

Yoga Bible

**SRI KRISHNA GOVINDA HARAY MURARAY
HAY NATH NARAYAN VASUDEVA**

**GOVINDA GARUDA DHWAJ PRAN PYARAY
HAY NATH NARAYAN VASUDEVA**

**SRI KRISHNA CHAITANYA KAILASHANANDA
HAY RAM HAY KRISHNA RADHEY GOVINDA**

Continuation of Discourse between Lord Krishna and one of His devotees

When the soul is escorted by the Messenger of Yama, it takes the form and size of the upper part of the thumb, by which body a person has to pay the fruits of his karma in the Hereafter. Like a criminal is escorted by the police, similarly the guards escorts the thumb-sized person to his destination. The guards escorting him threaten him, ‘You sinner, walk fast, you have to go to Yama Loka. I am taking you to Kumbi Pak (one of the purgatories).’

The person is unwilling to leave his family, but he is forced to go. On the one hand, he hears the threats of the messengers of the God of Death, on the other hand, he hears the cries of his relatives and friends due to his death. This awareness of the mundane is due to his attachment to the world and his family, but at the same time he is aware of the Hereafter. Due to the threats and difficult passage, he sometimes shivers and shakes, but nothing can be done, he has to face the results of a sinful life.

He feels thirsty and hungry but there is nothing to satisfy them. Most painful is the heat of the sun. It is as hot as twelve suns. The infernal heat of the sun in purgatory that burns the soul is very painful and very strong. This heat is one of the worst of the painful punishments used

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in Purgatory. The properties of the infernal heat are parching, burning, tormenting and destroying. The soul has to move in such a miserable plight, where it has to walk over the hot sand with no place to rest and no water to drink. This travel of the soul is universal, everyone has to pay for the sins they have done.

The astral body is taken to The City of Yama in three muhurta, twelve hours. On the way, he becomes unconscious, he falls down, then swiftly he moves through a dark tunnel, the black hole of the scientists. That is why the journey to the City of Yama takes such a short time. This black hole is also called the passage for recycling. The soul, sucked into this door, does not return through the same door. Purgatory is equipped only to punish the greater sins. Once these have been punished, then the soul gets returned to Earth, where he has to pay for his lesser sins.

‘What are the punishments awaiting me?’ – the soul wants to know. Then, after giving judgement, Yama sends him back to his dead body. Now, due to his strong attachment to his body, he immediately tries to get back in his body. But, held by the guards, he cannot. This is a very painful moment for the soul. The only food that he obtains is from his relatives. This is the pinda offered with prayer by his relatives for thirteen days. But that is not enough to satisfy his thirst and hunger. Thus he continues to move back to the City of Yama.

Now the relatives of the deceased who don't give the pinda and offer the water with prayers live as ghosts and continue to wander in the deserts. Until a person pays for his sins in Purgatory there is no way that he can be washed of his sins. There is no way that he can be born again as a human being until those major sins are paid for. Therefore, the relatives should give pinda and water continuously for ten days. This is essential for the soul's development.

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The fruits of the pinda get divided into four parts. Two parts for the formation of the body of the deceased soul. The third part for the messengers of Yama and the fourth part goes to the soul.

Now the food and drink which has been continuously offered for nine days goes toward the nourishment of subtle elements to the soul's subtle body. A similar thing happens during Shradha. On the tenth day, the full strength and energy is restored to the body. The corporal body has been destroyed – either buried or cremated. The new body, which has been created by the relatives' offerings is one and a half feet tall. In this body the soul has to go through Purgatory for the punishment of his sins.

- The food and drink of the first day goes to form the head.
- The food and drink of the second day goes to form the shoulders and neck.
- The food and drink of the third day goes to form the heart.
- The food and drink of the fourth day goes to form the back.
- The food and drink of the fifth day goes to form the stomach and navel.
- The food and drink of the sixth day goes to form the waist.
- The food and drink of the seventh day goes to form the thighs.
- The food and drink of the eighth day goes to form the legs.
- The food and drink of the ninth day goes to form the feet.
- The food and drink of the tenth day goes to restore hunger and thirst.

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Due to hunger and thirst he is allowed to satisfy them by the food and drink offered on the eleventh and twelfth days. On the thirteenth day, again the soul is taken and escorted by the messenger of Death. The whole passageway of Purgatory, the Vaiturnee River, is 8600 yoganas and takes care of everything which must be crossed. Every day the soul is escorted for 200 yoganas. Therefore he has to travel day and night and moves the whole distance in 47 days. The river is many hundreds of miles wide. He goes through sixteen cities:

- Yamyā
- Saunya
- Nagendra Bhawan
- Gandharv
- Shelagum
- Krounchpur
- Kroorpur
- Sauripur
- Chittra Bhavan
- Bhawapad
- Dukhada
- Nanakrandpur
- Sutuptbhavan

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- Raudramegan
- Payo Varsan
- Seetadhya

After that comes the city of the God of Death. While the soul is still escorted by the messengers he continues to cry due to the sorrow of separation from his family. Thus he arrives at the City of the God of Death.