

45. Fourteen in one

The Puraanas speak of fourteen *Lokas* (seven higher and seven lower regions). People have adopted the superficial meaning of the names given to these and they classify them as 'sacred' *lokas* and 'condemned' *lokas*---*Deva Lokas* and *Paathaala Lokas*. But, all these *lokas* do exist, in our own bodies, (the bodies which we carry about and care for), seven in the upper part and seven in the lower part.

Which is the upper part of the human body? It is the head, the Thrikuuta Peak, the crown, the higher region. Seven *lokas* are situated therein. They are the *Garuda Loka*, the *Gandharva Loka*, the *Yaksha Loka*, the *Kinnara Loka* and the *Kimpurusha Loka*. They are all situated in the head. The *Garuda Loka* is the nose, the seat of inhalation and exhalation. The *Gandharva Loka* is in the eye. The *Yaksha Loka* is in the tongue. *Kinnara Loka* is the ear and the *Kimpurusha*, on the skin, seat of the sense of touch. Though the names of the *lokas* are five, there are seven regions to which the name applies. The nose is the first, the eyes are the second and the third, the tongue is the fourth, the ears are the fifth and the sixth and the skin is the seventh. These are the Upper *Lokas*.

Those who sanctify these *lokas* by recognising the respective organs as instruments for higher ideals can be deemed worthy of human existence. That is to say, inhaling unpolluted air, seeing auspicious sights, hearing heartening sounds, etc. These *lokas* when properly cultivated, can make man divine.

Does thou know why you are given eyes?

To see whatever can be seen ?

No! No!

To fill the eyes with the Vision of God

Who resides on Mount Kailaash.

Both the higher and lower *lokas* are necessary

We have to cast our looks at sacred sights. We must visualise in every one only the good and the godly. That is the purpose for which God has equipped us with eyes. He has not gifted them to us to observe and judge others, to follow people into the bazaar or to see unsightly films.

Dost thou know why you have a tongue?

To despatch tasty foods in ?

No! No!

The prime purpose is not to enable us to swallow our meals. The object is to utter holy words. Now, when some one is narrating some good incidents, the ears show no inclination to listen. But when one whispers something confidential to another, the ears jointly seek to overhear. Is it for this that God has blessed us with ears?

Therefore, the seven higher *lokas* have to be utilised for Divine ends. When that is done, one becomes divinised, one is liberated. The rest of the *lokas* are intended for the maintenance of the physical frame in which we are enclosed. The stomach, so to say, is the petrol tank. When that is filled,

every limb and cell of the body is supplied with energy and activated, to execute the beneficial duties assigned to each. With the two hands and the two legs, these make five *lokas*. The two others are the anal and the urinal parts. These seven lower *lokas* maintain the physical body.

Both the higher seven and the lower seven are necessary; they complement each other. The lower *lokas* are the *Paathaala lokas* according to the *Puraanas*. They form the foundation, the base. Those who long for flowers and fruits have to feed the unseen roots. *Paathaala* too should not be neglected merely because they are described as "low." Joy has to be churned from grief. Pleasure is a product of pain.

Shri Sathya Sai Institute of Higher Learning, 28-5-1982.

The tongue should be used for spelling the name of the Lord, not for hissing like a serpent, or growling or roaring with intention to strike terror. That is not the purpose for which the tongue is granted to man.

Speech indicates one's character, reveals one's personality, educates others, and communicates experience and information. So, be vigilant about words.

Slip while talking the injury is irreparable!