

DIRECT AND INDIRECT KNOWLEDGE



Dr. G.K

DIRECT & INDIRECT KNOWLEDGE

Dr. P.S Gopala Krishna (G.K), M.B.B.S



Spiritual Tablet Admission Center

D No 27-13-354, Dibbapalem Colony

Srinagar, Gajuwaka,

Visakhapatnam-530026.

Ph: 99999 88888

e-mail: test@mail.com

www.spiritualtablet.org

Cover Design by



Published by



Division of Soul Management Services Pvt Ltd

C/O Pyramid Valley International

Kebbedoddi Village, Harohalli Hobli,

Kanakapura Taluk,

Ramnagara Dist. Pin : 562112

Karnataka, India.,

Ph : +91 99805 97631

Website : www.soulmanagementservices.com

Email : info@soulmanagementservices.com

Rs. 00/-

First Edition : Month 2017

INDEX

1.	Topic -1	00
2.	Topic -2	00
3.	Topic -3	00
4.	Topic -4	00
5.	Topic -5	00
6.	Topic -6	00
7.	Topic -7	00
8.	Topic -8	00

About the Author

Dr. P.S.Gopala Krishna was born in Chintala Agraharam of Vishakhapatnam district (Andhra Pradesh), to Smt. Eeswaramma and Sri Appaji as 6th child. From childhood he had a strong desire to serve the humanity as a doctor. With his sincere effort and hard work he was graduated as M>B>B>S. doctor in 1996. From 1995 he started Meditation, studied Spiritual Science and researched with his co-students for 6 years. From 2003 onwards, he campaigned “complete health through Meditation” along with his medical practice.

Dr. Gopala Krishna conducted several workshops all over India. He travelled across many countries like Mauritius, Dubai, Singapore, Malaysia including India to spread Meditation and Spiritual Science through sessions. He established Spiritual health care centers and developed 350 spiritual tablets with his 16 years of Meditational experiences. He also helped thousands of people to obtain holistic health by his spiritual counseling and guidance.

“Be a doctor to yourself” is his main motto.

Dr. P.S.Gopala Krishna
Founder of Dhyana Arogyam

FOREWORD

In our daily life, we may face many incidents in the process of learning. If we understand every minute aspect of these incidents and imagine how God would behave or live and, if he were in our place and mould our lives, it can be said that we are stepping towards a healthy and blissful life. This book has been written to dispel the dilemma one frequently encounters with in one's life as to whether one should depend upon one's own experience or gain knowledge from others. We hope that this booklet helps you to overcome the difference in gaining knowledge and experience.

ACKNOWLEDGEMENT

I am thankful to all the readers for giving me this opportunity to explain the spiritual concepts through “Meditational Health Science System”.

I sincerely thank my parents and Sri P.Vijaya Kumar, who has trained me and guided me into spiritual life. My soulful thanks to Brahmarshi Patriji for his valuable suggestions in the development of this project.

Dr. P.S.Gopala Krishna

DIRECT AND INDIRECT KNOWLEDGE

Direct and Indirect Knowledge are two contradicting aspects. Surprisingly these two are the two tablets which have been explained here together as the practicing indicators of soul development.

Before understanding this spiritual concept, we have to first know a small story related to it.

Once, in a certain village, a person's tip of the nose was cut off. Then he said that he was able to see the resplendent form of Lord Vishnu. He further said that due to the obstruction caused by one's nose one can't see a particular point at the tip of the nose. If the tip of the nose is cut off, that particular point will be visible. At this point we can see "Lord Vishnu". With this logic, he made so many people cut off their nose. These people also declared that they were able to see "Lord Vishnu". This news spread like wild fire, and many more followed them and cut off their noses. The number of the people gradually reached hundred, five hundred and so on, and all of them declared that they can see "Lord Vishnu along with His Consort Goddess Lakshmi". This news spread all over the kingdom and then automatically reached the king.

The king thought, “If I get an opportunity to see Lord Vishnu, why do I need these worldly pleasures or wars.” Thinking thus, he also decided to cut off the tip of his nose.

The minister of that court was a very wise person and he said to the king, “O King! No religious book ever mentioned that if we cut off our nose, we could see Lord Vishnu. Based on the view of a single person or a group, who were motivated by that person, we can’t take this for granted”. In spite of the repeated requests of the minister, the king was serious about his decision. Then the minister said, “Oh Lord, you don’t cut off your nose please, instead I shall cut off mine first and if I see lord Vishnu, you can proceed to cut off your nose. If all this is a lie, you should decide to hang all these people who say they see Lord Vishnu”. The king agreed to this and a day was fixed for this.

At last, the day arrived. The king along with the villagers was waiting to see the result. The minister said to the group of people, “If I cannot see Lord Vishnu after cutting off my nose, you all will be hanged”. In spite of the minister’s grave warning, the people maintained that they were able to see Lord Vishnu. “Even if you kill us we will go directly to the

abode of Lord Vishnu. We are all here to show you Lord Vishnu” – all of them said together. Hence the minister had no choice but to cut off his nose. Compelled by the situation he was in, he cut off the tip of his nose but could see no Lord.

Then one person from the group came towards the minister and said, “Minister, first a person’s tip of the nose was cut off. Fearing that his friends would tease him, he said that he could see Lord Vishnu. Seeing him, 10 people cut off their noses and the number reached hundreds and thousands. If you say that you can see Lord Vishnu, the king will also do the same. If the king himself cuts off his nose, no one will have noses in our kingdom and we can’t mock one another”. Since the minister was a very responsible person, he immediately said to the king, “Oh King, as I told you before, I can’t see any God. This story is fake”. Thus, the scene ended there.

On the same night, the minister clearly told the king that there were two ways to know the ultimate truth. 1. Direct knowledge and 2. Indirect knowledge. Direct knowledge is the one by which we obtain knowledge through personal experience. Indirect knowledge is obtained from other sources i.e. other

altho' we can't know the taste of the wine until we have drunk it, we must taste and experience it for ourselves. We won't know the taste if we read books from listening to others' reports of the similarity and such. If a Minister first has the experience of others, he will be fearing that his friends would tease him, he said that he could see how the Virgin Mary knew knowledge by reading of the spiritual books, that she must have read hundreds and thousands of books. If you say that you'd experience the vision, knowing well through Meditation of the King's change in the world, of his five experiences, Alas! that's a loss, in spiritual knowledge, and a knowing of the Father's Son. I read the scriptures, a very responsible person, he Directly said to the knowledge of the King, lay hold on you. before, I can't see any God. This story is fake". Thus, the scene ended there.



ONE'S EXPERIENCE IS ONE'S OWN PROOF

In our society, generally people and scientists ask for proof for Spirituality and the things connected with it i.e. meditation. In fact, each person should find it out through his own experience. We can explain our senior masters' and our experiences, the changes and growth taken place in our lives through meditation to them. But if they question themselves how far it is true, then they have to meditate continuously and find it out for themselves, through their own experience. Joy could only be felt, and it cannot be shown. Similarly, no one can prove his own experiences to others. That's why it is said that the point where science ends is the point where spirituality begins. In physical life, proofs exist but in spirituality after reaching soul level there are no proofs, but there is only Self Experience. In our spiritual path as we sit for meditation regularly and thereby getting ourselves healed from diseases (with Self Knowledge), and leading a happy life, if people ask questions or ask us for proof regarding direct knowledge, we should say sorry and tell them to know it for themselves by doing meditation. If it is regarding Indirect knowledge, then we can share our experiences completely. If they happen to waste our

time by arguing with us with their un-relevant questions and when they are not ready to experience on their own, then we can keep them aside so that we can save our precious time and our consciousness. So, here nobody is losing anything. We are just taking a step back understanding ‘Science’ and making use of our knowledge.

So, a true master or a person who is leading a happy life while teaching others or while getting answers to his questions should understand about Direct and Indirect Knowledge and their values and make use of them whenever it is needed. In this way, one can go forward in spiritual path.

AndhuniReethi (Like a Blind man)

“Adi yokati thelisi yadhini madhinilpi-
Adi payuvad unabhavudagunu;
Adi payakunna andhuni reethira-
Vishwadabhirama vinura vema!

Statement: “Adi” means “Higher consciousness”, on which all living beings depend. Knowing “Adi” is enough. ‘Adi’ is “Myself”. In knowing this alone, one can acquire Complete Knowledge and can attain

good health and peaceful life.

One who acquires “Higher Consciousness” is “Abhavudu”, means “Lord Shiva”. “Aa+bhava” =” One who cannot be destroyed”. The person who doesn’t have consciousness is equal to a blind person, who cannot see and enjoy the beauty around him.

A person who is blind by birth cannot see and enjoy the beauty of nature. In the same way, a person who is lacking self-knowledge cannot understand and realize the spiritual knowledge which he is surrounded by. So, to a spiritual master these people are equal to blind.



SOUL SCANNING

1. All problems related to eye occur due to the lack of Self Experience.
2. The problems related to other senses, especially related to the ears, occur due to the lack of indirect knowledge. They should develop themselves by interacting with other masters and developing Self Reading.
3. To show proofs in physical life is easy but to prove something in spiritual life is not possible. Every meditator should realize that obtaining proofs could only be possible by having both direct and indirect experiences together.
4. Lights which we use inside and outside the house, mirror, spectacles, TV, etc., symbolize direct knowledge.
5. Loudspeakers, Earphones, flowers, nose pin are the symbols that are related to indirect experiences.
6. Second source of energy is related to 'Swaadhistaana'. The diseases related to

‘Swaadhistaana’ can be cured easily, if the person who gets clarity about Direct and Indirect knowledge.

7. The things we should realize with Direct Knowledge:

- a. Third Eye experiences
- b. Past life experiences
- c. Travelling in other dimensions
- d. To know future plans through meditation and dreams
- e. Trekking, living with nature
- f. Totally getting involved with kids
- g. Being with Guru
- h. Healing themselves from diseases completely through Meditation
- I. Sharing one’s knowledge with others

j. Learning and experiencing the joy of an art

8. Examples of the things which we receive by Indirect Knowledge:

a. To quit non-vegetarian food and convert into vegetarians immediately after knowing the fact-“ahimsaparamodharmah”

b. Following and implementing each and every aspect immediately, which are told by Guru

c. Listening to others' experiences and thus coming out of unnecessary beliefs.

d. Reading, getting by heart and understanding the books written by great masters and thus experiencing them in our life. We should not ignore the things which are in agreement with science.

e. Enjoying music and other arts.

f. Identifying the opportunities we get, to participate in some programs which particularly we only can do and realizing our duty towards it. We should communicate with the persons and get involved with

the situations concerned and complete the work.

g. Lending helping hand to the masters who organize important Spiritual Programs.

h. From Chalakudu to Sasanudu in 6 tablets, ‘Sravanudu’ symbolizes the Indirect knowledge and ‘Sasakudu’ symbolizes Direct knowledge.

i. Here, we have mentioned the examples of Direct and Indirect knowledge connected to Spiritual growth only. But even in worldly situations and spirituality too, we shall gain knowledge according to our need and aspiration.

j. In many situations, before obtaining the experiences directly, we should understand the experiences related to that situation indirectly and try to obtain Direct knowledge.



EXPERIENCES

1. My name is M. Mani. I am 64 years old and I live in Visakhapatnam. I am into meditation from the year 2004 and then onwards started teaching meditation to everyone. I was suffering from eye problem and thus went for an eye checkup, where I was told that I had 'glaucoma'. Doctor said that just as people suffer from blood pressure, there will be pressure on eyes also. He further said that it can be cured through a surgery and should be followed by taking medicines lifelong.

I was ready for the operation as it was an eye related issue and I shouldn't dare neglect it. Just one hour before the operation, I happened to call GK sir and told him about my situation. GK sir advised me to do dark room meditation for one week. Immediately, giving an excuse of attending an important family function I came out of the hospital.

The next day, I started doing meditation in a dark room in my home, with an eye pyramid. Initially for two days I felt it difficult, but later I managed to continue in the same way for one week. I took only

liquid food during these days. On the eighth day, slowly I opened my eyes. The same day I went to the hospital for the checkup. Previously, the pressure in my eyes was 24/4, which has now come down to 14. The doctor was surprised to see and he asked me whether I have taken any medicine. I told him about meditation which I followed. He couldn't believe. He then asked me to come for the check up after fifteen days. I visited the doctor again, after fifteen days. The pressure remained constant at 14. I gave a cap pyramid and some books of Dr. GK to the doctor and returned home happily.

This is about my experience. I made some changes in my thought process, life style, and with regular meditation and will power I could avoid operation. I am grateful to Dr GK, for his advice at the right time and my sincere thanks to Jagadguru Brahmarshi Patriji.

2. My name is Dharma Gowri. I stay at Akkayapalem, Visakhapatnam. I got introduced to meditation in the year 2009. But I didn't start meditation seriously at that time. Later, when I met Dr. GK I started doing meditation.

When I was five years old, I fell down from the stairs. I had a head injury, in which the nerves of my eyes got damaged, due to which my eye sight started getting blurred and gradually I lost my eye sight completely. Dr. Gk advised me to meditate for two hours daily for a period of three months initially. Later he gave me counseling for fifteen days and advised me to meditate for five hours. While meditating, I would hear Patriji's CDs, and Dr. Gk's 12 tablet CDs. I also participated in Pyramid Meditation, Fullmoon Meditation and Group Meditation. I witnessed many experiences and realized that this misfortune is the effect of my previous karma. Gk sir advised me to obtain new knowledge and share with everyone. Then I stopped worrying about my health issues and with the help of Spiritual Knowledge I have overcome all my problems.

As I had no scope to study, following Gk sir's advice I have completed my M.A. in music. Now I am teaching music to everyone and also participating in various musical events. I am grateful to Dr.Gk, for teaching me Atma Jyanam.

3. My name is Venkat Premnadhareddy. I am from

Kadapa, Chagalerugramam. I am into meditation from the year 2009. I had problems with ears(hearing) along with cold, asthma and cough. I had to visit doctor every week. Except the medicine called ‘penicillin’, no other medicine was suitable for my body. My parents, sister and neighbors never loved me. I was always under depression, thinking that how can I get accustomed in this world and why am I living such a horrible life. From class 1 to class 10, I always stood first in the class, but due to these problems in Inter and degree college I failed in six subjects. When my mind was filled with the thoughts of committing suicide, I happened to see ‘Dhyana Andhrapradesh’ monthly magazine in a temple. As I was reading the magazine, a quote ‘Observing breath for a while gives mountain range of lighting’ lead me to meditate. This became the turning point in my life.

Later, while meditating in Bangalore at Pyramid for three months, I witnessed many experiences. In this journey Dr.Gk and Prasoonam madam gave me a lot of guidance. Gk sir advised me to read ‘Bhavana Shakti’ and ‘You create your own reality’. While reading these books my way of thinking has changed. Again, I became a scholar in my studies and completed M.BA. At present, I am working in a

company in Marketing Department. Before following meditation, I felt it difficult to hear and understand others. But now I am able to hear properly and follow the things. I have developed confidence. I am grateful to ‘Dyanaarogyam Project’ for giving me this opportunity.

Ph: 9246648411, 9246648401
Mail: spiritualtablet@gmail.com
Skype: [spiritualtablet.workshop](https://www.skype.com/name/username/spiritualtablet)
www.spiritualtablet.org



DIRECT
AND
INDIRECT
KNOWLEDGE

PART - I