

## **MASTER CVV NAMASKARAM**

**INTEGRAL HEALTH THROUGH THE NEW YOGA OF MASTER CVV**

**BHRIKTHA RAHITHA TARAKA RAJA YOGA**

**PAPER PRESENTED ON THE OCCASION OF GLOBAL YOG WEEK  
18.4.2011 - 20.4.2011, NEW DELHI**



**I am always with you and within you**

Prana Treat - Yoga Teach

**THE NEED OF THE HOUR** – Integral Health – Physical, emotional, mental and spiritual – through the spiritual transformation of life at all levels – the individual, family, societal and global levels – is the need of the hour. Master C.V.V's Yoga springs from a Universal need in the present age for a rapid upward development of man on this planet. During the last 100 years the World is passing through many a crisis, the affects of which are apparent everywhere in the mounting problems of Human Life – Wars, Strife, Revolutions, nuclear explosions, Ecological disasters etc. – crumbling of the old and the emerging of the New; all this is a sign for those who can think. It is a sign for a “Change of the Times”. We are at the threshold of a *New Yuga*, into which the world is passing.

This can only be achieved by – hastening up or speeding of Man's spiritual progress. The new Yoga of Master CVV gives the key to (1) Awakening of Kundalini which is the serpent power that coils round the door that guards the

secrets of Creation which can be opened by its creator, the very origin which has come into creation and lead the new yoga. (2) Opening up the Sahasrara Centre leading the super consciousness of Sahasrara down into the Mental, Astral and Physical levels. (3) Revitalizing the physical body with the energies released from above, giving a great "Influx" of 'Plenty of Prana' to the sadhaka enabling him to beat higher truth and energy . This charges his mind, strengthens his body, stimulates his Chakras and leads up the Kundalini by a Conscious upward ascent by a manner unknown to traditional yoga ,without any effort on the part of the practitioner.

### **Background:**

This new yoga was first introduced in cosmos on May 30th 1910. Master C.V.V introduced the new life principle to the first batch mediums. By uttering the Tharaka manthra **MASTER CVV NAMASKARAM** of Bhrukta Rahita Taraka Rajayoga with great devotion the first batch mediums were able to sense the vibrations in their systems there by evoparating karma; experienced relief from bodily complaints; and were helped in their day to day problems as well, as byproducts only.

### **Saadhana:**

It is a yoga in which the practitioner does inner observation, of what is going on in the system, with full consciousness, and memory of what is happening in and out, as a witness observes without interference.

### **What will this yoga give?**

**This New Yoga enables all Saadhakas to realise brahmam and attain independency in this life. It gives integral health – Physical, emotional, mental and spiritual. One can also, attain siddis, obtainable by conventional yoga methods, through this physical body and in full consciousness.**

The aim of this new yoga is the introduction of a new Life principle without decay and figure change into the human system so, that a new line of activity is

open to us. The Prana (Life's Vital Force) that is being introduced by NEW YOGA comes from the same parent source but Unfettered by the restrictions to which the cosmic evolution is subject. It bores through and works its way unmolested by going on in cosmos.

There is no yoga without reference to Kundalini. In this yoga without any concentration and special effort from practitioner Master's ray by initiation bores and fits new view and kindles the kundalini filling up and filling out master's view. Each human being possess one Kundalini i.e. one molecule which is responsible for the human body. The molecule stands in between the bowels place and urinary system of the physical body. It carries Karmic Effects from birth to birth. At Present, the previous sins are expressly experienced in the form of diseases and troubles.

There is one cosmic kundalini. In this cosmic kundalini lot of molecules are deposited. At the time of Yoga practice if the sadhaka taps the cosmic kundalini, it taps the human kundalini. Then the previous births karmic effects may be known to the Yoga practitioner. He must give a thought that these karmic effects are to be thrown out by the grace of the creator through the Master.

This yoga also gives physical health, peace of mind, and inner development through concious Meditation. It will lead us through the ways to know the secrets of creation, HIGH KNOWLEDGE WITH INNER INTERPOLATIONS, INNER OBSERVATION, WITH PHYSICAL STABILITY, MENTAL CLARITY AND BUDDHIC VIVEKA WORKINGS in normal practice, without any sort of strain, troubles, while leading family and social life normally and without any expenditure.

### **ABOUT THE NAME OF THE YOGA**

The word BHRIKTHAM means that which is hidden or hermetically sealed. The secrets of creation are hidden in the Kundalini lying dormant at the base of the spine. The objective of the yoga is to make it RAHITHAM by unsealing the Kundalini and make it reveal all the secrets of creation. Hence the name Bhriktha Rahitha Taraka Raja Yoga.

This is the 65<sup>th</sup> yoga .In order to cover the development of the other yogas Master has prescribed practice of 6 Raja Yogas – Vithra Yoga, Dhruvna Yoga, Valya Yoga, Agni Yoga, Agna Yoga, Brinjita Raja Yoga. And 6 Taraka Raja Yogas – Hithu Yoga, Brahma Yoga, Limbi Yoga, Sukrithi Yoga, Vaithra yoga, Pancha Yoga. Then he will receive properly and become fit for New Yoga.

If a man finishes all the above one by one, he is called Taraka Raja Yogi and becomes fit for Bhriktha Rahita Taraka Raja Yoga. In order to speed up the development of the Sadhaka the Master has made provision for the completion of these yogas in a few months.

### **Why This Yoga ?**

From the beginning of our birth upto the end of our life we are following some customary rites and obligations as given to us by our forefathers who were following them ever since they have been devised and given by those who were well versed in Sastras. They are devised according to the caste system (Varnashrama Dharma) and have been followed in the manner of a chaste wife following the dictates of her husband without any question of right or wrong. We go on living in this way as house holders supporting our children and family as prescribed by our custom without ever trying to gain any higher knowledge of the creator (Eswara) or his creation. As we reach our old age, we seem to think that we have done our duty towards our family and hence expect to be given a good Janma after death. As we pass on our life in this manner we never find time to make any attempt to know why we have been given this Janma by our creator, why we are born during this period of Manu or why we have given birth to our own children in this period. Also we do not try to know how many more births, we have to undergo and what is going to be our end.

All will agree that practice of Yoga is necessary to know who we are, why we came here and where we are going. It was made out by Yogis that yoga must be practiced with the power of Kundalini. In this process different methods were formulated and it was declared by Pathanjali rishi that Raja Yoga is the best of all. This is also called Astanga Yoga. By this method of yoga at the time of cessation of expiration if the kundalini power begins to work in the body, outside consciousness will cease and a state of samadhi will occur. It is very difficult for all

to attain this state. It is stated as a dogma that if it (cessation of expiration) happens and the kundalini begins to work in the body, the kundalini will enable us to attain the pure state by stages.

The object for doing so is to follow the conclusion of our elders that this mortal body is fit for nothing, that it is subject to decay, and that we must purify our astral and destroy the ideas of the past that come through mental reflections and attain the pure state. It is clear from this that we cannot realise the Lord with this body. Moreover, our elders have named the creative order as Sankyapatha. The vedantis state the creative order in a different way and proclaim that all are taking place in a mayavic state that this world is an illusion. Some others say that the personified Lord limited in shape and form has created this universe as a sport for him; and when we think about all what others say, we get at a doubt and confusion as to which of them should be followed.

The cause for all these should be only One; to realise that there should be only one way; when it is so why are different schools of thought formed by members of different religions? Is it not also a creation of the Lord? Will it be wise to try religion after religion without any practical experience?

### **Objectives of the New Yoga :**

01. This society is started for the above reasons with the object of making all human beings without any exception to realise the Lord within this physical body through the wisdom revealed by Kundalini in a conscious state and making them adepts by enabling them to clear their doubts through internal questioning and experiencing intimate knowledge and self realisation.

02. This Institution was established by the Master in 1910, with the object of taking Man to the next and final stage of evolution, namely, Physical Immortality. The members practise an easy but effective kind of Yoga. The first fruits of such a practice are protection against planetary mischiefs and karmic sufferings, rectification and development of the physical system in all its seven planes, and power of treating any kind of disease or poisonous affect. the final fruits are

incorporated in the six "Contracts" or promises given by the Master to his mediums (ie. initiated disciples)

03. In this yoga the secret and the cause of creation are taught in a simple manner to make one a wiseman, however ignorant or poor one may be; ways are paved to give all wisdom during family life without discarding it, and to lead one to live without disease, and decay due to old age and death. Not only we, but also those who are closely associated with us will be able enjoy these benefits.

MASTER C.V.V has promised **six contracts** upon completion of yoga

1. Plenty of Prana. No want and no suffering
2. In conscious state in this life – no form of giddiness
3. The present body without decay – This body to continue
4. Without Figure Change – This body neither increases nor decreases
5. Recalling the dead
  - a) With body b) Without body and c) Revival at decaying stage
6. All-sides consciousness reaching the deluding one – Realization of Truth

All the Yoga Sadhakahas who follow the contracts and rules and sincerely do practice for minimum 10 years will achieve Eternity in due course---was the Promise made by the Master. I.e.as soon as the earth and human systems become fit to bear the pressure of the descending energies and consciousness from the highest planes.This requires sincere aspiration and effort from the sadhakas.

All that a medium is expected to do in return for these far-reaching promises is to practise the yoga without a break from the date of Initiation to the day of Fulfilment. Even if one medium in the whole group is steadfast in his practice and achieves the goal, the other mediums will be rewarded fully; thereafter, man by man, the entire human race will be drawn into the fold, and in an amazingly short period of time, death with all its camp-followers (hatred, pain, disease, decay etc.) will be banished from the earth.

## ***DISTINGUISHING FEATURES OF THE NEW YOGA:***

01. ***Yoga of Direct Action*** : The first and foremost feature of the New Yoga of Master C.V.V. is that it does not involve any exercise, either breathing exercise, or physical exercises or mental contemplation like in the Adwaita , or Buddhist Meditation. In fact, this new Yoga is *not a result of any effort* on the part of the Sadhaka. The Sadhaka is entirely passive and *surrenders* himself, mind, body and soul, to the Master who commands the Kundalini of the disciple by *Direct action*. *The Sadhaka simply makes a Namaskara or salutation to Master C.V.V. And at once, a force like that of an electric generator courses through the body and flows through the Nadis, moves in the Chakras and produces a variety of experiences which vary from man to man. Karmic evils are worked out, brought into action and eliminated; bodily diseases long suppressed or forgotten are eliminated, or cured and the body given strength, health and vitality; and the supply of prana increases several times. Some reach an ecstasy, others get bodily movements quite out of the control of the Sadhaka. Although the Sadhaka is quite awake, he will not be able to control or suppress these manifestations during the period of the Sadhana. The actions automatically stop as soon as the time of prayer draws to a close. The hours for prayer are fixed at 6-00 A.M. and 6-00 P.M.*

02. In the Hatha Yogha or Tantra Yoga the ascent of Kundalini to the Highest Sahasrara centre results in *Unconsciousness* of the physical body, or in a trance like state, called Samadhi. The body is in a state of catalepsy while Man is awake in the Bramha – consciousness. While it descends to the base man is asleep in the Bramha plane but awake in the bodily physical plane. This is what Gita refers to in the words “When the whole world sleeps in the night, it is day to the Samyami; and when it is day to the external world , it is night to the Muni”.

03. ***“Courses”*** : Master C.V.V.’s Yoga consists of certain “Courses” which are kept extremely secret and whose action on the mind and body of the Sadhaka is like electricity-an electricity with consciousness. Each course is a direct revelation to Master from the Cosmic Source, a set of ***“authoritative, autobiographic, onomatopic”*** sounds and directly evokes the effects of “action” on the mind and

body of the Sadhaka without any effort on his part, or rather inspite of any efforts to stop it.

He found out that there are many obstacles to the orderly flow of the new pranic energy both in the microcosm (man) and macrocosm (the cosmos). Hence the need for the many courses, regulations and adjustments for the removal of those obstacles. He has left a record of these courses and explanations in hundreds of note books which are still available with His mediums. His courses are intended for the physical rectification, spiritual development and construction of an immortal body within this present physical body free from disease, decay and death.

**04. Health & Happiness Through Lagna Adjustments & Breathing Principles :** At present all human beings suffer under the influence of the planets. They rule our lives. To become independent of planetary influences through karma evaporation the Master has given a series of lagna adjustments, nakshatra, planetary regulations etc.

He also gave 64 Breathing Principles to regulate the prana flow in the body to overcome various diseases-physical, emotional, and mental. Each breathing principle once uttered and observed for a few minutes for specified no of months, Also by uttering Master's name with namaskara mudra treatment through prayer for self and others with faith in Master will free the person from specific diseases. The practice of each of these breathing principles for a certain duration frees us from all diseases.

05. Master C.V.V. characterized 'Neti' ideology of Vedanta as wrong in conception. It is wrong in conception because there is nothing in matter that rules it out as incompetent to express the freedom and plentitude of the spirit. The spirit without body lacks in richness and is to that extent unreal. Body without spirit is gross and unenlightened and to that extent has not the higher reality in it. He realized that the vedantic view of attaining liberation or Moksha by merging into Brahman would be a sheer waste of time and energy because once again you will be subjected to the cycle of birth and death till you attain the evolutionary goal of this present cycle which is physical immortality. Instead of attempting to merge with Brahman or Creative Origin your aim should be to attain all the auspicious



attributes of Brahman which are all-side consciousness, changelessness and timelessness and freedom from disease, decay and death.

06. ***Old Yoga seeks to prevent birth and the New Yoga seeks to prevent death.*** The gift of merry life is not our achievement – is not what we develop. It is a pure gift of God – an act of grace. He comes to us in fulfillment of his pre-determined sankalpa.

07. ***It is a characteristic feature of this Yoga that Redemption is not of the individual but of the species.*** An individual cannot be saved in the existing order unless the whole order is changed. The old type of individual salvation involved as its corollary translation into heaven through death, for the individual cannot be saved in life without a total change of nature animate and inanimate. Redemption cannot be a saving of the individual either from the world or in the world. New life cannot flow into man without flowing into humanity. Hence the saving of a man requires a new earth and a new heaven. It is a new order of man, beast and nature. Nature does not stop with individuals but always establishes a plurality – a species. This is expressed by mediums who are given to the pleasure of punning by interpreting C.V.V. as “SEE WE WE”. Salvation is not of “I” but of ‘we’.

08. Another point in the teachings of Master C.V.V. deserves mention. In the advaitic valuation Jagratha, Swapna, Sushupti, Turiya stages are regarded progressively more and more real. Consciousness with its limitations of subject and object offends against the placed serenity of the ‘origin’. According to the Master all unconsciousness is a sign of mortality. ***In the new life of immortality man retains full consciousness in all conditions.*** There is neither sleep nor forgetfulness for the new man. Consciousness is the light of life. It is heightened and not dimmed or put out in the New life of man. In the folklore of India the immortals never wink, meaning thereby they suffer no lapse from consciousness.

09. He called the final phase to come as spiritual Bolshevism. He for one, stood for equality not only in between man and man but also in between man and God. The theoretical approach like “Aham Brahmasmi” and “Atmavat Sarvabuthani” is to be physically implemented. Since it is the wish of the absolute i.e. Paramathma there cannot be any failure. Socialism on spiritual basis is the

principle that is to be accepted . The mind of man which is having its origin in 'I' or 'Aham' principle is to be remodelled and man is to be given real knowledge of himself, Cosmos and of present, past and future. One who practices this Yoga is expected to develop such kind of high thinking, and love towards all others as a consequence stability, clarity and purity. Master himself stood as the embodiment of this new type. No true Gnani will even be selfish or self centred nor will he ever be a victim of narrow prejudices.

### **CONCLUSION :**

The Master enrolled about 752 disciples during the period from 1910 to 1922 and finding that much more work had to be done in the etheric field for the establishment of superhumanity on earth, where there will be no more sorrow or misery. He left His mortal coil on 12th May 1922. He is still continuing His work in His etheric body. Tens of thousands of His disciples spread all over India but mainly in the states of Andhra Pradesh, Karnataka, Tamilnadu, and in some places in Europe and America get his darshan, advice and instruction for the successful working of His mission.

Lot of reading or hearing does not suffice. ONLY by practice and self-experience you will know what a gift this Tharaka Marga is. This yoga is intended not for any limited section but to alleviate/immortalise entire humanity without exception of race, religion, caste, creed or, gender.

***You yourself will be able to experience the flow of this divine energy into your physical system as you begin to invoke His name 'Master C.V.V.' and pray as mentioned above. You will slowly start feeling that you are becoming lighter, alert and more peaceful, mentally strong and spiritually developed.***

Please pray regularly everyday, realize and enjoy yourself.

May Master C.V.V. bless us all.

Yours in Master's service  
R.S.P.SASTRY  
SECRETARY

**CENTRAL LOTUS CONGREGATION COMMITTEE OF MASTERR C.V.V.  
UNIVERSAL YOGA CENTRES**

About Us

**MASTER CVV SATYA YOGA SADHAKA TRUST**

**This Centre is established with the sole aim of providing a place of sadhana and regular prayers and relief/treatment to all seriously interested yoga sadhakas for assisting day-to-day prayers, development activities, and caring for timely development and continuation of uninterrupted practice, as per Masters guidelines and directions of direct mediums as Visualised /experienced by direct mediums, and also direct experiences and guidance as felt in truth, word and deed.**

**Contact Address:**

**Master CVV Satya Yoga Sadhaka Trust, RSP Sastry, 111, Jnanadeep Towers, Malakpet, Hyderabad, India.**

**Landline: 040-24160137**

**Hyderabad :- R.S.P Sastry ,Mobile: 9704173008**

**Website:--[mastercvv.net](http://mastercvv.net)**

**Email: [rspsastry@gmail.com](mailto:rspsastry@gmail.com)**