2019 March 27 KDP 1

Good morning and very hearty welcome to all the preceptors here. Thank you for coming. There’s lot to be shared. We’ll go in depth with so many topics. Before we begin this session I would request to look on both sides, right and left and see the person sitting beside you is actually a preceptor. Make sure there is an ID card. If it is not, ask him or her to stand up and leave the place.

(2:11) So we shall begin now. The most vital aspect of our journey, this journey, spiritual yatra, often we are not able to decide where to begin the journey. That requires some aspect of sensitivity. In order to even understand how the journey begins at various levels, we have to understand how this actual flow also occurs, flow of energy. Transmission is forceless force but it ends up creating ripples in our system. It follows a pattern exactly like the electric current. How does the electric current move? You have perhaps, most of you are familiar, but those of who are not – there is a positive and there is a negative. It goes like currents, in the form of waves. Babuji also talks about the currents descending from the Source. They did not, they are not descending in straight lines. They are also following the same positive and negative pattern.

(4:01) These pattern itself ends up creating a field at each point. And when something moves from one point to the next, immediately next, what generally happens there is invertendo. This is again Babuji’s discovery, the principle of Invertendo, he has broadly described it in two books, *Efficacy of Raja Yoga* as well as in *Ten Maxims*. You must have read about Point D, just as denoting point 1. He says let’s divide this point 1 into two, based on actuality, what really happens there, there is an upper region and there is a lower region. Upper region has a slightly better level of consciousness. The lower one doesn’t have that much of consciousness. It does have, but it is not as refined as the upper level. Journey is (unclear) also begins within the point: upper region and lower region. Now what happens because of this positive and negative flow? Whatever is upper at the point 1 becomes lower at the point 2 and what is lower at point 1 becomes upper at point 2, and this will continue. Now what is upper at the second point is the lower part which was at the first point. Now it will go lower again. So point 1, 3, 5, 7, 9, 11, 13 – all odd number points will have upper region as upper, lower region as lower. While in even numbers: 2nd, 4th, 6th, 8th, and 10th, the lower region will be in the upper part of the chakra. You follow me? If you don’t understand, raise your hands.

(6:58) Okay. There is a big number (laughs). I’ll draw it for you so you’ll understand.

(7:35) So let’s consider these five points of the Heart Region. What I was trying to share is when you divide this first point, it becomes upper part is upper, lower is lower. That is simple. But when you look at the second point, the direction changes. This becomes L and this becomes U. Same thing happens here (referring to the diagram). This really doesn’t matter (referring to 5th point). You get it now? Okay. And so Babuji was able to describe the 6th point, and you’ll divide this like this. This will become lower and this will become upper. And he has taken up only these two points in the books in order to describe the principle of Invertendo.

(9:25) So when we understand this reversal happening at each successive point, then you will see the recent book CWRC (*Complete Works Ram Chandra*) and many others. There is an error in *Efficacy of Raj Yog*. There’s a big mistake in the diagram where Central Region is depicted. D3 is depicted as if it is the 6th point and they give the name A3 and B3. It is incorrect. But anyway, nomenclature does not mean anything. It is for our understanding that whatever is there on point 1 is in invertendo fashion on point 2. So with this basic understanding, we move on.

That when we do clean point A and B, even if you are not vulnerable to the idea of sensuality, etc., nevertheless is will help us move further into super state, into a state of superconsciousness prevailing at A2 and B2, A3 and B3. Extent to which points are cleared up – A and B – to that extent upper and lower region of point 1 will be cleared up, cleaned up, to that extent superconsciousness at other higher points will also reflect. All the points in our system, you know people say we only have 13 points, but in reality we have 16. We don’t make mention of these lower three chakras, nevertheless they are present. You can’t avoid them just because we don’t touch them. We don’t touch them in the beginning no doubt, but towards the end of the journey, it is mandatory that Master will ensure the journey within *Manipur*, *Swadhisthan*, and *Muladhar*. Only then there is completion. In the beginning it is not touched at all because of the dangers associated with these lower chakras. These lower chakras are present also in animals – dogs, cats, elephants, and horses – all the animals, they do have these points. Only in human being, *Anahata* chakra becomes more active. But if we remain focused on the basic animalistic tendencies then we remain glued there and we don’t rise above *Anahat*. There is also a great amount of confusion or lack of understanding. We are not able to tally the regions like Heart Region, we also call it as *Pind Pradesh*. Mind Region, but Mind Region is very vast, within which there is *Brahmand*, there is *Para-Brahmand*, there is *Prapanna*, *Prapanna-Prabhu*, and *Prabhu*, and then the Central Region.

Then we have these points, chakras. On top of that Babuji complicates the whole thing with 23 circles. And we fail to understand the relationship between these circles and regions and points. Mind you, we have not gone into koshas as yet. But I will try. I did try to make sense out of all these things long time back, but this PowerPoint presentation was not so ready. In France, I tried to explain it, but it was so dim and so unpresentable. So we had to share with some people, say you removed the YouTube video unnecessarily, but there was nothing to be seen there you see. So we have tried to make it more visible and more understandable. Also I would like to share with you something alternative, alternate method of measuring or locating the point A and B. It’s, I think all of you know, Babuji has described it in a very fantastic way of measuring two fingers this way, left to the left nipple, and then go three fingers down, that’s point A, and then two fingers down is point B. But while we were releasing this book *The* *Heartfulness Way*, the publishers in United States, they were not abhyasis. They are not abhyasis even now, but the editors, final editing was done by ladies, sisters. They found it very interesting topic but they found it very difficult to locate it. They say is there an alternate method. I ended up praying to Babuji Saheb and I was guided and based on that we have come up with alternate way of locating point A and B. Even sisters cannot find it any difficult anymore. So we will begin with, I would like to call this presentation as **Spiritual Anatomy: Journey towards the Centre**.

Let’s begin with Freedom, slide number 2.

(17:10) So this is from the 23 circles, we begin with Stages of Maya, where there is so much of duality, opposites prevail. Five circles belong to five points, each individual. First point you can confidently say it is in the first circle. Second point in the second circle, third in third, fourth in fourth, fifth in fifth. Now let’s understand, some of you may have heard the discussion between Babuji and one sister abhyasi from Denmark where Babuji is saying that he made one sister abhyasi cross 64 points. Have you heard this remarks? Then we wonder, where from all this points coming? He describes only thirteen, but that was when we wrote the book in 1948. Later on sometime in late 50’s and 60’s and 70’s, he continued to make more researches, and the outcome was not 64 points, but 65. But in one case, he was able to travel that sister up to 64. 65th is awakened only in one case. Okay. So now, we have to understand at each point there is some *pancha bhuta*, one of the *pancha bhuta* will predominate. You will come across this description in Lalaji’s dictations in *Autobiography*, which we will touch now and then. *Autobiography of Babuji Maharaj* has lot of secrets. If you read carefully, every single day whatever messages are given, there is a method, there is a technique, there is a hint. These hints are how we can move forward. At times, he criticizes his own disciples. At times he punishes them. At times, he rewards them. And it’s a nice way of looking how his heart and mind is working. Once we know how he understands us, then it is easier for us to cooperate for our own betterment. So in one of those messages he says, in the Heart Region there are five points. First point is the point of the heart. It is dominated by the element earth, *pritvi*, then he says that is not the only element present there. There are other elements also, but in a smaller amount. If Earth element is present, which I have reflected in this diagram as yellow color, but the other elements are also present, starting with the red, which is a reflection of ether element and also it reflects the quality of the second point. Third point is also reflected here. If you see clockwise, here the first point, the red color marked is in 12 o’clock position, which is actually the second point. At 3 o’clock position there is fire point described here, depicted, or the fire element. The black represents the water element and the green represents the air element. So all elements are present. The second, now when you combine all these elements and point A and B, according to him, it constitutes 7 subpoints.

Circle number two, here it is dominated by the ether element which is depicted as red color. And we actually feel that also when we are exposed to second point, when it blooms and opens up. We see the red tinge within ourselves. Or when transmission is given by the preceptor from the second point, generally, I don’t say all the time, but generally abhyasi would also feel the reddish tinge within. Here at 12 o’clock position, it reflects the quality of the next point, just as we saw at the first point the 12 o’clock position was reflecting the quality of the second point. At the second point, the 12 o’clock position of the next element will be of the third point. So all the points, all the elements are also present but here at second – space or the ether element will be dominant. Now these reflects five subpoints. So now you can say you have actually traversed through seven plus five, 12 subpoints. So these five and seven are the journey within the point. Okay. The third point, the third chakra, in the third circle, that also has five elements noted, but dominant element here is fire. 12 o’clock position is reflected here which is the next point’s quality, which is water, reflected by black color here. So these also represents five subpoints so that will make our journey complete to the extent of 17 points. So likewise, it goes on.

(24:40) The next will be fifth. Okay. One interesting thing I’d like to share is that while we are at the first, heart is all about, you know it’s, though it gives satisfaction etc. but in the present day condition I would say majority of us we go through turmoil. Only peacefulness you’ll find is while arriving at the second point. Similarly, the third point, when we come to the third point, Nature bestows us when we cross this troublesome third point, to the next point which is fourth, which is more peaceful. At number three we have roller coaster ride, emotional roller coaster ride, see. But moment you come to the fourth, there is immense peace there. Exactly like what we feel, so much of peace at second point unlike the restlessness that prevails on the first. So nature at subsequent points gives us a break, some sort of restful hours. Now once we cross this, we enter these stages of egoism, it’s all about me, mine and my doings. Here at the sixth point, there is A1 and B1. Plus the quality of the main element and the other four minor elements. It was 27 before, now you had 7 more, it will be 34. Cosmic Region or the *Brahmand Mandal* is restricted within the sixth circle. *Para-Brahmand* is restricted within the seventh circle. By now we have crossed 34, 39 huh? Now here the beauty, I mean you must have seen this, this magazine where we have described spiritual journey that at the seventh knot, or behind the seventh knot actually, the chit lake, there is a *Saraswati* point as well as there is a point of passion. Passion and knowledge, they are inseparable. They are so conjoined. Working on one will have a ripple effect on the other point. Trying to destroy passion point will destroy your receptivity towards knowledge. That’s why most intellectuals are quite passionate at sexual level.

(28:40) It reflects, seventh knot reflected Para Cosmic. 8th knot is about *Prapanna* state where the feeling of surrender starts. By 9th point it matures and we become eligible to enter from the mixture of *Prapanna* and *Prabhu* to state of *Prabhu*. Again if you see here there is A2, B2, which reflects the 10th point. The D as is there in *Efficacy of Raj Yog* or the first point, the point of the heart. The Cosmic Region it is D1, Babuji calls it as D1. In the center point of the Cosmic Region, D2 is a center point of the Godly region wherefrom the state of *Prabhu* begins. Going further we enter the eleventh knot here. So we have now crossed 61 and at 12th knot, by the 12th knot, we cross 64. If you notice here there are only three elements present – ether, water, and fire are present. Air and earth elements are missing here. That means we go beyond this Earthly existence, we start feeling that we don’t belong here in reality. It is one thing that when you are in trouble, when your heart is broken and you say “what am I doing here?” but here in reality you feel that I really don’t belong here. I’m not of this world. I share with you one of my personal encounters with Babuji Saheb. This was my last visit to him in 1982. He whispered very gently and he said, “I have stopped feeling the Earthly vibrations”. I have shared this in another context. Perhaps he was hinting, my time to go has come. But it also, I understand it is not that he entered the 12th point then. He had always been feeling like that perhaps, from the very first day itself – I don’t belong here. But all these things, all these qualities that we encounter should not be mental fabrication; it should become an actual inner experience for us. Now begins the real adventure. Hold on second. The 12th point is also kind of a bridge. Just around the 12th point, there is this *Brahmarandhra* point which is. Now this *Brahmarandhra* is the point through which the soul enters the body after conception, and for liberated souls they exit from the 12th point. I would request you to refer to *Truth Eternal* and to read the chapter on “Destruction by Sound” where Lalaji describes how soul escapes the body at the moment of death, how each chakra collapses and dissolves into the next element, next chakra. Now when our journey has come up to the 12th point, the tendency of the soul would be to escape. Job is done kind of. But it is the discovery of Babuji Maharaj that he does not allow that thing to happen because much lies ahead of us in a spiritual way. By now the Godly Region ends. It will be surprising to a lot of people – if Godly Region ends, then where are we going? Is it beyond God? I leave it to each one’s experience and I pray that all of us somehow make it there.

(35:08) How he does it, he says there is an arc, curved arc, sort of a curved window at the 12th point, which we cross and enter the Central Region. This entry point, according to him is called *Satya Pad*. Entering all these rings and having actual journey is beyond description. There is no force there. There is no effort there. It simply happens. That’s why transmission that arises or descends from the centre itself, we say it is forceless force. Moment whenever we apply force, there is always a ripple effect in opposite direction. This ripple effects will not be there once we start swimming towards the centre. Now, if you permit me to say, crossing the Heart Region into *Brahmand*, one actually goes beyond the individual dualities imposed by these *pancha bhutas*, they are very heavy. Here we have tried to depict these five elements present in the Heart Region, slightly darker color – dark green, dark red, dark black – but as we go into the *Brahmand* and *Para-Brahmand* and *Prabhu* and all those, the intensity of these elements, it is shown here with lightness of color to express that they are there, but for the name’s sake.

(38:15) And how can we go beyond this troubles of opposites – the war within, created by these opposites, pairs of opposites? By remaining generous to our heart. Generosity, not of money, but forgiving, allowing things to happen. Acceptance. All these qualities will automatically flourish in our heart. But if our tendencies remain to go against it, then we won’t be able to enter the *Brahmand Mandal*. Person who cannot forgive, person who always remembers the wounds(39:00 unclear) and pains inflicted upon them and they want to take revenge, you can forget about *Brahmand Mandal*. Though all, so many states are bestowed upon us by Master, in *Akashi* fashion, means in a reflected way. That means it is not our own earnings. It is like leased property, you are there at the grace of the landlord, who doesn’t charge you rent perhaps. But if you misbehave, it dissolves just like that see? But if we make our way through our own efforts, cooperating with Masters, then magical thing can happen, then there is no fall. Otherwise, there is always a fall, even from the level of *Maha Parshad*, which we will come across in *Autobiography*. Some of you who have heard Chariji that *Maha Parshad* cannot fall, you will read something different with lot of proofs in *Autobiography* which I’ll be referring to so often from evening session onward. So if you don’t have *Autobiography* with you I recommend you carry them with you throughout this preceptor session. There are a lot of researches and discoveries that he had made are written there. Some of the sentences which are there, I’ll ask you, the whole paragraph you read and say, what is the research here? What is he trying to convey? You can’t pick up. 90% of the time you will miss those methods, you will miss those hints. It requires a different orientation. How to read these messages from the Brighter World by Lalaji and other great saints.

(41:42) And when we move from the Cosmic Region to Godly Region, what is required there is utter humility. It also shows lessening of our ego. Pride is now dissolving. Only then one can enter the Godly Region. And from this Godly Region into Central Region, it depends on our relationship with the great Master, how well surrendered we are. Only that thing will determine our entry there. So so far I’ve talked about how we can progress at individual level. Three qualities which I have described and it will form a kind of a repeating story in *Autobiography*, how humility of Babuji, how his generosity, and how his state of surrender contributed to what he became as a Special Personality. So other things I think just for interest we will go through this slide which is quite self-explanatory. (Three.)

(45:37) I wish you guys pay attention to this instead of clicking photographs. You’ll get all this slides eventually.

(46:15) Here, you go back a bit please. Okay, just. Alright. You see here, this Z or Zed we call it. It forms a triangle between 7th and 8th. It is let us say this is 7th point and this is 8th point, you go one inch inside your forehead actually, one inch inside and then draw the line – that’s where Chit Lake is present. Okay. As Babuji says, Chit Lake in most people is gray in color, grayish, but in advance cases it becomes reddish to kind of ruby colored. Within which there is a point of *Saraswati*, superimposed with the passion point.

(48:12) *Bhrahmarandhra* is generally where we keep *choti*, *shikha*.

(48:33) There is one easy way also to figure out where the Centre is. You know where they pierce the ears? Yes. You just draw a line this way and that is the centre. And SDK, you just tip of these ears, you go up like this and you point to – that is SDK. And you put your four fingers there, this is the 10th point and the back is the 11th point. So few points are just, you can even in your sleep, you can figure it out. But best would be to feel it within and say oh 9th point and close your eyes, you visit that point and meditate there and see what happens. The qualities will come, means the environment or the condition prevailing at that point will reflect within us. Okay.

We are done with this. Okay. Now some exercise for you all. I know you come from many centres all across India as well as abroad. This five days I would like you to have, this simple exercise. Each day let us see, you recollect one abhyasi from your centre. Put that person’s name. Okay. Tomorrow, you pick another abhyasi for tomorrow. Write down the name

(50:22) What are you doing brother? You don’t have a diary? You better write it, otherwise, don’t attend this. I don’t like people coming here without journals. At home you can get away with murders, but at least have some respect here. Third day, another name. Fourth day another name. Fifth day another name. Fill up these five names for yourself. Try to give them a sitting in absentia, means you don’t inform them. Today you give to that person whose name is there. Tomorrow person is somebody else. Right? Third day somebody else, fourth somebody else. So likewise you give a sitting. Then, when you are giving sittings, you try to find out how that person’s condition is, his position and approach. While you are busy with this, today you are busy with one case number A, tomorrow you will be busy with case number B, third day you will be busy with case number C. Now what you do when you are busy with case B, you include case A also. When you are busy with case C, you include A, B, and the new C. So likewise, it will be cumulative. By the time you leave from here you will be able to work on five different persons at the same time. Then this number can also increase. It has far reaching consequences than you can imagine. I’ll show you where this will lead us to. Remember this movie, Kungfu Kid, no? Karate Kid. Karate Kid. He is fighting with his master – every day the same exercise. I wish you see that movie once. But the same exercise saves his life one day. This has far-reaching impact.

Also I would like you to learn which I have been doing for many years actually, even it goes back to 2003 or 2004. On my own it came to my understanding that sometimes I should breath like this. Generally we breath one go right? (One Inhale, One Exhale) Right?

(53:49) One long and then you exhale. Inhale and exhale. But while we are inhaling, you break it into 2, 3, 4, or 5 parts. Like (54:00 he demonstrates), (exhales) one go. You understand this much? It’s like from here up to here I have to breathe right? So I go (demonstrates) like that. Do this for three, four days. I’ll teach you the significance of it on the last day. Just remind me so I don’t forget it. This Karate Kid thing and this breathing thing okay (laughs).

This will prepare us for a very big thing actually, very big. It’s nothing ordinary. Next few days if you can fast, it will be nice. Those of you who can. It’s not mandatory that everyone should, no. If you like, have a light meal if you cannot fast. But those who are diabetics, please be careful. Alright. So we will meet again at, I will be back here at 5:30p and will we will take it up, reading few passages from *Autobiography of Babuji 1944*. If you don’t have it, you can go to SHPT, or I will request them to bring those books here so you can purchase them. Thank you.