

LESSON # 6

Memory Developing Breath from Brahmavidya yoga lessons. Wishing all the aspirants of brahmavidya yoga happy reading practice and abundant health and prosperity in all their endeavours.

BRAHMA VIDYA – AN ANCIENT SYSTEM OF YOGA & PHILOSOPHY INTRODUCTION TO THE GREATEST TEACHING ACCESSIBLE TO HUMANITY

Our Prayer: 'PRANAMYA KARUNAAMOORTIM ATMANJNANA PRADEEPAKAM
YOGAKSHEME NIYUKTHOHAM DHYATWA JYOTHIRMUKHAM GUROH'

(Having made reverential salutations to my Guru who is the embodiment of Benevolence and who kindles the Light of Self-Knowledge, meditating upon his lustrous and radiant face. I engage myself with dedication in service to humanity)

We shall now discuss on the subject of SIDEREAL KINGDOM – the second cycle of God's expression. We have already discussed earlier about the first cycle of God's expression – the Ethereal Kingdom. If you refer the dictionary, the word 'Sidereal' is defined as follows:

'Pertaining to the stars, starry, measured or marked by the apparent motions of the stars – as sidereal time; "Sidereal Day" is the time in which the earth makes a complete revolution on its axis in respect to the stars, being 23 hours, 56 minutes, 4,092 seconds; "Sidereal System" is the general system of stars of which the solar system is a member. The Sidereal Kingdom can be defined in the following manner for your clearer understanding.

1. It is the Kingdom of God's immortal Light of Wisdom.
2. It is where we find the perfect measure, the perfect light –perfect movement.
3. It is the Kingdom of the sun that gives us our life; and whose light shines of itself.
4. It is the Kingdom whose light is to be Cosmos what the lights of the Mind is to human being.
5. It is the Kingdom of light and action and birth and development, Light is its one and essential substance.
6. It is the first sign of activity or movement of God: the Kingdom of action.
7. It is the Second of God's seven expressions, and Man's first birth.
8. It is that whose light causes all things to be made clear and plain.
9. It is that which, when we know the way to enter, compels use to learn about what is called God, the Universe, the Law that keeps the Universe in its all-action and its ever – expression.
10. It is symbol of God's eternal Light in Man: the symbol of Man's understanding of God's principles.

On a study of the above definitions in SILENCE and DEEP REVERENCE, you will realize that our of the absolute silence of the emptiness of space (Akaasha) fully pregnant with the omnipresent Creator, the Ethereal Kingdom, the first sign of God's coming into action or expression. When a man/woman has understanding, which means when he/she is spiritually established in the Ethereal Kingdom's order and silence, he/she automatically enters the Sidereal Kingdom – the Kingdom of Light. And whether we view the sidereal Kingdom from a macrocosmic

angle relating to the whole universe, or from a microcosmic angle relating to a single man we find perfect light perfect measure, perfect movement, perfect balance. While we parallel the Ethereal Kingdom with Human being's Right Understanding. It is all ours in its full potentiality, we become it – we come gradually to the way of using it. Then we learn, be right action of life, to use it rightly and we see that our action is the result of the Light of the Sidereal Kingdom within us. We grow in the Light and into it. The Light of Sidereal Kingdom within us shines of itself as our expression. The SIDEREAL KINGDOM, then is the Kingdom of Light and action and birth of development, light is its one and essential substance. It is through that which the sidereal Kingdom starts in Man/woman's nature – its substance of LIGHT – that Man/woman emancipation himself/herself from darkness, ignorance, disease, disharmony, despair and disbelief to enter God's Eternal Way. You have now had a clear understanding of both the Ethereal Kingdom and the Sidereal Kingdom. Now let us consider the second cycle of man/woman's expression – RIGHT RESOLUTION as enjoined in the Noble Eightfold Path.

It is easy to see that right understanding is the first cycle of man/women's expression in his /her own life, and that which follows understanding should be resolution. Whether our understanding is 'right or wrong' (less right), we inevitably resolve to cause that understanding to be materialized – we just naturally and inevitably enter upon RESOLUTION, its 'rightness' obviously being to the degree of our right understanding. All that we are is the result of what we have thought. Every phase of our activity, from our 'understanding' to the manifestation of the thing that we create in our understanding, can only parallel our own thought – by which, of course, we create. The word 'resolution' means 'analysis – fixed determination – decision' and to; resolve' means that we deduce any mental concept to constituent parts. He/she who resolves is firm and decisive. He/she can only be as resolute in right resolution as his/her knowledge, as his understanding. Those who are earnest and resolved in right understanding do not die, but who are thoughtless and irresolute are as if already dead. Right resolution makes a wise man steady, meditative, and possessed always of strong powers. Guarding his/her thoughts, he/she is always happy, for he/she speaks and acts with a pure thought, and joy follows him/her as a shadow that never leaves him/her. Your first duty as a wise student of wisdom, who wishes through resolution to manifest your understanding, should be to learn from a wiseman/woman. We can all see that resolution is the devotion of all our faculties. A resolute person always commands the respect of fellowmen/women, creates them. It is clear that no matter in what direction we view man/woman's activities; resolution is the guarantee of satisfaction of both heart and mind. For we are always confident and happy when we have put our best resolutions into effect. Our resolution makes us vigorous and enthusiastic - a wavering – 'going-to-do-it' person is never chosen as a leader, whereas a firm, resolute man/woman's enthusiasm is always contagious, and he/she is often carried along by the enthusiasm of the people he/she inspires.

He/she who would do something worthy must apply him/herself with such a concentrated resolution that he/she magnetizes natural forces all around him and within him/her – then with right resolution in right understanding, he/she always excels often surprises him/herself. Therefore do you wish to be well in body and mind? ... Strong, vigorous,

victorious ... do you wish to be sound in your thinking that your actions are naturally harmonized with full success? Do you wish to lead your friends to the Noble Pathway? Then, resolve to do – in no half-hearted manner – resolve with all your heart, thoroughly, sacrificing, knowing that your resolution is the outgrowth of Right Understanding, and patience. Right Resolution breeds patience, gives endurance, banishes weakness, sustains hope, sweeps difficulties into success in every form, causes danger to give birth to bravery, quickens and increases creative ambition always, and leads him into true perception

when all logic fails to lead.

Always remember that Right Resolution leads you, in spite of your lower self, to your ideals. The objects existing in the ideal, but nevertheless perfectly real world, are as far above those existing in the external world as the ideal conceptions of a great genius are above what he/she can possibly execute with hi/her hands. It is Resolution that brings our ideals into reality. It is Resolution that brings us freedom in our understanding. It is Resolution that prevents our hopes from perishing in vacancy, which enables us to execute them into noble works. Let us make of our lives what we desire. How? By Right Resolution. You were given the Nine UNIVERSAL POSITIVES; now let us repeat them and try to understand the inner means of these NINE UNIVERSAL POSITIVES.

1. I AM WHOLE: In a state of relaxation, with the Mind crystal clear, think of the world 'WHOLE'. Into the mind there will come doubtless a sensation of roundness – upon think outwards from the mind, so to speak and the more you concentrate, the more you will sense this ever-enlarging roundness. FEEL this sensation of roundness and wholeness – lose yourself within it so that thought, as thought, ceases, and you FEEL YOURSELF IN THIS BLISSFUL STATE OF WHOLENESS.

2. I AM PERFECT: When you are thinking of the word 'Perfect' the sensation in the mind is different in your meditation. Whatever the FEELING the contemplation of the word brings, register the feeling, so that you will be able to bring back the FEELING a any time.

3. I AM STRONG: You will get my meaning a little more clearly by illustration – when Great Guru Ding Le Mei was in the Tibetan jungles, with illness/accident/disease dogging his footsteps all the time, he once found himself so ill that he could not get back his strength. His Tibetan Guru had told him to wait and watch what came to the mind when thinking of 'strength'. So he sat and meditated, and soon there came a movement of his left side, in what seemed to be the left side of the arena of his mind; then he saw a movement – he watched - then this picture – down the hill he saw a movement in the long jungle grass – the moon high overhead – then the movement came nearer then from out the long grassy area he saw an ELEPHANT come long, with a man riding on his head; then the elephant came along nearer and passed in front of his over into the right side, and began piling teak wood. Thus he got his idea of STRENGTH. Now you get your own symbol

as you contemplate the word 'STRONG'.

4. I AM POWERFUL: The same thing here. FEEL what power for the symbol to enter the mind, which you see at any time thereafter.

5. I AM LOVING: Think of Love, of its changelessness, of its essence in what form it may be presented in your mind. See whether you understand what 'THE LOVE OF GOD' truly means.

6. I AM HARMONIOUS: Think of harmony, rhythm, balance, and equilibrium, POISE of

the whole UNIVERSE. Think of it in the Order of Universe. But you must not let in rest only the MIND - it must pass out of the mind into the FEELINGS, and FEELING must be so deeply registered that it yours to do whatever you like with, at any time.

7. I AM RIGHT – Think of the unfailing supply of the Universe. You are rich, and if in this meditation it does not come to you clearly and as positively as you would like with at any time.

8. I AM YOUNG: Imagine that the body is wholly liquid, as if it is in a liquid state from head to feet. Imagine that thousands of innumerable streams of living light are flowing DOWNWARDS, so clearly can you see them – because you are so still – that you FEEL this stream of light flowing all down through you, not missing one cell in the body.

9. I AM HAPPY: If we understand the INNER meaning, the HIDDEN meaning of these words, there is nothing else to learn. Imagine that you are looking UPWARDS to the top of your head, as if you are concentrating, and so forcing your thought up through the top of your head. Then thoroughly relax the mind. As you have done with the body, and imagine that every cell in the body is being charged with JOY, which is the vital fluid that propels the forces of the very Universe.

As you are engaged in this meditation, watch the change in the FEELING of the body, then emotional side of yourself that a contemplation of the different words conveys. You will be amazed at the changes that will come into the emotions. These words will become very dear to you as you think of them and the meaning that they contain, and their deeper hidden meaning which will be made known in due course.

It is hoped that you are faithfully carrying out your meditations. If you are, by this time you should be much more happier, than before joining this learning, and there should be a feeling of well-being. You should more easily be able to go into a state of abstraction. Remember that this is for YOU to do. Nobody else can do it for you. If you faithfully and reverently go into meditation each day, you may be ASSURED of success later on.

PEACE BE WITH YOU.

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