treating the boy and after one year, I picked up some homoeopathy from him. I have to go away to some other place with my family. So, we had no chance of getting the boy treated by that doctor. So, I was doing my meditation and I started homeopathic treatment with my boy. I was studying the books and giving him medicine. I treated him for about three years. He was totally cured of the disease. Then I began to treat the people of my own house and then my neighbours began to approach me for little medicines and within one year, there were hundreds. I found it very difficult to dispose of people. Immediately there were some people who were interested to learn. I began to study and teach them and these people began to work as my assistants. Within two years, there were thousands of people who were waiting at my door. All of them say that they are being cured. I didn't know, what it was, how it was happening. I know that I was not a doctor because I have not studied medicine anywhere. I studied everything of anatomy, physiology and pathology with my father.

I studied *Ayurveda*, not homeopathy. And then, since now, it has developed into hundreds of clinics in India. Now, we are a big association running many hundreds of

clinics. Till today, I have trained many hundreds of people into real experts in homeopathy and they are successfully conducting their own clinics. I made my second son a homeopathic. I made him study homeopathy in the university for five years. Now he is managing with all my clinics in India. He has many assistants and nursing homes and clinics. This is something which is still a surprise to me. There are many activities. Every day in the evening, I started to speak a little with my own friends about the scriptures and it developed into a big society. Every evening now, we have about not less than fifty different societies at fifty different places having discourses on the world scriptures conducted by people who are trained under me.

There are many people who are trained under me for discourses and now they are preparing their own disciples to give these discourses. Whatever comes to my daily programme, I will attend to it. That is the only thing that I observe. When there is a call, I am expected to say 'yes' and not 'no'. That is all what I know. This is what I know about my Master. Of course there are many miracles which I have experienced with the Master. But it's not so very good to speak of miracles and other things. One gentleman asked me, "I will also meditate your Master, if you can immediately create and produce a picture of your Master to me." We were standing in the street and talking. He said, "If you can produce a picture of your Master now, I will begin to meditate." I said, "That is something which I do not know. He should know and the Master should know if you have to meditate or not." Then immediately, a friend

of mine suddenly came and stood there. I just asked him, "Have you a picture of the Master?" He was having a picture in his purse.

He took out the picture and gave it to me. I gave it to him. I have many thousands of such experiences. If people can call them miracles, they may call miracles, but I don't prefer to call them miracles because there may be something supernatural in it, but there is nothing unnatural. There was another gentleman who wanted a book to produce a research paper in a university. He was a science student and he was asked to produce a research paper. He had only three days time. He had no reference books. Just for fun, he came to me and said, "I want one book. If you can create and produce that book to me, I will meditate your Master from today". I said, "I don't know. I am not concerned with it."

In the mean while, suddenly a jeep stopped and an old classmate of mine got down from the jeep. He came from about more than 1,200 miles. On an aeroplane, he came from Delhi to my place. He stopped there because we were talking and standing. He said, "I am coming from Delhi just now". He was having a book in his hand. I was talking to him, and this friend was looking at that book and after two or three minutes, he said, "May I know the book". He said, "Yes". He was shocked to see. "I want this book", and he requested him, "Can you give me for about two hours. I want to copy down some quotations from this". Then he produced his research paper and he started meditating the Master.

In cases of sickness, we are expected to attend whether it is night or day. In India, you know that medical aid is very bad. There are many poor people and medical profession has been too much commercialized. In the nights we find many horrible, pathetic, helpless cases. Whether it is night or day, the Master expects us to go and attend. You know what happens if we say no. If I say no to someone who is having high temperature, if I come home, I should do the same thing with my son or my wife. That is how it happens with the Master because he says that, 'when it is time for us to attend a patient, we have to attend anywhere. If we avoid at a place, if we escape, we will face it again at home'.

So, we found that everything in the daily life is concerned with the Master. Nothing takes place as an incident without the reference of the Master. There were cases when we were involved in dangerous situations and many deceptions and we were never in trouble with anything. Just we are living like travellers, taking our journey through life without any difficulty or involvement in life. The same thing I experienced. My family and my children and grandchildren and all the other people who follow me, for example, Kumar and his family, all of us, we know only one thing, that the Master decides our programme and we follow it. We have no responsibilities. We have no problems. Everything is conducted by him. This is our experience with the Master.

Any how I am very happy to spend time like this in your company. I found all the people very pleasant and

very happy here. I spent these few days without any seriousness of mine because I don't find anyone serious. I find only one defect in all of you. You have spent only a very little time. I wish I would have spent more time. We wish that the Master prescribes some more time for us to meet. That's all what I can tell you.

I am very much afraid of suggesting things to the Master because when we begin to suggest, they begin to react in a very peculiar way. So, it is better that they decide and we follow. Anyhow, this is a real sweet experience that we spent here.

Thank you all.

Health, Hope and Positive thinking

I thank you all for the happy presence you have given me this evening. I thank my hostess whom I have remembered all these five years and whose memory in my mind has been green all these years. For one single reason, that is the way of living, what I understood as the right attitude towards life and once again I am very happy to meet them and be with them under their hospitality.

I am expected to speak today about health, hope and positive thinking. It is a positive subject which I like most and an opportunity to understand health in its positive way because during these few decades, health is often understood in its negative way, because of the over production of medicines and over use of medicines.

It is not so very fortunate in the modern age, that whenever the word health is mentioned, often people remember medicines, treatment and doctor. But once again we have to heal ourselves, that is, in our attitude and the understanding of health in a positive way and we should not be surprised to note that health has nothing to do with

medicine and health has nothing to do with doctor. It is only disease that has everything to do with medicine and doctor and not health. Health is your natural condition, not exactly physical. Many times it is often understood on the physical sense also. But health belongs to the attitude of mind and the activity of our life and the result is understood by the physical health.

So, what we call health on the physical plane is only a result of health and not health. In the case of diseases also, what we normally understand as diseases on the physical body are not at all diseases, but they are the results of diseases. ***Health exists in our behaviour and illness starts in our misbehaviour and the results of health and disease are observed on the physical plane.*** Any attempt to cure disease on the physical plane or establish health in the physical body will never be successful until we understand that we are to change and not the cells of the body because every minute and every second it is from us the cells of the body are produced.

When a goldsmith keeps gold pure, then the jewels he produces will be pure. If he makes an alloy gold, then the jewels will be alloy. Understand that you are the goldsmith and your body is a very valuable jewel with all the parts as the little jewels in you. If you observe your eyes in the mirror when you are healthy, you will know what beautiful jewels you are having. If your friends are pleased with your speech, then you will understand what a beautiful jewel of your tongue is given to you. If you begin to think of the good nature of people around you

and try to become better and better by imitating it, you will understand what a wonderful jewel of mind is given to you by Nature and after sometime you will wonder what health is!

You will begin to experience what real appetite is and what the taste of food is. It is the body that needs food and not yourself. Even then you can make the food very tasty to the tongue, so that it may be tested by its taste and decency and then you can make a selective gift to the physical body also. The food you produce to the body, you supply to the body and the water you supply to the body, they are expected to be pure, valuable and good. And to test the purity of your food and drink, Nature has given a valuable jewel which is called tongue. You are expected to make a better use of your tongue, so that injustice may not be done to the physical body because there is no more faithful animal than your physical body which is serving you.

You know how the horses are faithful to their masters, how dogs and cats are faithful to their masters. But there is a more faithful animal which is with you, which is your physical body. It is carrying you and it is supplying all the jewels produced for you, to look, to hear, to smell and to taste and to know the sensations and also to take food inside, to digest it and keep everything clean and it expects us to keep everything clean also. So, everything depends upon how we make things and that is what is exactly called health. The result is understood on the physical body and the mental attitude, how we smile with others, how we speak with

others, how we greet when we meet others, how we think about others in their absence and how we have impressions about others- all these things put together will make us understand the quality of the machine we have with us.

When the quality of the activity is happy and good, then it proves that we are healthy. If the quality has something troublesome to ourselves, it indicates that something is wrong with the instrument. If I begin to think something bad about a person, if I feel jealous of a person, if I am restless about him, if I cannot sleep properly because I am thinking about him, immediately it indicates that something is wrong with my machine and we have to rectify. Rectification of health is not at all by ourselves. It is by rectifying our behaviour, our procedure with others, our attitude with the people in the society and our behaviour with our food, drink, our sleep, work, our rest and our behaviour with sex.

All these things put together will form the data of health. For this reason I once again point out that health has nothing very much to do with medicines. Sometimes when everything goes wrong with us, then sometimes medicine is necessary to rectify that. But when we feel like taking some medicine daily and when we feel like consulting the doctor very often, that means something is not in order with our mind. Something is defective with ourselves, which cannot be rectified either by the doctor or medicine and that something should be supplied by ourselves. That something is called health. *So, let us have a proper understanding of health as an attitude of life.*

When health is disturbed, it begins to fail gradually not suddenly. Similarly, when health begins to improve, it improves gradually and not suddenly because it is our attitude which can be scientifically called health. The attitude should be habituated into the right way. We should distinguish between knowledge and habit. We should understand that knowledge can never help us, unless we make a habit of our knowledge. We may be knowing many good things, we may get the scriptures by heart and may make the 'Sermons on the Mount' loudly every day but unless we try to practise a part of it or try to understand how to live a life like that and when we read 'Love thy neighbour as thyself', unless we try to know how to love our neighbour as ourselves, we cannot have the benefit of the good things that are with us.

When we recollect the many good books we have read till now, and the great research in the many subjects we have done till now, we can make a list of some thousands of good things that we know. But if we question, "Are we better after reading a good book? Are we better after knowing some good things?" The answer can be yes, only when we make a habit out of any good thing we have learned. But if we know and clearly understand good things without making a habit, all the good things will exist in one section of our intelligence, like the many valuable books in the good library having good facilities to read, good light and good table and good chair, everything comfortable, but there is no one to read the books. It is like a library without a person.

So, our knowledge can never help us. It is only our habit that can help us or ruin us. We should understand the great strength that is there in habit. We should understand how it can block us though we know what is good and what is bad. Sometimes I may be having bad habits, which I know bad habits and my friends may tell me that your health will be spoiled, but still I cannot understand it because it is not the incapacity to understand, but it is unwillingness to understand. ***Incapacity can be cured. Unwillingness cannot be cured.*** So, it is the outlook that makes everything. If the outlook were to be healthy, the 'in look' should be at first become healthy.

'In look' means looking in. To speak with ourselves, not to make others appreciate us, not to please others, not to see that others think good of us, but to know if we are faithful to our vehicle or not. We have a beautiful vehicle which cannot be replaced if any part of this body goes wrong. We have plenty of doctors who can remove a part from this body. But on this earth planet till now we have no doctor who supplements a part which is removed. So, this machine is imported from a foreign land and the spare parts are not available in our own land and till now the address of the foreign land is not properly known by any one. Only one thing we can know about this machine, that is, whenever we misbehave with it, we have to pay a penalty and our knowledge is no exception.

We are not honoured by our knowledge when we begin to misbehave with this. Another point we know about this machine is, when a part of the machine goes wrong, we

have to live with it a faulty life. We can never replace a part. A third point we know is, if this machine is condemned beyond repair, the indweller of this machine is such a decent fellow and such an artist that he will never think for a moment to kick this machine off and come out even though we want to live in this machine for a long time. We will easily understand that there is another fellow different from ourselves, who is living in this machine.

We may have a great desire to live for some more years. But the greater one who is living in this machine, who is making the heart beat, who is making the blood circulate, who is making the respiration possible even though we do not know physiology and the one who is careful that oxygen is taken in and not carbon dioxide, in spite of our ignorance of chemistry. So, there is a person who knows every science, who is living in us. He had nothing to do with our knowledge and ignorance. He is doing everything for us. He is conducting our respiration and he is conducting our circulation; while we are sleeping, the circulation is continuing, the heart beat and the respiration are normally continued. Even when we are awake, we are not at all careful about our respiration and heartbeat because we are not capable of doing it, even though we study physiology and anatomy thoroughly.

Now commonsense makes us understand the existence of such a wonderful fellow in us. After a certain amount of maturity of mind, we come to understand that, it is not for us this machine is made, but it is for the more decent fellow who is inside, this machine is made and every day

if we try to observe how we behave with this body, how we behave with our food and drink, with our sleep and sex, with our work and rest and how we behave with others, we can very easily find many items of misbehaviour at the end of the day. It is not difficult for us to understand that we are not very great. Not even great, not even ordinarily good.

We are a mixture of good and bad. But there is the existence of the other person who is making us live. He has no exception for anything. Whenever we misbehave, he is helpless and he has to show the result upon our body and mind. Then we come to understand, that this body is intended for the other person to live, who is greater than ourselves, who is nobler than ourselves, who is very big size in his behaviour, who is working night and day even while we are sleeping, who is conducting the respiration and the circulation and the digestion and who knows all the sciences and arts of this world and who has nothing to do with our ignorance of the many subjects, at the same time who is very tolerant of all the misbehaviour we show daily towards him.

You can call him by any name you like, you can use your own name for him or you can use some other name according to your own deity. But you cannot deny the fact that you are not the main person who is living in this body. There is a manager and a proprietor, who is the owner of this machine. You are only the secretary who is working. This is our exact position when we understand this machine and its mechanism. Now in the light of this fact which

can never be denied by anyone, let us understand the term 'health'. This point has nothing to do with Atheism or Theism. Even the materialist and atheist have to accept a nobler fellow who is existing in this body, though he has an allergy for the name of God.

So, when we understand that this body is for him and that this machine is not owned by us, but we are only the office keepers of this constitution, then we understand what health is in its real sense. When the office is kept clean and the chairs and tables are in a normal position, when the manager comes into the office, if he finds that everything is in its own place and the correspondence and the files are in perfect order, then he calls it health. But if the chairs and tables are dirty or the walls are spoiled, then if we call it a disease of the wall, if the table is dirty, if we call it the disease of the table, if the chair is broken, if we call it the disease of the chair, it is a wrong understanding.

If we make the wall clean once again, if we make the table clean once again and if we repair the chair and replace a new chair, then what happens? If the same people are working in the office, once again tomorrow the wall is spoiled worse than yesterday, the table is made dirty worse than yesterday, and the chair is broken worse than yesterday. So, can you call it making healthy? Similarly, when there is some trouble in the physical body, if we try to set it right, if there is calcium deficiency in the body, the legs of a child are very weak, when we feed him with some medicinal calcium, when the boy shows some progress, we can never

call it making him healthy because we are tackling with the house and the furniture. We are trying to make any equipment better once again, without understanding that the cause is remaining with the staff, who is working in the house.

This is how we have to understand about health. You have to give good training to the office staff, so that they may not keep the table dirty once again, they may not spoil the wall once again or they may not break the chair once again. Then only the house can be kept clean, but not at all by making the house clean day by day. So, the more we begin to take medicines to our body daily, the worse will be the health for us and after a prolonged period of time, the body goes into incurable condition as a result of over drugging.

So, health should be practised as an attitude towards everything; for example, as an attitude towards food and drink. Taste is given to the tongue; to taste food and appetite indicates the need of fuel to the engine. It never indicates the want of food to you; it indicates the want of food to the body. When we remember this, it is called health. When we do not remember this and we deceive ourselves that the food is for ourselves, then that is the beginning of ill health.

Nature has given us a facility to supply food to the body. That is what we call the taste of food. We should use taste to eat food and we should not eat food for taste. There are two ways of understanding taste. There are people

who eat for their taste. There are people who use their taste for eating. It makes all the difference. If we eat for taste, tomorrow we have to eat medicine also because the stomach penalizes us, just like the policeman gives us a notice that we have wrongly parked our car in the street and we have to pay the fine. Similarly, a policeman from the stomach will give us a notice that we have made an offense that is, we ate for taste. Then we will do the second offense, that is, we take some medicine to reduce the pain in the stomach. After committing the second offense, we become an offender for a second time because the body never welcomes any medicine. The body welcomes only nutritious substances and not medicines and even the nutritious substances, body welcomes only when it is needed.

Need is indicated by appetite. So, this is the method we have to follow to understand the language of this machine. Our attitude towards food and drink includes one point of our health. Second example our sleep. The need of rest to the physical body is indicated by the Nature by feeling sleepy. That means the body is to be given rest. But when we keep the body working throughout the night for some work which we call more valuable than our health, then we are wrong. However important the work may be, it is for us to decide the timings of work and sleep and we have to finish our work during the working hours. Is he to be allowed to sleep day and night? Not at all.

You can understand what is natural and what is unnatural. If a person does not feel like getting up from

the bed in the morning, still wants to sleep much into the day, immediately he should understand something is already wrong with the health and the previous faults he has committed is making him understand sleep wrongly. Then he should find out what is wrong with his habits and make a natural rectification until sleep is restricted to normal times. Like that we have to understand the natural and the unnatural limits of every process. Sometimes we may be greatly interested in keeping all through the night awake. For example, while playing cards and the bridge game, like that we may think, we may believe that it is most valuable, but when we understand Nature's language, we should immediately know how foolish we are.

There may be a mistake in our understanding; there can never be a mistake in Nature's ways of working. Errors are common to the human mind, but not to Nature. The Nature that is working in us knows always better and we have to develop the mind to know the intentions of Nature. So, this attitude towards food and sleep and rest and work should be practised and life should be a practice of this attitude.

Now we will take another aspect about it. We have to know the 'Law of Life'. How life makes the body active during the first half of our span and gradually during the second half, life begins to make a withdrawal from our body. When life is making a progress into the physical body, we find that we are growing in size, growing in mental power and every dimension is taking a growth. After a certain age, we will understand that our growth has stopped

and we cannot grow taller than what we are. Similarly, we cannot grow more intelligent after a certain age. The same intelligence is used with more experience as we grow old and old and the physical body shows less and less activity towards food and drink. That means its reaction towards food and water begins to withdraw. Similarly, when we are in the habit of using medicines often, we find during the growing age the body is readily reacting to medicines to make a temporary restoring of the any part of the body.

When we cross that period of age, when we enter into the second phase of life, we will clearly understand that the same medicines are not working with the same efficiency with us and gradually, the efficiency of the constitution to make a proper reaction to medicines is being decreased. The need of food to the body is also decreasing. If we do not understand this properly, if we maintain the same quality and quantity of food as we were eating in our young life, then the origin of ill health is there in the mind at first and every organ begins to fail in its function. If we eat according to our previous habit, then the elimination becomes less and less.

The kidneys and the stomach function less and less. The liver and the vehicles begin to function less and less because that much of food is not required by the body, but we are forcing that much of food into the constitution. The result is previously we have grown tall, but in the second age we begin to grow horizontal and to control this obesity we begin to starve or we eliminate oil, fat, salt and sugar. Some idiot advises these things to us and we begin

to practise these things and we don't know what mistake we have committed. The mistake is that we did not understand that the body requires less and less of food and drink as age advances.

When we have a good attitude towards life, we will understand these things very happily. But if the attitude is not healthy, there will be many troubles with us in our mind. We will see all the young people in the house are eating well and when we are advised not to eat that much, we will feel jealous of the young people. Sometimes we suspect the good nature of others also and think that they are jealous of us. So, many troubles will result in our mind and our way of thinking if we do not have an impersonal attitude towards our machine. But when we maintain the real impersonal attitude, we will be very happy to supply the required quantity of food and drink and reduce it according to the age very happily, without feeling any complexes in the mind at all, so that we may allow the young people eat more happily and allow the young people live with more understanding than us.

This is one part of the attitude towards health. That is, towards food, drink and sleep and work. If the work we do, does not suit our mentality, then also it gives an attitude of ill health. Sometimes we have many complexes which have nothing to do with our health. We do things because our friends do or sometimes we do things because our rivals do them. In some places it is very difficult to secure a seat in medical college for children, for students. In some places it is considered a great privilege to secure a seat for a son in a medical college.

Suppose a person is living in my house for rent and his son had secured a seat in medical college, then I feel I should secure a seat for my son also in medical college. I do not consider if my son is fit to study medicine or engineering but due to a dirty complex, I try to purchase the shoes of the dimension of the other student to my son also. I expect my son will step into the shoes of the other student. Unless my son also joins in the medical college as a medical student, I am not satisfied many times because it is a great point of foolish prestige. Then that is the beginning of ill health in my son. He begins to study in a class which is not suitable for his mind. When he is born to be an architect, if I push him into medical course, a square peg in a round hole, no fitness; by the end of the medical course, the boy becomes a medical practitioner, qualified and licensed, but he will never be a doctor.

He is a thorough failure in his life because he is most unpsychological and he lives with an internal lacking of motive. You should understand what for you are born and you have to choose that particular way of living. You should have a healthy independence in your attitude to select for yourself or your children or your family members. You should be able to advise your friends also properly in this manner and this also an important factor in health. We see many people living like skeletons not human beings, because their profession does not suit their psychological setup. They may be earning a big salary. They have all comforts given by the government, but you find a walking skeleton and not a human being.

So, this is another aspect which we should remember. To rectify these things, we should have a positive way of approaching things. If we observe ourselves, we have something positive in us and something negative in us. That is the reason why we see good things and bad things in the world. *The capacity to see good things in the world is what is called the positive attitude in us, which helps health and the capacity to see the defects in others is the seed of disease in us. The capacity to rectify is different from the capacity to find a fault. You can rectify yourself or the other person. You can see the defects in yourselves and other person also with an attitude to rectify and you should lose no time in rectifying after you found out.*

That is the positive way. The negative way is, to be interested in finding the faults of others. We find these people are invariably patients of the liver. Unless the liver is at fault, no person can be over critical about others and very harsh and sharp about others and no one uses a very sharp tongue in criticising others, unless he were already a patient of liver. Sometimes the liver disease may not be detected by the doctor, because the doctor can detect only when it is only on the physical liver. But you should be able to detect long before it comes to the physical liver by the mental attitudes and the differences in the attitude.

I should know for myself that I am more and more inclined to see the defects in others during the last few months or few years. Immediately I should understand that there is something wrong with me. Because I am more and more interested in criticizing others and finding only

what is defective in others. This is what is called the negative attitude. If we have the negative attitude with us, it works like some coloured spectacles with us and it is projected upon anything we apply. Sometimes we will be negative towards religion. Sometimes we will be negative to others' religion, calling the people of other religion, sinners or non-believers. Sometimes we will have a negative attitude in a political field, trying to criticize the people of other parties. We can apply the negative attitude towards any walk of life.

If we visit a family who are our friends, if they are happier than us, if they are able to lead a more decent life than us and if they are having a better arrangement of things in their house than we have, then what is our reaction to it? By the type of reaction we have, we can immediately understand if we are healthy or unhealthy. If our reaction is positive, we will try to imitate the better in them and we will try to arrange our furniture in our house also in the same way because we have understood the advantages of the better arrangement and we begin to copy from them, what is better in them.

Whenever we see them we feel happy because we are elevated. Then we can understand we are sufficiently healthy. But if we come back home and feel jealous of the fact that they are having a better arrangement of everything, we begin to question within ourselves and then we begin to comment about them with our own fellows in the house. We say the arrangement is very bad. Our house is much better than their house. The food in our house is

tastier than the food in their house. They do not know anything about hygiene. Suppose in their house there is a bigger TV than in our house, then I begin to comment, 'it is very dirty, gigantic size. It should be little like our TV'. Like this we begin to react with everything better.

Through reacting painfully to better things, immediately we should understand that something wrong is there with our liver, not the physical liver, but the liver centre in our mind and from that liver centre in the mind, the disease descends into the physical liver after 10 or 15 years. Then only the medical man will be able to tell you that the liver is bad. By that time, it is too late and we have to eat medicines and make the liver worse lifelong. But you should be a better doctor to know that the liver centre in your mind started becoming diseased 10 or 15 years before the physical liver is affected. It is not the opinion of the doctor that is important with you, but it is your feeling about yourself which is reliable. If you are very weak and you make a thorough check up and the examination of everything in your body, if the doctor certifies that everything is right with you, is it true? Clinically it may be true, but the truth is you are feeling weak and the clinical results are ok. That means the system of clinical results is faulty, because you know more about yourself than the clinical fellow. It is a direct experience for you to know.

Suppose if you are hungry, I come to you as a doctor, test your stomach and take one or two radiographies and certify that you are not hungry and you do not require food,

is it right? You are the evidence, not the doctor. So, find out that you are more reliable to yourself than any doctor in this world. Excuse me if the argument is a bit inconvenient, but you can't help accepting this as true.

You know if you are strong or weak in heart. You know if you are having fear or sorrow in mind. You know if you are nervous or strong by nerves and it is not at all the doctor. I don't deny the need of a doctor, but you are always a better guide to yourself than any doctor on this earth. The only thing you have to keep up is, you should practise using your commonsense in a normal way. You will understand immediately when the mind is having an unhealthy spot. Immediately you should make it positive. Question yourself why the mind is feeling restless about others. Why can't I make the mind feel better about others? You see many people when they face strangers; they go into high nervous tension and mental tension. They suffer a lot as long as they are in the presence of strangers.

Though their lips are smiling, the heart and the mind are weeping because they cannot bear the tension of the presence of a stranger. They are timid. They are restless. Immediately as soon as possible they want to go home and go into their own room and then they feel relaxed. You find many people who cannot be relaxed in the presence of others. Question your mind, why don't you be relaxed in others presence? Are others cruel, are they merciless, or are they heartless fellows? They are also human beings like us. What a hell you mean by feeling restless in the presence of others? Why should the mind

feel egoistic about others or why should it feel that we are better than others?

It is only our fear that makes us feel egoistic. Unless we are timid, we are never egoistic. We have no business to think that we are better than others. Unless we believe that we should be greater than others, we have no business to be restless. If we really feel equal with others, there is no reason why we should be restless. Only if I have an opinion about myself that I am really greater than any one of you, then only I will go into tension and make my nerves suffer. This is how we have to understand immediately and use the mind instead of a thermometer to know if we are healthy or not. Try to keep the mind, make the mind positive daily. One of the important steps is, find out what is already negative in the mind.

One of the very common negative traits in all of us is, we want to know what others think about us. This is one of the biggest causes of ill health in us. This eats our conscience night and day. It will be working in us. We make every attempt to know what others think about us. "What are others opinions about me? I should appear most perfect in others eyes. I should not appear queer and odd in the face of others."

This is the one peculiar idea which makes us sick many times. If there is a mark of ink on the shirt, there are people who stop going to the office because the shirt is not clean, both in the occident and the orient also. If we have no proper arrangement in our shirt, if my button is not ready by the

time we go to the office, it is quite common that we stop going to the office and apply for the leave.

That is what we see in some people. You question them why you avoid going to the office. He says what others would think about us. The answer is they think that our button is not alright. Beyond that they never think many things about us. We should have that much of confidence in others commonsense. Are others idiots or fools to think too much about us? Is it not criminal to think about others like that? So, there lies the seed of ill health. Have confidence in the good sense of others. Believe that others also have an intelligence to understand you. This is what is called positive attitude to be practised in daily life.

In India marriages are performed in a peculiar way. The would be couple will be made to interview each other before the match was settled by the elders. That is how marriages take place in 80% of Indian families. Before the couple were sent to interview they were dressed very spotless just like dogs or bulls sent to exhibition. One day a student who was to be married was working in the fields, working in the agriculture. From the field he was carrying legumes home. He was having a big pumpkin on his head and some legumes on this shoulder. His mother came half the way and said", Stop. You give all these things to me. You go home from the back door, take a wash and dress yourself carefully". Then the boy asked, "Why?" She said there was a party for an interview of marriage and if you appear like this, it will be very bad.

Then the boy asked, "What is wrong if they see me like this?" Then the mother said, "They think that you carry legumes". He said, "I am carrying my own legumes not others' legumes. Suppose tomorrow after marriage, if my wife sees me carrying legumes, is it that she has to leave me off? So now let her see like this. If she still likes me and if I like her, then the marriage takes place."

So, that should be the attitude for health, a positive attitude. When two people are talking at the door, immediately if the mind suspects they are talking about me; understand that the kidneys or liver or pancreas were in trouble. If two persons are laughing to each other or smiling to each other, then immediately I feel that they are laughing about me, understand I am already unhealthy.

The fact is even though they laugh at me, it is the idea that kills me but not their laugh. That is the positive attitude. So, we should practise positive attitude. Daily observe ourselves in the night, how much we care what others think about us. It should be totally zero. 'What others think' is a wrong attitude. 'What others want from me' should be the attitude. Make a gradual replacement of the attitude. Whenever the negative idea 'what others think about me' comes to the mind, begins to feel the positive idea, 'what others need from me'. That is the right attitude.

One very good positive attitude I have seen in the occident is that people smile when they meet. Practise the smile as deeply as possible, so that it is not a smile of the lips, not a smile of the face, not a smile of the mind or

intellect but a smile of the heart, your own smile. It is this attitude that is to be copied from the occident by the Orientals. But I don't deny that, I don't say that people of all countries have this healthy attitude in the occident also. There are some countries where people, more number of people are serious. But as far as the French speaking public are concerned and as far as Belgium, France, Switzerland are concerned, I have travelled many places many times, I find people greet with smile and I find at least half of them smile with their heart.

The other half, stopped smiling with their heart. It is because of the evils of the industrial way of living. But I wish the other half also should smile with their heart and laugh with their heart. In this respect, the Orientals have to learn much because they are having some serious attitude towards life. On the street when two people meet, generally they don't greet each other with a smile. Smile always gives a good touch, a comfortable touch to the circulation. A real and hearty smile will be always an addition to the health of the person. Observe what we have to copy from others.

Let us be the first to speak. Let us not wait until the other person begins to speak. Let us first smile and make others smile. Let us speak and make others speak. Such should be the attitude of health. Another point of positiveness is a bit difficult but practised by great saintly people. ***Observe how many of your thoughts can be openly expressed to others. The more is the number, the more is the health.*** If it is not possible, the impossibility belongs to our ill health and it is not impossible. As we grow more and more healthy we begin to know the possibility of it.

You might have known a saintly emperor called Marcus Aurelius. In one of his dairies he has written like this. ***"When you are ready to express any thought in your mind and when you have no objection to speak out any one thought, and when a person asks you what you are thinking now, if you are always ready to express what you are thinking, that is the perfection of your positive attitude."*** That is what Marcus Aurelius has written in one of his diaries. We can't say it is impossible, because it became possible with Marcus Aurelius. We can't say that he has bluffed. If we say, it may be due to our own ill health and unhealthy attitude. If we do not accept the virtues of others, it is only due to the lack of positive attitude in us.

Let us have the real confidence about others, their attitude about others. The lack of confidence in the virtue of humanity leads to destruction. Observe carefully, what was the cause of the two wars in the past. It is the disease which we call suspicion. If suspicion were to be between two people we call it enmity. If it is between two nations we call it war. The cause of destruction is always the same. The more number of unhealthy people are there in a nation, the more will be the cause of war with another unhealthy nation. Let us openly accept these facts to ourselves.

Let us try to live in positive terms. Accept the positive nature of others. Try to understand what others want from us. Try to stop thinking what others think about us. Then we will understand what health is.

Now finally about hope. Many of us do not understand the meaning of the word 'Hope'. This is because we are accustomed to live in false hopes for a very long time. "I hope to do this", we use this in our conversations. "I hope to see you". But that means a lot, if we know the meaning of the word. But gradually in course of time, the word hope is used as a vacuum. But let us know how it is used by the great people. If you say let us meet tomorrow, how do you know that there is a tomorrow? What is your basis to believe that there is a tomorrow for you and for me?

Is the basis logical? Suppose there may be an earth quake this night or a global war this night. In that case how can you promise others that we meet tomorrow? If we think like this it is not logical to say, hope to meet you, hope to see you tomorrow. But life is not logic. Logic may lead to reality or falsehood, according to the way in which we use it. If we sit in a train, the train takes to another station. To which station the train takes us depends upon our way of choosing the train. Logic is only like a train. Don't believe that logic gives you the proof of truth. Logic is only an instrument which should be used by you. And life is more true than logic. Unless there is a tomorrow, there is no life.

If there is life, there is a tomorrow and a living being knows it. Without reading books, he knows it. Without experience it knows it. It needs no education. It has an innate education within itself. How do you know that you live? Is it necessary for a professor to teach you that you are living? No, it is quite natural, you know it directly.

That is what we call hope in its true sense. See take the example of a newly born child. Give two drops of milk with sugar and see what the child does. How does the child know that it is milk and sugar? Next you give a little salt on the tongue of the child. See the difference in the expression of the face.

How does the child know that salt is different from sugar? Who told her? Any professor gave any lecture about salt and sugar in a university to her? The fact is, it knows. The child knows. That is what is called knowledge in its true sense. On the background of that true knowledge, we teach other subjects and call it education. We sell and purchase knowledge in the universities and colleges. In the name of education, we make much commerce and trade in the colleges and universities. Knowledge is the basis of all this commerce. It was already there by the time the child is born. That is what is called birth. When you know the value of it, when you have a little time to bestow your brain upon it every day, when you are not foolish enough that you are very busy and have no time to think about it, then you will know the meaning of the word 'Hope'.

Hope is the real existence. How do we live in this world? What for we are living? If we really question, question ourselves we have no ready answer. Is it for our food that we are living? The fact is we are eating because we have to live. It is false to believe that we are living to eat. Why living? You question. We have no ready answer. But the fact is we want to live. Even those timid fellows who attempt suicide, it is against great attempt to live that

they try to kill themselves. There is a great struggle in them in their mind to live, but they kill their body and believe that they have killed themselves. The nature of life is it wants to live. Your pious duty is to see that others are living properly.

Make life a pleasure. Make others better. Honour life, where ever it is. You will be able to honour living beings. Honouring living beings without knowing to honour life leads to false sense of honour. That is why we honour people according to their social stature and behave like idiots many times. If I know that Mr. Golomb is a very big man, officer in the city, I will say hello to him first before I say it to the other person. This is what is called idiotic way of honouring living beings. But if you begin to, if you learn to honour life and then honour living beings, it is the greatest honour you do for a living being and your attempt will be daily all positive activity. Just as the artist tries to make his painting better day by day, as long as he lives he is trying to add a shade to it and make it more and more perfect.

Unlike the idiotic artist who finds end of perfection in a picture which he has painted, real artist finds perfection every day and tomorrow he finds better perfection. That is the nature of life. That is the nature of health. That is the nature of positivism. That is what is called Hope. Give hope to others, without giving a false hope, honour others. Daily add a new shade of perfection to your daily life and habits and to your neighbours in the office or in the house. See that life is made more tasteful day by day, more enjoyable day by day. That is what is called real health.

It should exist with you as an attitude but not a location in your body to show where health is.

If you see a rainbow, where is the beauty in the rainbow? Can you locate it? You cannot locate it. If you see a gem stone shining in sunshine, can you locate the shining? If you take a photograph of the gem stone, you will be thoroughly disappointed. It is only the anatomy of the gem stone that can be taken as a photo and not at all the biology of the gem stone. The biology exists in you who is appreciating the gem stone, in the Sun who is showering his sunbeams both upon you and the gem stone also. Understand the Sun is the giver of light. He is the giver of life. He is the giver of health and not the doctor. Know that there is a little bit of Sun in you who is able to locate the Sun outside and the splendour of the Sun upon the gem stone and also on the rainbow.

All these things are beautiful because you are there to see the beauty. To themselves they are not at all beautiful. If you say the ice block is cold, it is not cold to itself. But it is cold to you. Fire is not hot to itself. It is to you fire is hot. Similarly, the surroundings are beautiful to you, not to themselves. Trying to beautify your surroundings is called the attitude of health. Trying to make life miserable by finding fault in others is the real attitude which is called ill health. By the first attitude you will be more and more healthy day by day, so that, you need not take any medicine any day at all.

By the second attitude you will grow more and more unhealthy in your body and mind. You will begin to live

with yourself thinking about your ill health, speaking about your disease only to others and trying to seek only more of medicines than of foods. So, select to be a member of the first attitude. Be ready to help and make things better whether it is social or hygienical or political. That is what is required. You can apply all the known sciences to this attitude. Let it be religion, let it be psychology or let it be yoga or let it be a yogic way of living which gives a touch of perfection to everything you know.

Yoga way of living is to be realised and your reaction to the environment should be neutralised. That is, you being conditioned by the environment should be neutralised. Then your real action from you begins to shine. When the reaction to the environment is neutralised, then the real action begins to flow from you. This is what is called yoga way of living. There is nothing for you to feel suspicious about others. Because you know that no harm can be done to you. When once you have this confidence and hope, everyone stands at his own distance from you according to his own fitness to approach you, just as the planetary globes at a distance from the Sun. What happens if our earth goes a bit nearer to the sun?

There will be no earth. It will disappear into the heat and light of the Sun. Let it be the earth or planet Venus or Jupiter or Mercury. They stand exactly at the fitting distance from the Sun. So, the solar systems go on working through eternity, only to externalize the glory of the artist who made it. Similarly, everyone stands at his own distance from you according to his or her own fitness to approach

you. So, you will be sure that no harm can be done to you by anyone. You have nothing to suspect, nothing to fear, nothing to feel sorrowful. Let that science be understood.

We can call that 'The Science of Man.' You do not find it in the present day universities to teach because the universities and the professors have not come to that stage of evolution when they can frame such a subject and teach you. We can dream of such a university, such a subject and such professors in the middle of the twenty first century. But it was there in the ancient days when the previous wave of humanity was far more evolved than our present humanity. We have to accept it and bend our heads down, because ours is a very much defeated century. In this century we the human beings have accepted shameless defeat in the hand of two things. One is defeat before money and the second is defeat in the hand of sex. We have to look into the mirror and accept that we are a defeated nation and a defeated human race on the face of earth.

When the students of next century read anthropology and history, they will read about the twentieth century human being in the darkest pages of human history and read, 'here is a race who has accepted defeat in the hands of money and sex and here is a race which has accepted mass scale suicide in the name of war'. That is our actual position. Let us try to understand, let us try to live more healthily and let us try to make ourselves fit to be more healthy parents of more healthy children. Let us do our service and lot to the children and grandchildren, try to find if we can find a place to stand by their side.

When we begin to live a yoga way of living, when we understand the functions of the mind and senses as only our reaction towards the environment and when we are capable of absorbing the reaction into our real existence then our positive action for the mankind will shine from us into others.

let us hope to do so. Let us find our bodies and minds healthier and let us taste what is positive way of existence. Thank you all once again for the opportunity you have given me to have your presence.

Question : How can we maintain an attitude of health?

Answer : The attitude of health which I described, I said it is to be applied to the body, mind and every aspect of our life. When the body is sick, body is to be attended, when the mind is sick, mind should be attended. But health can be established only from the spirit to the mind and body. Health can never be established by patch work. Neither medicines nor psychological advice can give us health.

Medicines can attend the body's immediate needs of sickness. Advice of a psychologist can give us temporary psychological comfort, that too when a psychologist is not a psychological patient. He should not be having any tension. But these two things can never establish health. Just as the activity on the planets cannot stimulate the activity in the Sun, so health is an attitude which should come and descend from your spirit to your mind and body; not that medicines and diet is not necessary. But it is only

to point out that medicines and diet will do the temporary rectification.

But establishing health is not at all possible by patchwork methods. Unless health is made an attitude of life, that is what I told. Of course, I did not want to go into the technicalities of homeopathy because it will be a bit taxing to common public. That's why I didn't speak about it. Now I will speak my opinion about it also. If at all there is any method of medicine which can establish health in its real sense, it is only homeopathy. If at all there is any system which protects our healthy state without going into disease, it is only *Ayurveda*. Homeopathy can give a real cure and establish real health. There is no place for homeopathy to give us a way to maintain the healthy condition in its very stage.

Unless there is a disturbance we are not entitled at all to use homeopathic medicines wastefully. It cures completely and it re-establishes the health totally and that is the only system that is existing in the world till now. But unless we have the attitude of healthiness, we can make the help of the homeopath also a waste by making ourselves unhealthy once again after he gives us a total cure.

So, the final master key of health lies only in our attitude towards health and not even in homeopathy. The person himself is the master key of himself. Unless he applies himself to homeopathy in following the doctor, he cannot have the real benefit of homeopathy also. In that sense, health is only an attitude towards every valuable

thing and towards the value of homeopathy also. That is what I actually mean.

According to homeopathy, there is the real tracing of the causes of disease. People can excuse me if I say that there is no other known system in the world till now which gives us the real causes of disease except homeopathy. Of course, it may appear strange to you, but if you make a sudden attack upon me I can prove it. That's why I make an affirmation. According to right understanding of a disease, there are no mental diseases or physical diseases. But diseases are always mental in their origin.

Though sometimes the results are physical, if we call mental diseases, it is only due to the mental dimension of diseases more developed. The cause of disease for the so called mental diseases and so called physical diseases is always the same. That is what Hahnemann has pointed out and that is what the whole world retaliated, reacted against him with great rage and vehemence.

Question : What is the part played by sex in our mental and physical ill health?

Answer : The impurity of our behaviour with sex. It is such a pious thing that our body owes its existence to sex act. The purity we attribute towards it results in the purity or the health of our body and mind. The indulgence attitude that we apply to it and the misbehaviour of our fathers or fore-fathers or grandfathers creates an impurity in the germ itself. That germinates a sick mind and a sick body through generations. That is what Hahnemann has

explained us and that is what I believe sincerely and till today I found no reason to change that idea. According to me also that is the cause of real disease, mental or physical. Every disease is mental in its origin and there are no diseases separately which can be scientifically called mental diseases.

Thank you all.

Astro, Homeo Healing

Brothers and sisters, who have gathered here, I thank you all for the sweet presence you have given me this evening. We are expected to speak about three subjects. That is Spiritual Healing, Astrology and Homeopathy. Each of these three subjects is an ocean in itself. When we begin to speak something about each subject, we have important and useful matter for weeks and months to speak. But, I am expected to do what is ordained to me carefully, so that I may do equal justice to the given three subjects and making it really useful to you who are really interested.

First, we will take up the aspect of healing. We are in an age when we are transcending matter and entering into spirit. This century especially marks a clear-cut change in the consciousness of the human being; a change that makes the material aspect of the world secondary and the spiritual aspect primary. But, it is really an achievement that is being done. In between, there is a stair way to climb up. Unless we carefully climb up the stair case, we cannot reach the plane of spirit where we find pure consciousness,

the consciousness which is ourselves. Stair case is the plane of forces. In between matter and spirit, there is force. Unless we tackle the forces, we cannot make an achievement. But when we once begin to tackle the plane of forces, we have to know how to steer these forces properly and how to harness them in a proper way, so that they are useful to us and we are not lost in the direction of forces.

There is every danger of being led away by the forces that are awakened by us within ourselves and around ourselves. Around ourselves, we have awakened electricity, magnetism, electronics and the atomic science. Within ourselves, we have begun to make strides in yoga and rousing the planes of consciousness to work for healing and to work for the many branches of the modern scientific researches. So, man stands between the external and internal forces like a ship, which is floating upon the various waves of the ocean, at the same time having many drums of liquid in the ship. There may be drums of petroleum and also kerosene and there may be drums of alcohol and there are also drums of water and milk.

Each drum is making a movement because it is floating in the ship and the contents in each drum are making their own movements. So, we can compare the cumulative psychology of the 20th century human being with this. We can compare each human body with a ship and the internal forces like the many drums which the ship is carrying. So, the mastery is required. We should work as a master of these forces. Otherwise the internal forces will swallow us, and the external forces make us drowned. This is the

actual situation of the modern human being. But fortunately, we have the real sciences at our aid. One of the real sciences is the science of cure and the science of healing. Healing is applied only to diseases, but its application is much wider than what we suppose.

If there are undesirable psychological traits in us, it is also healing if we make our psychological forces desirable. If there are gushes of emotion working in us, it is also healing to tranquilize the emotions and make them subservient to the various consciousnesses working in us. So, healing works on the social levels, on the economic levels and on the levels of health and hygiene also. *We should not restrict the values of healing to medical science. If you make a man think in right direction, if you train a boy into the desirable ways of living, if you train a squadron of army in the proper direction and if you can train the inhabitants of a country to behave properly, all this comes under healing.* If anyone makes us understand the values of life better, then it is the beginning of our proper behaviour with our neighbours and friends and it can also be called a beginning of healing.

Just as a magnet has its own field of action, everyone of you has your own field of action. Just as the magnet radiates invisibly its own lines of force, you are also continuously radiating your presence into your environment. You know how the right arrangement of magnets makes the magnets behave uniformly. If you place two magnets in the right direction, they are attracted to each other and they begin to work as only a single magnet.

This is true with as many magnets you do as possible. The same thing is possible with the human beings also. If two people try to understand the magnetism working in them properly, and instead of giving value to their ideas and thoughts, if they give the true value to the direction of forces working in them, then the two people can stand in such a position with each other, that the two people can be companions lifelong and the two people work like a single mind, a single heart and a single centre.

It is true with any number of people working in the right direction. This is the ideal to be achieved when we consider the aspect of healing. In fact, what we call diseases are only imperfections in us and there is nothing evil or negative in what we call diseases. If two magnets are arranged in the wrong way, if the one shows repulsion towards the other, can you say that there is evil in the magnets? Definitely not. It is the same magnetism which is playing evil when wrongly placed. It is the same magnetism that works rightly and positively when placed in a correct manner. What we call evil in the human beings is nothing but establishing wrong relationship with others. What we call disease, what we call fear, jealousy, sorrow, avarice, covetousness, all these things are only wrong relationships established with others.

When some jealousy is present in ourselves, we need not think that there is something evil in us. It is enough if we know that we are approaching the society in a wrong direction. It is for us to make a rectification. Then our mind begins to work in the right direction and our mind will

be able to appreciate what is there in the world. It appreciates not only the strong points but also the weak points of others. It teaches us that the strong points of others are there for us to imitate and the weak points of others are there for us not to immitate and rectify. If anyone is suffering from lack of self-confidence, we should understand that we are not incapable of doing things. *What we call timidity and lack of self-confidence is only a block in self-expression. It is all due to our wrong approach in wrong direction in our approach towards the fellow beings. It is for us to know that all disease exists due to wrong approach.*

Some of our diseases exist because of our wrong approach to food and drink. A part of it exists because of our wrong understanding of others. If I see an enemy in a person, the enemy works in me, not in himself because the enemy consciousness is in my mind, not in his body. If I fear anyone, fear is in me, not in the person who is feared. If I feel jealous of any person, jealousy is in me, not in the tissues of the other person. This is the origin of disease. The less is the intensity of our impression of others, the less will be the possibility of disease in us. Every one of us has our friends and our enemies, our relatives and our acquaintances, our people and other people and about everyone, we have our own impressions. The bundle of impressions about each person is on our head and it is multiplied as many times as there are number of persons whom we know.

Each person we know, we form our own impressions about him. We carry the impressions on our head as our

burden. We do not imagine how much burden and weight we are carrying in our head. There is no reward for this head load. But still we take pleasure in carrying it. Real healing exists in removing this head load. If we meet persons only as persons and if we do not carry impressions about persons, we begin to do what is expected of us. We stop to do what we wish to do. What we wish to do forms a burden to our brain and to our heart. If I remember that I have to do a lot of work in the office, the lot of work exists in my brain and not outside. But if I begin to do it without many thoughts about the work, then work is only a play because we are not foolish enough to carry it in our head.

This is the first step of healing and whoever makes a skillful attempt in this direction will find himself or herself already a healer and will find that he or she will be gradually healed of the physical and mental ailments protecting the energy carefully and saving much energy from burning in unscientific ways. Every time we are nervous about a person, we are burning much of the valuable human energy. Every time we are irritated of our boy, we are spoiling much of the human magnetism which is more valuable than anything. Human magnetism which can heal can never be purchased at any cost. There is no doctor here to sell us for any cost, the real human magnetism. It is a valuable product imported from a foreign land and which cannot be manufactured in our country. It is imported from the solar rays, from the spectrum of the Sun's rays from the heat, light and electricity and

magnetism that is being offered by the Sun. Our earth is receiving it every moment and making a benevolent offer upon us.

Through our feet, we are receiving it from the earth every moment and through our eyes in the form of light, we are receiving it. Through our respiration, we are receiving it as oxygen and we should train ourselves to receive it also in the form of harmonious thoughts. This is the real way of practising healing. Without this background, being felt as truth, no scientific method of practising healing will be of real value.

First of all, remember that thoughts are not true. We are mistaken to believe that thoughts carry truth. Thoughts do not carry truth, but thoughts carry patterns or designs. What we call truth is only a mirage and an illusion. The real truth is ourselves and nothing else because the whole creation put together is formed by ourselves and not our ideas. We are the real creation of Nature, where as our ideas are our own creation. We can either create them or destroy them and when we care more for these ideas and thoughts, we begin to care more for the relationships with other persons which we have made.

Whenever we have made a wrong relationship with any person, whenever we believe that our relationship with him is true, we feel disappointed of his behaviour and we feel sorry of his misbehaviour and we feel jealous of his strange behaviour. Do you understand that all these misspent waves of force are spurred only by ourselves and

created by ourselves? See how the earth gives us iron and how we can use the iron to make a knife and use it an implement for eating or use it to kill others or to injure ourselves. So, the iron is the real truth of it whereas the use of the knife we do is what we have created. Ideas are like knife. The truth is like iron. If we believe more in our ideas, we learn how to get stuck up and this stuck up is disease in real sense.

Disease on the mental plane creates disease on the physical plane. When there is no disease on the mental plane at all, there can never be a disease on the physical plane. Unless we misbehave with our food or drink, or our work and our sleep, or our sex, we do not go into disease. See how the animal kingdom is having less and less of disease and the plant kingdom is having far much less of disease. Unless the human being exists amidst plants and animals, there cannot be diseases to plants and animals. I think you would excuse me if I make a statement. Wherever the animals and plants live, they make the atmosphere rich by their presence. The trees shed their leaves and branches on the soil to make the soil fertilize because they have drawn some energy from the soil, because they have borrowed some food and water from the soil, they repay it with thanks in the forms of their leaves and their parts.

You see, how the animals with their excrete make the soil fertile. But, what is the result of the human beings living on this earth? The more number of human beings that live in a place, the more will be the debility of the

soil at the place because we suck the food value of the soil and we return nothing to the soil. We have to remember this fundamental difference and make good of our living on this earth.

There is also one more thing. The human being is the only species that can kill its own generations. A total suicide in the name of war is possible only in the human species and it is not possible in the animal and the plant kingdom in such a large scale. So, there is something instinctively negative in the human living itself. We should not be ashamed of accepting this because we can't argue against this truth.

We should know how to alter the magnetism of our existence by making a positive living, by making our thoughts healthy and positive, by thinking of people whom we like, by not thinking of people whom we do not like, we begin to think good of those people whom we do not like. Then our magnetism begins to change. Then the negative pole in the human kingdom becomes the positive pole. The receiving pole becomes the transmitting pole. From that time onwards, we work as centres of healing and our presence, our speech and our laughter, our smile and our sense of humour and our way of tackling others includes healing. This healing need not be known by others because it is not for others reward that we have to heal, but because it is our duty to heal. We are born as human beings and because there is something negative in us by birth, it is our duty to convert it into positive magnetism

and make a proper remuneration of our existence on his earth.

So, now you will understand the kingdom of healing. It is not like the duty of a doctor who gives medicines to the sick. But, it is like a father, a wise father who brings up his children and makes them as well-behaved citizens, at the same time, not punishing the children in any way, at the same time not leaving the children irresponsibly, at the same time having the art of making them masters. Unless he acts as a master, he cannot make them masters. It is not to prepare slaves who are cured by us, but it is an attitude to prepare good healers. It may be the daily prayer of a professional doctor, "Oh my Lord, may the number of patients who come to me increase". It is not the prayer of the healer. The prayer of the healer should be like this. "My Lord, as many people as possible who come to me be healers from tomorrow". This should be the attitude of a healer.

I know in the Occident many people are making themselves ready to become healers. Even from their very childhood and student life, people are gleaming with the desire to heal. That is a very good step in the advancement of mankind. We do not find this in the previous decades. I know mankind since 56 years and from about a decade or more, I find the desire to heal becoming more and more common. Some people laughed at it, I know. But they laughed at it because they are still sick in their mind. But, it is a healthy feature that the number of healers is being increased. It is your attitude which makes you heal.

First of all, test yourself if you are already a healer or not. The best test is yourself. See, if you are better day by day physically and mentally. See if your body resists to more and more work on the manual plane and the mind is peaceful and tranquil in the presence of a hundred or a thousand people.

Do you feel the plurality of human beings around you? Then it is said, you are not a healer. If you feel the one human being in all the bodies and if you can really see that how bodies are floating in one life, instead of seeing that everybody has his own life groaning and moaning and paining in the body instead of thinking that the body is a cage, and indweller is a prisoner, if you can adapt, train your mind to see how bodies are living in life, how the wave of mankind is floating in all the bodies and all the bodies floating in like the hundreds of bottles that are sunk in a river.

Every bottle is with full of water, but at the same time bottles are floating in water. So, the surface of the bottle is the one which makes the difference between objectivity and subjectivity. So, when you are healing the persons, if you can feel the presence of only one person in both, and if you can observe how the one person is behaving like two in two bodies, then you are a real healer. Before achieving this, you should enter into the realm of forces and make a skillful steering, a skillful driving of the ship of your existence in the ocean of life. Then you will be a successful healer.

You know how one wave comes and collides with another in the ocean and how both the waves are bursting. Similarly, the attitudes of one person are travelling as cross currents of attitudes of another person. The temperament of one person is repulsive to the temperament of another person. The presence of one person is disagreeable to the presence of another person. This is the case when you do not know how to steer. The many types of temperaments in human beings produce cross currents and the result is a continuous wastage of human magnetism. Do you know how much energy is being released when two waves collide and burst in the ocean? Same thing is happening when two people are quarreling in a house and when two people are fighting in the street or when two people are silently thinking against each other. So, it is not the thoughts and ideologies that form truth. Reduce the value of ideologies and thoughts. Improve the value of the direction of the currents.

About Astrology :

Try to understand each other and find out how the various temperaments exist in the world. Here comes the value of astrology. When you find the twelve zodiacal signs working, and when you find that the living beings are produced under the influence of different zodiacal signs, you will find that the one is different from the other. A person born in the month of Aries is quite different from the person born in the month of Taurus. There is a temperamental difference indeed. The one is dynamic by nature. The other is poised by nature. Before the two fellows

are properly trained in their direction, if they are put together by making them husband and wife or colleagues in an office, or friends, or student and teacher, or a doctor and a patient, then comes the trouble. The doctor who is dynamic being born under Aries can never understand the basic nature of the Taurus patient whose basic expression is poise and equilibrium.

Poise is understood as static by the Aries man. He finds that the Taurus man is lacking in dynamism. The Taurus man finds that the Aries man is a dangerous risky fellow. If without knowing each other, they become partners in a business, the one is interested in pioneering spirit. That is the one who is born under Aries, goes on making an expansion whereas the man born under Taurus is interested to go on making consolidation and the two processes are inimical to each other. The expanding mind is different from the consolidating mind. The first one begins to make an acquaintance with every new customer; speaking everything brilliant, making very happy promises, travelling from customer to customer, pocketing much number of customers at each time.

The Taurus man hates him because he calls the Aries man hasty. He has no retrospection. He has no sense of consolidation. He has no sense of keeping up his promises. These two fellows begin to fight. The result is, the business goes to bankruptcy. The two fellows begin to accuse each other. All the courage and the pioneering spirit of the Aries man when not properly trained will be spent like the case of the Alexander the Great, who went on conquering

country after country for no value at all, because the moment he turned his back to his country, once again every country became independent, so that the whole game was a total wastage. Finally he died drunk in the boat. So, there is greatness, no doubt in the Alexander the Great. But there is no work done in terms of realization, work of no significance.

You know how the Aries man criticizes the Taurus man? He says that the Taurus man has no spirit of adventure. That he has no ideals in life and that he has no courage. He cannot achieve anything in life. But in fact, each has its own significance in creation. If this were to be the difference between the first two zodiacal signs, what will be the difference if you consider the twelve signs separately?

Each of the twelve signs is unique in its own way and has no second in the zodiac. So, we are created as groups of twelve and we have many errors committed and many rectifications made before we can get at the proper training to gain mastery over the forces of Nature. We are drowned many times in the cross currents. From thousands and thousands of years mankind is trying to gain mastery over these twelve signs that is the twelve types of temperaments that are living on this earth. The story is symbolically given in the twelve tribes in the Old Testament. There are people who are foolish enough to think that the story of the Old Testament is only historical.

It is not at all historical, but it is allegorical. It is the history of the mankind through ages and generations. It

should be properly studied and understood and how the twelve tribes divided and separated and disobeyed the Law of Creation and how they killed themselves in the name of global war. Not only of the first and second world wars in this century, but also in the thousands and thousands of wars that have gone passed in the past. We have not grown wise. We are once again ready to wage a third world war.

So, the twelve zodiacal signs when properly understood should appear to you as a flower of twelve petals having its oneness in the flower and the manyness in the petals. Now if you understand the diversity of human temperaments in the world, in the pattern of the twelve petalled lotus, the zodiacal ring and how each petal behaves in its own way, at the same time forming a part of the total flower. So, it is not the unity that you have to bring, but it is the innate oneness you have to realize and visualize. It is the oneness, not the unity. Unity is that which we make; that which the politicians are trying to make; that which the sociologists are trying to make; that which the psychologists are trying to make; that which the university professors are trying to make.

But, the oneness that is there as our undercurrent is not yet taught in any one of the universities. With due respects to the professors of the universities, the universities are not evolved enough to teach this. They are still primitive and ignorant only to teach the commercial aspect of education. In the name of literacy, we are deceived that education is given to us. Literacy is being sold in the

universities and we are deceived that we are being given education. Real education exists in knowing the real oneness of mankind and the astrological wisdom essentially forms a part of it. If we know the twelve petalled lotus as the emblem of mankind at large, then we can roughly know each other. We can know the differences in temperaments and we can know how they can be worked out into harmony.

When we gain mastery over the twelve petalled lotus, then we have the twelve planets each of which make a separate mode of expression existing in each of the twelve signs. For example, the Sun travelling in Aries gives a mode of expression which is different from the mode of expression given in Taurus. The self-expression of every man differs from the other man just as the temperament of every man differs from the other man. The temperament is given by the zodiacal signs, whereas the self-expression is given by the planets in the various signs. The psychological centers of consciousness that make the psychological pattern of the human being should be properly studied by knowing the horoscope. The horoscope is nothing but a pattern or a design which gives to you a clue of your fullest expression, by knowing which you are expected to train yourself into the fullest expression of yourself to the help of the mankind around you.

In the hospitals we see when one doctor treats a patient, the patient improves and if another doctor treats the same patient, the patient does not improve. The difference is in the difference of the magnetism of the zodiacal signs

and planets. If we have the zodiacal and the planetary wisdom as a part of the basic education of mankind, the doctors will be trained in such a way that a doctor treats the patient according to the birth sign of the doctor and the patient and the unscientific specialization of the modern age will go away.

Now we know the specialists of the eye, specialists of the nose, specialists of the ear, but each specialist treats the organ he is concerned with and no one is concerned with the human being who is the patient. This is the fate of the medical science since the time of specialization. But, the medical science should be generalized and not specialized. The medical education of the human being should be given to every doctor first and then in the advanced course, he may know something about specialization.

Healing is not at all possible under the conditions of the present type of specialization in medical science. Healing deals with the human being as a whole. It is the horoscope that will help you. If you make a horoscope of a patient, if you are a doctor and an astrologer, you will know if you are compatible with the patient or not. You will know if your presence heals or hurts the patient. There is much truth in this. The same patient treated with the same medicine improves with the doctor and goes down with another doctor. The result is the law of magnetism that is working in Nature producing attraction when properly used and repulsion when wrongly used. This should be an important point in the art of healing.

You know the name of Hippocrates, the great seer whose statue and whose photograph is used as a trade mark by the modern science and his name and his photo are being cruelly marketed by the commercial medical science of the day. No medical professor is interested to teach a single page from the books of Hippocrates because he knows that if the book of Hippocrates be opened, all the commercial aspects of the modern science goes into the ocean. The modern medical man who lives in the commercial world has to go and drown himself deep in the ocean, if at all he cares to read a few lines from the book of Hippocrates. All the laws of healing in a scientific way are dealt with Hippocrates. The law of magnetism, the law of attraction and the law of repulsion has been discussed scientifically by him. The law of transmitting human energy into patients is discussed by him. He remarks that a doctor who is not an astrologer is a quack. Excuse me, it is a sentence of Hippocrates, it is not my sentence. If you think it is foolish, you can believe that Hippocrates was a fool. But you are using his photograph to market the students of the day.

You know the oath of Hippocrates. He has given an oath to be taken by those who want to be healers. Now all the commercial doctors hang it to their wall and do many things against it shamelessly. Let us once again try to follow his doctrines and honour his word that no doctor who is not an astrologer is a quack. If we know the scientific side of astrology and if we do not feel it beneath our dignity, to accept that there are real scientific people in the ancient days also. Then, we can use the art of healing in a scientific

way. In fact, the advent of astrology and the advent of homeopathy in the modern century have opened new horizons to the minds of the real thinkers. But it is a matter of encouragement that is required and people are cruelly discouraged to believe these two branches. They are being discouraged for commercial motives.

It is the duty of the healer not to get discouraged, not to care for the public opinion because it is for you to see what others want, not what others think about you. Remember this statement once again. ***Don't look to what others think about you. Think for what others want from you. Don't mind if they misunderstand you. Begin to understand them better. That is the real beginning.*** You have to make such a heroic beginning and make the cross currents neutralized and make the various temperaments understand each other. The difference should be understood as harmony and just as the musician uses all the sounds to frame into a song and when you see how the same sounds are used in disharmony by two people who are fighting each other. When the same sounds can produce horror and terror, the same sounds can produce at the same time music and symphony also.

This is the basic understanding of the variety of humanity. The supplementary nature of different natures of human beings should be understood. When two people are temperamentally different, they are complementary and supplementary in this world. Pythagoras says, 'the lower numbers find their LCM in the higher numbers'. The lower mind of ideas and thoughts which disagrees with the ideas

and thoughts of others finds its own agreement with others' thoughts on the higher and higher planes. So, this is the meaning when Pythagoras says, 'that the lower numbers find their LCM in the higher numbers'. If 5 and 7 are not found common, if you find that they are basically different, you find a number 35, where five and seven are harmonic. In such terms, you have to understand your neighbours and then only you can understand the real statement, "Love thy neighbour as thyself". Without knowing this, the meaning of love is only sex. So, let us travel safely and with sufficient caution along the lines of force and cover the stair case which is made up of the various cross currents of force and successfully step into the plane of spirit, starting our journey from the down floor that is the floor of Matter.

Let us leave the material plane and climb up the steps of forces that are many in number and that are ever winding in their spirals. So, that no two steps exist on the same height. If the two steps exist in the same height, they are not steps and you cannot climb up. Only because of the difference in the heights of the steps, you are able to climb up. So, only due to the cross currents of existence in this universe, you will be able to climb up the stair case of forces. The temperamental differences among us make us climb up to perfection and the different modes of expression that exist among us should form the mosaic required, so that we many not stumble on the stair case and fall down the steps and break our knees or necks or heads in the vertigo and stupefaction of our achievements.

So, sufficient amount of caution is required for the mankind of the present decade because he is on the way of force. He has to make a success in the plane of matter and from matter to spirit via forces should be the goal of the present mankind. In this line, astrology helps us a lot and homeopathy also helps us a lot.

HOMEOPATHY

For so many reasons, homeopathy forms an unavoidable part of progress. First of all, it minimizes the evil of over drugging among us. It demands from us that we should stop taking so many medicines in the day and use medicines only when the body indicates the existence of some disturbance and even that, use the medicine in a very minimum dose diluted and diluted. The second principle which is healthy in homeopathy is that it makes us understand that there is no physical disease without mental disease. Unless we have a disease in the mind, we do not misbehave with our food or drink or our sleep or our work or our sex. Therefore we do not purchase a disease to our body. This is the one thing that homeopathy makes us understand. Unless our mind is diseased, unless our mind is really sick, we do not prefer to choose the wrong thing to eat or drink. That is what homeopathy not only teaches us, but also makes us understand when we properly follow the philosophy of homeopathy. In the third step, homeopathy advises us to understand that we have three planes of existence; the plane of matter, the plane of force and the plane of consciousness.

Health exists in the consciousness steering the matter to make the consciousness steer the forces to make the matter work. If our mind orders the vital force in us, what to do or what not to do, then the force in us makes the parts move and then we can drive, or we can carry things or do our daily routine. So, the body should be galvanized by the force in us and the force in us should be steered by the mind in us. Then it is called health according to homeopathy.

When the mind is conditioned by the force in us and when the mind and force are smoked by the matter in us, it is called disease. So, this is the understanding of health and disease according to homeopathy. It is quite different from the clinical way of understanding. The clinical way is to test the various chemical materials of the body, to see if they are normal or abnormal and to decide that there is disease when there is an abnormality in the biochemistry of the body.

Homeopathy says, this is only a physical plane and what we find on the physical body are only results and not causes. Some of the causes exist in the vital plane, the forces that steer the matter in the body. For example, when there is constipation, it is not the matter in our intestines that is at fault, but it is the force that is causing the movement in the intestines that is at fault. Unless the intelligence that moves the force is at fault, the force cannot work faultily and the matter in our intestines cannot get a block. If something is kept dirty in the house, it is not the dirt that is responsible. If the walls are spoiled in the house,

it is not the walls that are responsible, but it is the persons who are existing in the house who can be understood as fools and who require rectification. If you leave the persons away and begin to make the walls better and ask the same fellows to live in the house, they still live as fools.

The more you cure on the physical plane, the more will be the intensity of the disease on the plane of forces and intelligences. Therefore, the causes of health exist in the consciousness and the forces and the results of health exist or enjoyed on the physical body. Similarly, the causes of disease exist on the mental and the vital planes and the results of disease are experienced on the physical plane. What is the use of our hunting the physical tissues to find the cause of the disease? So, this is the new dimension that is given by the homeopathic thought. Similarly, the art of healing gives us the various methods to know the rearranging of the intelligences that are working in our body. Similarly, the art of healing gradually makes us understand the various intelligences that are working in us and how they are to be rearranged properly, so that they may induce our conscious intelligence normally and make a selective way of living and render the physical body healthy.

So, these are the real advanced sciences that are to come in the next century. Since many people in this century are not prepared to receive them, they may laugh at them. But the universities of the next century will teach these subjects as real sciences and let us make a synthetic understanding of the three subjects together that is the

subject of spiritualism, the subject of healing and the subject of homeopathy. In the next century, allopathy is not considered as a science at all because it has no solution for psychological and mental diseases till today. The only solution that is given is the narcotics and the dangerous drugs that are unfortunately translated into tranquilizers and sedatives. Whenever the expert finds a mental or a nervous patient or an epileptic patient, immediately the modern medical scientist begins to poison him with these sedatives and tranquilizers. So, there is no solution absolutely in the known medical science for the mental and nervous troubles.

The science of allopathy stops with the physical body. So, there is no much future in the next century and it is homeopathy and spiritual healing that take a prominent part in the light of the proper understanding of the polarities and temperaments on the background of the scientific astrology. Of course, there is much superstitious belief about astrology and there is much unscientific understanding about the astrologers, but that does not prove anything against astrology. Just as the modern medicine is misused, astrology is also misused sometimes. Just as an expert cannot save a patient sometimes, astrologer also fails to predict sometimes. *But remember that astrology is not for prediction, mainly for self-analysis and self-knowledge to know your strong points and weak points, to know a selective way of your career, to know what to do and what not to do, to know when to do and when not to do, with whom you have to do and with whom you should*

not do. It is for the self-analysis and self-realization that the true scientific astrology aims at.

In the light of this subject, when homeopathy is properly used, and healing is properly used and even homeopathy if it is used only when it is necessary, then we have ideal way of doing things.

In our clinics in India, we many times give only sugar pills to many patients if we find that they are to be healed without medicine. Only if there is a deeper disturbance in the very tissues of the constitution, and only when it is too late when a patient comes to us, then we use homeopathic medicine. Even without medicine, we find the results astounding and surprising. This is a statistical truth which no one can deny. In all the eighty big clinics we are running in India, we preserve all the successfully cured completed cases on records with their names and addresses and also the details of how we cured them.

With all this, we are only simple children and students when we understand the vastness of the subject of healing. Let us remember that we are children gathering pebbles on the shores of knowledge and let us gather more valuable things in course of time. I only appeal to you to make a synthesis of the various subjects and find the oneness of the various subjects.

Thank you all.

Question : What is the place of acupuncture in the treatment of diseases?

Answer : It is one of the advanced sciences, at the same

time most ancient and it also forms a part of real healing. But, the modern practitioners are still in infancy and a systematic training and systematic course is required before it can be successfully used. There are experts in acupuncture, but many imitators are also trying to do harm to many people, just as there are false astrologers and commercial doctors. But it is a very valuable dimension in the direction of healing and it should be practised, systematized and made a course to be taught to students in a systematic way.

Question : Does healing require physical sacrifice?

Answer : Go through the scientific books on healing and you will know the answers already there. There are various types of spiritual beings who are illumined. Many of them receive the cumulative effect of the misdeeds of mankind and they are ready to make the sacrifice. That is the one cause of cancer among the great people. There are many great people who had cancer in their last days, but the truth is, some people they take the cumulative bad karma of the mankind of the date. They don't care purchasing some betterment to mankind at the cost of one of their bodies which they think very cheap, just as Lord Jesus thought that it was good for him to purchase the kingdom of God to all the mankind at the cost of one simple body.

Cancer is due to such causes for especially mystics and the enlightened ones. You can know much about this in the book 'Esoteric Healing' by Alice A. Bailey.

Question : What is the solution?

Answer : The solution is to gather into groups and make

new trainees in homeopathy in the light of spiritual sciences. Instead of making long and tiring discussions with people who already know something, it is better to make a new beginning with new recruits when after a time the old recruits are also ready to receive. That gives much economy of labour and effort. In India, I have started in the same line. I have prepared the first group of servers from those who are around me and trained them as the first batch of homeopathic physicians, at the same time, enlightening them into the world scriptures.

Even today the classes run in such a direction that in each session of two months in the vacations, I conduct classes of scriptures in the morning and classes of homeopathy in the evening. At the end of the two months, I issue a diploma to them, so that he comes and take part in one of the existing clinics for one year when they can begin to prescribe. Now, at the end of fifteen years, I have prepared many hundreds of qualified physicians in homeopathy who are very well versed in the scriptures also. Who know yoga and spiritualism and the so called scientific doctors of our place, they began to come to consult us now. First, they consulted in secrecy and now they consult us openly. They bring their patients to our clinics and they feel it a joy to get them cured and gradually there is coming a time when all the doctors are taking part in our group.

Suppose I began with opposing the existing doctors, what would have been the future? It is only wastage of time and energy. So, same thing may be attained in Belgium also. We can start in the same direction doing our lot of

good work in our own way, forming groups; get ourselves trained in the homeopathy and spiritual healing; beginning to heal our own families. That is how we started and that is how I believe everyone should start. We have in our clinics a systematic way of case taking. The form consists of not only the name and address of the patient, but also the date, time and place of birth. In really chronic diseases, which take a very long time to cure or which are already over drugged for a very long time, we definitely make a horoscope and by studying the natal horoscope and the progressed chart, we make an estimate of the possibility of curability and the mode of treatment to be used.

At every step, the horoscope is useful in such complicated cases so that we may use every part of our healing knowledge and the persons who live with the patient are also carefully decided. To decide the diet and the daily habits of the patient, we use astrology when we find a case very much complicated.

Question : Is astrology applied anywhere in treating the diseases?

Answer : Some branches of astrology are applied in India, whereas the other branches remain there in the books not applied. Similarly, some other branches are applied in the Chinese tradition and a third method of application is done in the Occident. But basically, there are no fundamental differences in the science of astrology. The differences exist only in certain details. As far as ancient Indian astrology is concerned for *Ayurveda*, is concerned exactly the same

as we do in the Occident now except one branch which is not popular in the Occident. That is the knowledge of the fixed stars. The influence of certain fixed stars is there in Indian astrology which is to be supplemented to the modern Occidental astrology. But for this, there is no actual difference in the basic astrological procedures of ancient India and modern Occident.

If we make a comparative study of the astrology of ancient India, modern Occident and China and make a study of the common base of the three branches, you will find it is exactly identical. See the astrology of the fixed stars is much vast than any branch of astrology known today in any country. Even in India, it is not popular now a days. But there are people who have studied it and you can know something about it in the book 'Esoteric Astrology' of Alice A. Bailey and my book *Spiritual Astrology*.

The basis of the astrology of the stars is like this. Each star we see is a solar system in its own term and each solar system is in its own plane of evolution comparatively. There are some solar systems far much evolved than our solar system in which we live and these are called the sacred stars in the scriptures. You find the same sanctity given to the stars in the scriptures of all ancient nations. Especially in the ancient Indian astrology, you will find the science of the tortoise. That is starting from above the pole star, taking it as the tail of the tortoise, coming down to the seven stars of the bear, taking them as the hinged portion of the tortoise. Like that, there is the location of all the stars that are visible to our solar system, dividing

the various zones into the various limbs of the tortoise. For example, the Sun of our present solar system in the right shoulder of the tortoise. And then, each star is given its own study differently and its own significance is given differently.

When the important degrees of a horoscope fall on any one of these stars, you will find the birth of the great peace makers and the great prophets of the world. How the wrong degrees coincide with one of these stars at birth cause diseases like cancer and incurable diseases. How blindness and other things are caused due to our wrong routine when the important degrees fall upon certain fixed stars. So, a combined study of these stars by the various nations in the modern age makes us understand the common secrets of the ancient astrologers.

How they are used in medical astrology, we will come to know. He need not live according to his horoscope because instinctively he lives according to his horoscope because he does what is to be done. He does not do what is not to be. So, he need not verify his living according to his horoscope. His horoscope only shows his way of living, because he never transgresses the law.

Only one technique which I have given in an independent lecture and today's lecture included three different subjects. So, I could not go into the detail of it. ***It is said in the science of karma that the past karma was done by us and the good karma can be done by us. The good karma we do, neutralizes the past karma we have done provided if it is not too late.***

It is like cooking. The same fire can be used to burn a house or to cook our food. When we have an eye upon the contents of the cooking food, while it is being cooked, nothing can be too late. *When we know our duties for today, and when we know our weaknesses of yesterday, we can make good of our weaknesses by making an offering of what we have to do more than what we are expected to do. So, the results of karma are contrived by ourselves. In the same way we can do it at the present also to neutralize the results of the past karma, provided the results of the past karma are not yet achieved. Anything is possible. If the past karma has reached a stage of its results in the present, nothing can be done against it except enduring. We can take care of something, some karma whose results have not yet been stimulated in the present. That is what the karma theory says.*

Question : Does the patient need spirituality to get healed?

Answer : The patient need not have much spirituality. Because if at all he has sufficient degree of spirituality, he cannot be called a patient. So, there is no use of our dictating terms for the suffering mankind. It is the healer who has to qualify himself and it is his merit and excellency that makes a patient not only a healthy man but also a healer in his own terms.

Question : Can we escape from the sweeping effects of Yugas?

Answer: There is no escape from the bigger cycles for the simple fact that we too form a part of the creation of this

earth. Just as the geological changes cannot escape themselves in this earth; just as the fauna and the flora of this earth cannot escape their own way of creation; Just as the animals cannot escape from their own nature; so also the human being is also too little on this earth to escape from his own human nature, however intellectual the human being may be. You see how the dog cannot be a cow and a cow cannot be a human being. Similarly, the human being cannot be anything else except only a human being. He is only subservient to the laws that are geological and geographical. The changes that take place in the vast sweeps of the ages given in the scriptures, they create changes upon the continents and the living beings.

Just as we cannot escape the effects of the season, we cannot escape the effects of the Yugas. About the details of those *yugas*, it is highly mathematical if you can spend two or three hours with me personally, I can explain to you how they are computed in the scriptures.

Question : What causes phobias?

Answer : The causes appear to be pre-natal. In many cases, I detected pre-natal causes to such incidents. My research about this point began when I noticed a friend very much afraid of snakes. He was not only afraid of snakes, but also afraid of a mention of snakes. When he happened to see the picture of a snake anywhere in any house, immediately he receives a nervous shock and goes away. For about one or two days, he is disturbed. Then, my researches resulted in an observation that when his mother was carrying him, she was sleeping in the village.

From the top of the cottage, a snake fell upon her and went away. She was left quite unhurt, but she received a horrible mental shock. Due to such reasons, you find the instinctive fear of certain insects and snakes and scorpions. There is a common fear which is to some extent common to all of us about these insects. There is a deeper cause for this. You will understand it if you go deep into the world scriptures. Until the advent of man was there on this earth, there were no venomous insects on this earth. When man began to hate man, the thought forms of man escaped from his mind into the space around this earth. The images of jealousy and hatred escaped in thought form which produced the various venomous insects. This is how the scriptures speak about these venomous creatures.

The fear of the human being is quite different from the fear of any of the animals. To the animals, it is an instinct to protect itself. In the case of human being, fear is intellectualized and magnified. If a scorpion were to be on the way, it never gives a sting to you unless you cause some pressure to it. Even then, it is only a necessity that it makes a sting and there is no vicious motive.

But, when you observe a human being, if he suspects the existence of a scorpion, he makes a thorough search with the help of lights. He hunts it and kills it. We can easily understand where the poisonous nature exists originally. We cannot deny this fact. Man kills for no reason, but for his fear or for his fancy, whereas animal kills either for food or for protection.

Special fear can be from the previous birth, but the general fear is due to the instinctive evil in the human nature. A specific fear may have its causes in its previous karma. Intelligence is given to man by nature to make his place impossible for scorpions to come and if at all they come by accident, the human being has intelligence enough to throw it away without killing. It is only for that purpose intelligence is given for the human being.

Thank you all.

Illness in the Transition

I want you draw the triangle on the board. The same triangle proposed by E.S.P today, so that the triangle will be there in every mind and heart. It so happened that a triangle has been formed, though we think we have formed the triangle, trend of things have been flowing as undercurrent through us and the triangle is the result of the undercurrent working along with us. The same undercurrent works through many more hearts without our own knowledge. I believe, there is an automatic centre heart which forms the centre of triangle, so that it produces three more triangles, a path of consciousness and a stream of thought along which energies are allowed into the other countries and nations just as rivers flow from one country to another through borders.

We are very sure of the expansion of this triangle. As long as we are working for the humanity, as long as we do not care what we personally want and as long as we have the confidence that our personal life is taken care of by the God, it is bound to expand because expansion

is the essential characteristic of the biological theory. Expansion of consciousness is the characteristic of the humanity. With this few remarks and true confidence I now enter into the subject of this evening.

We know a beginning of this and we don't know the ending of anything because as long as we are working for the humanity, a beginning produces no ending, but a beginning causes another beginning. That is what I know during these 15 years of my work. For example, I began to administer homeopathic medicines to my own family at first, not that I wanted to, but I was forced or driven to do it because one of my sons was suffering from Epilepsy, grand mal and the doctors of the existing system of medicine assured me that it could not be cured and also advised me to sedate the boy with tranquilizers which I refused to do. I wanted to allow the boy to meet the consequences of the disease than the consequences of the tranquilizers.

In the meanwhile, I met a homeopath just as I met Rudolf and I met energy centre pyramid, I met the centre of IPS without my own knowledge. I met the V.C Chancellor of Visakhapatnam without my own intention. Every time it is a salient proof that Nature is wiser than ourselves. The background plan is always better than what we plan. In the same way I met a homeopath. He had the time to teach me the fundamentals of Homeopathy and I began to treat my boy. At the end of two years of treatment I could cure him permanently of his disease and I began to administer medicines to my own family members according to my little knowledge of homeopathy.

In course of time I allowed my son to study homeopathy and have a degree in homeopathy. It so happened that he is now today a homeopathic doctor managing as many as hundred and twenty six very big clinics, each clinic serving medicine for at least eight or nine hundred patients a week on a non-remunerative basis. I never expected that it could be so. People came to me and asked for medicine, then only I began to administer medicine to people who do not belong to my own family. First there were tens and then there were hundreds and now there are thousands who smile after getting cured and there is no greater pleasure than that.

So, I believe that the undercurrent works. As long as we have the idea of serving humanity before our eyes, it's not our intelligence that works, it's not our knowledge that works, but it is the undercurrent that works. We do not lead things, but it leads us. This is what I understood about the triangle that is being formed automatically.

Now the subject prescribed to me this evening is "Illness, physical and mental, during the transition period". Then you follow my speech and others follow the translation. Let us seek for solution, than for problem.

Now about illness. Let us try to understand the two or three different viewpoints, that are there in the world. One point of view is what we call the clinical point of view. Whenever we have some disease, we go and approach a medical practitioner who may be a doctor or may not be a doctor because a doctor is different from a practitioner.

Through academic course and degree one can become a practitioner, but one cannot always become a doctor in its true sense. As a result all practitioners are not doctors. My father used to say, ***doctors are born, practitioners are made.***

The doctor makes an examination of our constitution. He examines the various parts of the body, he examines the urine, the blood and the various tissues, tries to make a chart of the distortions in the chemistry of the body. According to the distortions, he decides the name of the disease and then he tries to locate the cause according to the change in the bio-chemistry or according to the location of a microbe or a virus. This is one way of understanding the disease and treatment. The tissues and the chemicals that exist in the tissues are understood. The doctor knows what chemicals the blood contains, what is normal, what is the biochemistry of the bone and the muscle and when it is healthy?

When there is a distortion in the bio-chemistry it is named after a disease. When some valuable tissues escape through urine, then it is named as Bright's disease. When sugar escapes through urine, it is called Diabetic Mellitus. Here what the doctor examines is the various tissues of the body or the secretions from the body and the excretes from the body, all being physical. They all belong to the physical body. The diagnosis is based on the disturbance of the physical tissues of the physical body.

This is one way of understanding the disease. When some damage occurs to the table, the carpenter may come and do what is needed and we can say that the table has become healthy. If there is something wrong with the electric light here, the electrician comes and sets it right and we can say that part of the building is cured. But suppose it repeats, again the electrician comes and cures. Again this repeats and the carpenter comes and cures. Again the window is broken; the carpenter comes and makes a new window. When the disorders become more and more frequent, the cures are conducted more and more frequently by medical people, whom we can call the carpenters and electricians of the human constitution. They come and make their own cure to the part of the constitution and it so happens that they all to be invited more and more frequently. This is one way of understanding illness and cure.

There is another dimension which we are not conscious of when we consider this dimension. This speaks something about the people who live in the building and who use the building. So, the disease lies in the persons who have no discipline who use the building. This is a second and a better way of understanding the cause. So, if loafers and vagabonds are allowed to use this room, the disease becomes more and more frequent. The table is broken more frequently, the chair will be broken more frequently with three legs and the lamp is found broken more frequently and stones are thrown upon the windows. You will hear shouts and howlings also.

This never speaks of the quality of the wood of the table or the quality of the metal of the chair or the quality of the bulb that is used. It speaks about the quality of the indwellers of the house. So, causes are understood in two different ways. If you ask me why the window is broken, I may answer a stone is thrown therefore it is broken. This is one way of understanding the cause. But there is a primary concern which is the real cause. If I answer that the person who sits here is an irresponsible loafer who is allowed to sit here and throw the stone. Then it also speaks of the cause of the broken window. In the first answer, the cause is what is called the immediate cause. Through cause, the person who is in the habit of throwing stones is found out.

See there are two types of causes, one, the real cause and the other the immediate cause. Here what the clinical fellow has done is, he has understood the immediate causes. He tries to replace what is deficient in deficiency. He found that calcium is deficient in the bones. With supplemented calcium through medicine, I became healthy within few weeks. But the moment I stopped taking calcium, within the next few weeks my condition grew worse.

Do you know why? When a watch is stolen in this room, what is the remedy? One can say to replace a watch. So, it is purely foolish, because when the watch is replaced, tomorrow you will find that the watch and the table are stolen because the fellow knows that things are restored daily and we can steal daily. So, there is a fellow in the constitution who is stealing calcium. That causes calcium

deficiency in the constitution, but not that calcium is not available in the world at all. You eat the same food and I eat the same food which contains the same calcium. Your constitution assimilates calcium and you are healthy. My constitution refuses to accept the calcium and I grow deficient of calcium.

Then what is the use of trying to understand the deficiency and replacing calcium to you? So, after about a hundred or two hundred or three hundred years of this way of understanding disease and cure, the human logic and understanding demanded a better understanding of what is disease and what is cure. Then there is a second type of understanding that is trying to locate the living agent of disease in the constitution which is going around producing disorder. Since we locate, the living fellow whom we call disease, in this second method, it is called the vital cause. In the first case, the cause is physical and physiological. In the second case the cause is vital. That is a living cause. This necessitates us to understand that there are two bodies in us.

One, the body of matter, and two, the body of forces. When the forces are properly functioning, the matter is properly distributed and the chemicals in the food and drink are properly distributed among the tissues. Just it is enough if we maintain good habits of food and drink and sleep and sex. So, if we can take care of a disorder that occurs in the plane of forces, then the material body is automatically rectified. When this is not rectified, what is the use of trying to rectify the physical and physiological

vehicles? So, we should go to what the Masters call, the etheric body first of all.

Our physical body owes its existence and shape to the etheric body because matter has no shape. If you take some sulphur in a bottle, some calcium in another bottle and iron in some other bottle, they cannot have a shape except their own shape. But in us, there is iron, there is calcium, there is sulphur and there is phosphorous. But they do not exist according to their own shapes; they exist in us as our own shape. It is the etheric body that gives the shape. One of the Devas of etheric body is called Shape Consciousness. He remembers the shape and the matter we take in, is arranged into that shape.

Do you know that every second, millions and millions of atoms are escaping from our body and new atoms are entering into our body? Do you know that the matter of this hand is not static though the shape of the hand is stable? The fact is the hand exists only as a shape. Atoms enter into it and come out of it every second. What is it that protects the shape? It is the etheric body which gives the shape. So, when there is a disturbance in the etheric body, automatically the shape is broken and that is what we call Death. Then all the chemicals in the body go to their native places to enjoy vacation, before they are appointed in a new body.

Now we wanted a system of understanding disease according to these terms. There was the first attempt which was the best attempt and that is the explanation of

Dr. Samuel Hahnemann in the name of Homeopathy. He has discovered a real cause of disease and having its commencement in the body of forces, showing its results are ultimate in the body of matter. Now there is a revolution in thought. What we call diseases till now are only the ultimates or the results of disease that is there. Gradually we will understand that it is foolish to treat disease. What the homeopathic dimension gives us about the cause of the disease and the method of cure, a second way of understanding. I don't want to go into the details of Homeopathy, because the subject of the evening is not Homeopathy. It is only to understand what disease is and how diseases occur.

So, I will go to the next and a third way of understanding the disease according to a third point of view. The etheric body is having three centres of activity, three main centres. Each centre works as a whirlpool of forces. The one whirlpool is called 'The Pool of Pulsation'. Those who have studied the books of The Tibetan, Master Djwalkhul, they know what the Law of Pulsation is. Let us take it for granted, that is called Pulsation. The one of the ancient most propositions of the ancient scientists was that space pulsates. That is space expands and contracts in alternations. When it expands it becomes active space, and it throws out millions and millions of galaxies and solar systems. When it contracts, it once again withdraws that particular cluster of solar systems into what we call 'Nothingness'. Of course it is not nothingness, but to our mind it is nothingness. So, in the language of Pythagoras,

all the worlds come from 'seeming nothingness into apparent somethingness'. Again they are withdrawn from the state of the apparent somethingness, which we call objectivity, into the seeming nothingness, which we call subjectivity. This is how the ancients viewed and understood the properties of space. We are standing in space and since we cannot escape space and as the Vedic text says we are indebted to space that much of volume, that much of volume of space, which is filled by our body. So we have borrowed that much of space.

We owe that much of space to return to the original space, that is what the one *Mantram* of the Vedic text says and also it advises us never to refuse space when someone wants to take protection under you. See you are not expected to say, there is no space in my house because you are living in space. This is what that particular *Mantram* advise you. The same quality called pulsation is working in us and through us. It is causing the expansion and contraction of the tissues of our body. The respiration is the result of the pulsation. The heart beat is the result of this pulsation and the circulation of blood is the result of this pulsation and the elimination is also the result of this pulsation. ***So, we have one centre of etheric body, working as a whirlpool of pulsation.***

There is another centre which is working as the whirlpool of materialization. We can call it the process of building the tissues and there is a third force as a whirlpool of combustion that is, destruction. Tissues are built and tissues are destroyed and in between there is what

we call the emitting of the calories of heat that causes the equilibrium between building and destruction. So, it is a continuous process. The continuity is what we call the span of our life. Every moment tissues are produced and destroyed, every moment atoms enter into our body and come out of our body. But the continuous process maintains what is called our body or constitution, triangle of forces in our etheric body. This is the understanding of the constitution according to the third point of view.

It produces its own ultimates or results. For example, if the building whirlpool is disturbed, we have the production of tissues that are not required, for example the cancerous tissue. When the other centre is disturbed, we find the tissues being destroyed even though they are required. It's not the destruction after use, but it causes destruction while being produced. The result is what we call emaciation, wasting disease, the various types of tuberculosis which is wrongly understood as the result of the microbe of tuberculosis. So, from ignorance to some knowledge we are travelling. Even now there are people who still believe that diseases are caused due to virus and microbes.

There are doctors even who assure you that tuberculosis is caused by the microbe and cholera is caused by a cholera microbe. They assure us that the microbes exist in space, in air, in water, in food. If you question them why all people are not dying due to these microbes, the answer is resistance which means ignorance. Why X is not attacked by tuberculosis? Why I am attacked? Why

my lung is affected? Why the person living in the same house since long is not affected? No answer, except resistance.

So, now here we have a reason to understand everything. When the third whirlpool is disturbed, there is a loss of capacity to pulsate and the result is paralysis of the nerve and the muscle and three groups of diseases are produced by the three groups of disorders caused in the three centres.

This is the *Ayurvedic* way of understanding the cause of a disease. It is scientifically called *Vata*, materialisation. This is called *Sleshma* and the process of combustion is called *Pittha*. These are the three activities of the three functional whirlpools. They produce three groups of tissues that prepare the body and make us live. When disturbed they produce three groups of byproducts which are the result of the diseased functioning. This is how the *Ayurveda* makes us understand.

But of course, unfortunately the books are wrongly translated into English. *Vata* is translated as wind. So, that when there is bloating in the stomach, then they say there is *Vata* inside the stomach. It is not *vata* that is there, but it is a defect of *Vata* or pulsation that caused the loss of peristalsis of that part of the stomach and it resulted in the wind stagnating in that part of the alimentary canal. Unfortunately that wind is called *vata*. This is how you find about the English translations of the most scientific words of *Ayurveda*. Here *Sleshma* is translated as phlegm.

Phlegm is only the result of the defect of *Sleshma*. When the cell building activity is disturbed, there is the production of unnecessary matter, which we call phlegm. But *Sleshma* means the capacity to produce tissues. It is wrongly translated as phlegm. *Pittha* is wrongly translated as bile. But unfortunately, when there is a disturbance in the combustion activity, the bile tissue is produced unnecessarily too much. There is a misunderstanding of terms while translating. So, these are the three main ways of understanding the human constitution.

The first one is the materialistic way of understanding, which we call the allopathic way of understanding, which is almost out of date to the logic and reasoning of the modern man. The second is the Homeopathic way of understanding the constitution which is really modern, caters to the needs of the rationalistic mind and which produces solution not only problem. If we resort to an allopathic way of understanding, we have the psychological and the psychosomatic diseases which are analyzed wonderfully and the problems are magnified and no solutions claimed. You go throw all the text books of the most modern branch of psychology, you will find all the problems wonderfully analyzed and magnified.

If you are not sleeping, the psychological science can explain you, why you are not sleeping? If you are getting depressions psychologically, it can explain you why you are getting depressions in a wonderfully scientific manner. But what we want is a solution and not an explanation. In no paragraph of the modern psychological text books

you find a single solution. If you are ready with a solution, I am ready to learn it from anyone of you. That is because the understanding is made on the physical and the physiological tissues. The mind is also understood as a part of the physical constitution and here you have solutions, not only the analysis of the problem. So, also you have wonderful scientific understanding and solutions in the *Ayurvedic* way of looking at things about the cause of a disease and the remedy of the disease.

About a cure, it is primitive to understand only in terms of medicine. Curing a disease with a medicine in any one of the three systems, of course it is something. But the main thing is we want other methods of real cure, methods other than medicines because from the two sciences, homeopathy and *Ayurveda*, we understand that the administration of medicine into the constitution is itself unnatural. Unless it is absolutely necessary, unless there is an emergency, these two sciences do not permit us to admit administering medicines often.

So, by cure we should not understand only a medicinal way of doing things. Things appear that in the few decades that are to come, the use of medicine becomes more and more primitive and people who use medicines to cure more often will be considered as less scientific and backward in science. Those who cure without medicine, they will be considered as the advanced doctors. Now we want, not cure but healing. Cure is a little bit different from healing. Healing means restoring health whereas cure means killing a disease.

To kill diseases and fight out diseases, we are expected to study the medical science in terms of diseases and not at all in terms of health. As a result, present medical science teaches us only about disease and its cure. It has not much to teach us about what health is and how to maintain it. So, with all our advancement and scientific way of understanding, we are at the negative pole of the medical science. We are understanding only in terms of disease, not in terms of health. The more number of years we read the medical science, the more we get familiarized with diseases, not health. Commonsense tells us that there is fundamentally wrong in the very approach.

So, let us have a way of healing, not cure. Let us try to understand what health is and let us try to know methods to restore health on a stable and permanent basis than to hunt and kill and fight out disease. This much we are expected to understand before we can speak of the diseases that occur in the transition period.

Now let us try to understand what transition period is. We have our ages and stages of life, necessarily producing changes in the constitution and the construction of the tissues of the body. After a certain age man produces the beard and moustaches and the woman produces what we call the periodicities and menstrual cycles and reproduction and after a certain age we find that the woman stops producing the periodicities. We know how a certain age gives us the teething season, how the teeth are dropped and replaced by the second set of teeth and again how we lose teeth maturely or prematurely never to be replaced.

So, we have the landmarks of ages and stages. We notice a growth of the constitution. According to the age some people grow in size and height and weight and also in resistance and strength.

But there are some others who grow only in weight and height and no resistance at all. This is called overgrowth and not growth. Every year the fellow produces secondary tissues of his body and produces the rings of layers of tissues just as the tree produces its trunk with annual rings. Why some produce real growth and why some others produce over growth? Attaining age is quite natural and growth according to the age is quite natural and unless there is something wrong, why should there be a disturbance in the growth. We want a science which explains these things. We have that science still which is in its new dimension. Many of us are not much familiarized with that science and that science is the science of healing and health produced by the real scientists through epochs and ages.

The real scientists are Hippocrates, whose bust is sold as a trade mark by the modern medicine, whose principles are not followed at all. Similarly, we have Paracelsus and *Dhanvantari*, these are names of the great sages in the world who were great scientists. *Dhanvanthari* was the king of Banaras about 12000 years ago. He renovated the *Ayurvedic* way of understanding the constitution and he produced two sets of doctors. One set are called *Charakas*, another set are called *Susrutas*. He produced batches after batches of *Charakas* and *Susrutas*. The word *Charaka* in

Sanskrit means the mobile doctor who goes round the villages in the country and the word *Susrutha* means the doctor who has learnt the many branches of medical science and who goes on giving instructions and imparting the same knowledge to the people in the country and helping them to become self-sufficient in medical science.

So, this great sage scientist produced two groups of peoples in thousands and thousands. It became possible for him because he was a ruler. He organized everything state wide and country wide. Some of these people have made their observations in the form of a thesis or a book which is called, "The collection of the *Charakas*". If we see in Sanskrit, the collection is called *Samhitha* and I told you in Vedic class. So, this volume is called *Charaka Samhitha*. This volume is called *Susrutha Samhitha*. Now if you ask any *Ayurvedic* doctor or a Sanskrit scholar about these two books, they say that The *Charaka Samhitha* is written by a person called *Charaka* and *Susrutha Samhitha* is written by a person called *Susrutha*, just as one of my cousins in his childhood when questioned what is the name of your father, he answered Professor because his father was a professor, he used to believe that the name of his father was Professor.

The way of understanding given in these books should be copied and the method of Dr. Samuel Hahnemann and James Tyler Kent and their followers should be properly studied. The most modern dimension in healing should be known by the book called "Esoteric Healing", given out to the world by Master Djwhal Khul through one of his

disciples Alice.A.Bailey. There are many wonderful scientists who have worked out the theories of Alice A Bailey given us to understand the causes of disease in the transition period.

Now we have many diseases which were not there in the past. This book assures us that it is utterly false to believe that because there are cycles, smaller and bigger in the evolution of man. At the end of every cycle, the human constitution changed basically according to the requirements of evolution and produced the same new set of diseases which were being produced in the previous cycle. After the transition period is gone, the so called new diseases disappear and again there will be another set of diseases which are really new to the new generation. We are as a generation new to everything. We may not know what fathers and grandfathers knew because things have changed. The concept of pollution has changed and life has become commercial and commerce and trade are being understood as more important than life and health and yourself.

Now we have entered into a period in which we believe that our achievements are greater than ourselves; what we earned is more valuable than ourselves because we are foolish to believe that what we earn saves us. Our belongings depend upon us and commonsense tells us our belongings never save us or protect us. Our money never saves us, it depends upon us for its existence just as our hair and our moustaches and beard, they depend upon us for their existence but still we look into the mirror.

So, we are in such a century about our money, our achievements, our degrees and education and intellect.

We lose our head and commonsense and believe that our knowledge is more valuable than ourselves. So, our concepts about food and our concepts about the daily habits and routine changed. The result is the origin of new set of diseases. The diseases are new to us because our fathers and grandfathers did not have these diseases. The reason simply being they had no commercial pollutions what we are having now. They were not idiotic enough to make life as busy as we have done. So, from generation to generation, the nature of diseases change and we have diseases on the etheric plane now existing. As a result when there is a disease attacking, the physical plane medicine always fails to cure.

The medical tests fail to make us understand what is wrong with us. We find radioactive type of diseases on the increase because of the activity of the planet Uranus revealing his particular influence upon the Aquarian age just as the Sun sign of everyone has its own influence upon that particular person. Just as the person having Sun in Leo is different from the person having Sun in Virgo and just as the seasonal effects of the Sun in Leo are different from the seasonal effects of the Sun in Virgo. Similarly there are bigger cycles of the zodiacal science. When there is the Aquarian age, the human constitution of the Aquarian age is somewhat different from the constitution of the Piscean age. So to say the humanity of Aquarian age produces altogether a different type of tissues.

Some functions going out of use and some new functions being dawned upon the personality. For example, little children grow intelligent more early than what was the case with the previous generations. A boy of 10 years now has the understanding and education which is equal to or more than the man of 25 or 30; 100 years ago, there is no doubt in it. The speed of the planetary activity has changed, with that the virtues and vices of humanity are magnified. When we behave in proper manner the good results are felt magnified and when if we misbehave with our food and diet and habits, the evil results are also magnified. It is like the human being produced under a microscope.

Everything will be magnified. If we behave properly we are rewarded in a magnified way. If we misbehave, we will be penalized in a magnified way. If we are selfish, we get cramped in our own atmosphere and we go into poverty though we have thousands of dollars in the bank and we have to live in utter unhappiness. We have to incur new problems with new amounts of money as long as we work for ourselves. The moment we begin to work for the humanity, the significance of money is changed. You will get your things wonderfully done without the need of money because you will have commonsense enough that it is the man that does things, not money.

Then I begin to work for you and you begin to work for me and money is used only as an occasional lubrication. Same is the case with the food also. Food is no more a necessity as much as it was in the previous generation. So,

as a result in the 20th century those who eat much and those who drink beer by liters, they are going to get horrible diseases that cannot be cured. So, the penalty is also magnified. As long as you are active and working something useful, you will require only a little food and a little of good drink, just once, twice or thrice in the day. The energy is produced from your etheric centres and you will live healthy until the last moment. This is the secret of health in the Aquarian age. But the diseases that are characteristic to this age have their origin in a wrong way of administering food, believing that rich foods will enrich the constitution, just as sometimes we foolishly believe that money enriches us. So, rich foods produce problems just as more money produces taxation problems. When a simple life is led, the diseases of the transition period will not be there.

People apprehend that something bad is going to happen. If the husband has gone to Paris, the wife dreams that the husband met with an accident and died. Sometimes the wife dreams that the husband is about to marry another lady in Paris. These are the diseases of the transition period. The allopathic system has no solution except asking you to sedate yourself with dirty tranquilizers. It asks you to create false sleep and make yourself an idiot for some hours. That's no solution. Here the Aquarian way of living has every solution. If you know how to live a simple life, how to eat simple food, nutritive and qualitative food, reducing the rich and quantitative foods, then you will know what real health is.

The nervous and psychological and psychosomatic diseases we see now are only false diseases; they are not at all diseases. They are produced by self-conditioning and a strain and stress produced by the mind upon the etheric vehicle which in its turn produces great strain and stress upon Cerebro spinal nervous system. Similarly the tension troubles, what we call the hypertension and the hypotension. To some people the tension is never normal. It is either hyper or hypo. If one medicine is given, the hyper tension comes down and goes down into the garage and when another medicine is administered it brings the car out of the garage but it takes into another garage which is higher up in the 12 storey floor. So, the person is having either hypertension or hypotension which is not at all a disease.

It is rather the disease of the doctor than of the patient because it is the doctor who is addicted to the patient. When you begin to play with children for one hour every day, your hypertension and hypotension disappears wonderfully because they are false diseases, they are not at all diseases. They are self-produced diseases produced by self-conditioning. Similarly great tension sometimes makes the etheric body stimulate the physical cells in a particular point. The result is formation of a centre on the physical body which begins to produce enormous number of quantity of new cells and it is wonderfully called by a name called Cancer or Malignancy.

Since the cause is not on the physical plane, this false disease can never be cured on the physical plane and there is the jackpot hanging for those who discovered a cure.

For the past one and half centuries the jackpot is hanging there. To the next 20 or 30 centuries it will be hanging there because cancer can never be cured when once we produce it on the physical plane. We have cancer on the etheric plane for seven years before we produce it on the physical body and we can very easily understand that we are a cancerous patient for seven years before the doctor finds a tissue of malignancy. During these seven years we can very easily cure ourselves by removing rich foods and dinners and by eliminating many of the cooked foods we eat and replacing fresh uncooked vegetables, roots and fruits and changing the routine and our way of living. Then the cancer is cured before it descends upon the physical tissue. But once the physical tissue gets a centre of malignancy, it can never be cured though we can arrest it and live life long a patient.

This is one of the diseases of the transition period that are inevitable according to our self-conditioning. If we live under high tension and strain and stress, if we begin to identify with every one of our incidents around us, then we go into cancer within a decade or two. The secret of cancer is that cancer exists in the person, not in the centre where it is produced. So, when the centre is treated, let it be with radium or cobalt or some other thing, the tissues in the centre will be burnt and scorched and the disease makes its appearance in a second place and the doctor calls it the secondary.

It is not secondary or tertiary but the disease exists on the etheric plane of the person. Cancer belongs to a

person and a constitution and not a location of the body. Until this is understood, the real causes of cancer have not been understood, we allow it to appear on the physical body and pay to the doctors and go to the grave. Cancer is one of the horrible diseases which mankind is facing at present. The world statistics show that there is an annual increase of 0.283% of cancer issues. The latest reports show that the aggregate increase of percentage on an average is that. In some countries there is a rapid increase and a bigger percentage. In some countries there is a lesser percentage. For example in the uncivilized backward countries like India and South Africa, the percentage of increase is very much less and almost nil. The high speed and the maximum rate of percentage of increase is the United States of America. That is what the statistics show. So, we are expected to understand the real terms of cancer and the treatment exists in our way of living and daily life. It never exists in medicines or surgical operations or radio therapy.

The cases of the peculiar kind of insanity are also characteristic of transition period. If we take, we have many cases of the so called Yogis, mystics and spiritualists who are in fact insane and who are astrally disturbed in many ways. There are people who sit in the night and who invoke the dead people to dictate some wonderful things through their pen. There are people who invite Shakespeare, Milton, Novalis, Albert Einstein; they still believe that those people are hanging in the air for these fools to invite.

Have they no other better business than to anchor at the doors of fools who call them? This is what is called

conducting the spirit seances. The result is they invite all sorts of astral impurities from the etheric plane of this earth. Many of the recently dead fellows who passed away from the physical body one week ago, two weeks ago, three days ago, four days ago, who are just floating in the atmosphere with all their dirty impurities of astral bodies, they come and lodge in the minds of these people and they make them write all non-sense on the paper. When the fellow questions, sir who you are, the recently dead fellow answers, I am Shakespeare and sometimes he says, I am Master Morya and to some others, he says, I am Djwhal khul. So, we have volumes and volumes written by Djwhal Khuls and Master Moryas, Shakespeares and Miltons, everything trash and nonsense.

The contents neither useful to themselves nor to others and they go into horrible diseases because they daily allow themselves to be polluted by the astral impurities of rogues and thieves who are recently dead and you cannot understand their diseases. They will have urinary diseases, stoppage and blockages and horrible night mares and what we call the Nephrolithiasis that is the stones formed in the kidneys and bladder, all such wonderful things happen. Finally we find the diseases of the transition period among the purest of the pure.

Every fellow on the street questions why such and such great man got cancer and died. For example, Ramakrishna Paramahansa, he had cancer in the end. Ramana Maharshi he got cancer in the end and many of the real mystics and real sages of the modern world, they had cancer and they left their physical body with cancer.

Why so? Have they defaulted with their food or sleep or their sex or their work? No possibility at all, such things in their lives because they were never slaves of their mind. But why such a thing happened because there is what is called the karma of a group of people existing in an area. When it becomes unbearable, when the karma pollution is too much just as the commercial pollution is too much for us, then there are people who offer their physical bodies to attract through a whirlpool of consciousness, the group karma and create a lift to thousands of people at a time by attracting it to a part of their etheric body. As a result, the physical body is producing cancer. This dimension is wonderfully explained in the book "Esoteric Healing".

You can ask why they do so. The answer is why Jesus Christ allowed himself to get crucified. Was he insane? Was he hysterical? No common man can understand what it is. They know that the physical body is a temporary one which can be taken and given at any time. They know the real scientific understanding of the vehicles. They understand scientifically what we call Birth and what we call Death. To them death is not a sentiment, just as it is to us and to them birth is not a celebration just as it is to our children. Birth is not to conduct birthdays; death is not to fear of it. They are simple natural phenomena which are to be scientifically understood but which 999 out of 1000, we are not prepared to understand because we are not yet scientific of understanding these things. Those people they know that the body is of not much value just as shoes can be purchased and the second or third day

they can be presented to some poor fellow if he wants because they know they can purchase a new pair of shoes.

That is their attitude and the real assessment of what we call the physical body. So, they sacrifice a particular physical body to attract the group karma pollution of an area and the result is there is a spot of stimulation in the etheric body which produces a centre of malignancy on the physical body. It eats the physical body away. But to our eyes it is the same cancer that the patient in the hospital gets.

So, like this there are many things that are to be understood about the transition period. But the more number of diseases we try to understand, the more complicated will be our mind. What we want is a solution not a problem. One solution serves the purpose of all these new diseases. Unfortunately the solution is too simple to be carried. That is leading a simple life, eating something simple, nutritious and qualitative, eating only in fixed times, almost the same times daily and not eating very frequently and irregularly, drinking only positive liquids and only at fixed timings, sleeping according to hours of sleep, working according to the hours of work instead of playing Bridge or Billiards during the nights, giving frequent washes to the body in flowing waters of springs or rivers. We cannot ask how we can get. The answer is whether you want the new theory of understanding of health or whether you want the present way of living.

If you want the present way of existence, you have no solution. If you want a solution, you have to change

your residence to the bank of a flowing river. There is no compromise. Wash your body as frequently as possible with running water and use the physical body for manual labour at least for an hour. Especially the labour you produce with your body should be of a non-remunerative nature. This, many of the modern people are ready to do it because for the past 50 years, the spirit of service has grown wonderfully and not much of effort is required for many people who are living in this century. The fact is there are only very few percentage of people who are selfish in the modern age and they go into ill health and incurable diseases.

It is enough if people who believe in service, they render some type of service to the society just one hour a day. Their body is cleaned; the etheric vehicles are kept pure. Every day the vehicle is washed of etheric fluids and the physical body is to be washed with physical fluid that is pure water. A little of yoga practice will do and a little of meditation will do. But we should not believe in dinners and banquets. We should not believe in engagements and too much of entertainments. The mind should be work conditioned instead of being busy and crazy about work. Now what we do is we are busy and crazy about our own daily routine and the result is we are not capable of living work conditioned. We live self-conditioned.

We believe that we are working too much. We believe that we are sitting. We believe that we want more rest. All these things are rather psychological than real. When we are out of this psychological magic, the truth is we want

very little rest, very little quantity of good food and very little quantity of something we call entertainment because the mind gets entertained with everything. After certain stage, unconditioned ease and joy will be yours when you begin to practise this.

Auto-suggestions should be removed from the mind. For example when Saturn is transiting over your moon, you are accustomed to believe that you will go sick. Not only that you will anticipate that sickness two years or three years before because you can calculate your own Saturn in your horoscope. The wonderful progressions of Saturn on your horoscope are used by you as auto-suggestions. But the truth is there are millions and millions of people who has the Moon in the same degree as you are having and to all of them Saturn is coming to the degree of the Moon not only to yourself. Do you see all of them go sick?

The people who suffer from auto-suggestion, they go sick, not due to Saturn in the horoscope but due to the Saturn in their own mind because they make themselves sick and they won't allow themselves to be free from the sickness. Such is the power of auto-suggestion. Many of such things are there. Somebody tells us you are going to die on November 25th as it was something written there in the holy writ. I kill myself daily with the belief that I am going to die on November 25th. Luckily November 25th passes away and the Sunrise of November 26th will be a gala inauguration, a grand opening. But it takes at least one year for you to recover from the shock.

So, the modern man is exposed to all such dirty tricks of the self-supposition and self-conditioning. Go strong and believe that these are not the things which kill you. Saturn is not very much careful about killing you because he is at a great distance and our earth is a spec before him. Switzerland is smaller than our earth, Geneva is still smaller and the university building is still smaller and the Saturn is not aiming at you. He has many valuable things to do, just as the train has no intention to kill you, though you may kill yourself by having a slip from the train when you travel. You cannot attribute it to the train. You cannot call the train, a criminal. You are the cause of your fall, not the train. Similarly it is not Saturn or the Mars. The auto-suggestions should be removed.

The pure truth of a spiritualist is that what we call death occurs in a split second and let it take care of itself. So, let us not kill ourselves beforehand. Let us be engaged in our own work and let Saturn be engaged in his own duties and let death be engaged in its own duty. These are the vital points of the man of the new age required to be practised, if he wants to be free from the illnesses of the transition period.

Thank you all.



Master E.K.

Sound and Colour

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Homeopathy and Ayurveda

Spiritual Healing and Ayurveda

What I know of My Master

Health, Hope and Positive thinking

Astro, Homeo Healing

Illness in the Transition



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