

The World Teacher Trust

Full Moon Formula

Aries 2008 - Pisces 2009

- Step 1 OM (7x)
 5 minutes silence
- Step 2 Gurur Brahmā
 Gurur Vishnuhu
 Gurur Devo Mahesvaraha
 Gurur Sākshāt Parambrahma
 Tasmai Srī Gurave Namaha
- Namaskârams Master
 Namaskârams Master EK
 Namaskârams Master MN
 Namaskârams Master CVV
 Namaskârams Master CVV
 Namaskârams Master CVV to your lotus feet
- 15 minutes silence
- Step 3 Prayer for the Year
- The ascent of man is through the eagle.
 The descent of man is through the serpent.
 The serpent is the coiled coil of time.
 The tongues of the serpent are the wings of the eagle.
- 10 minutes silence
- Step 4 OM NAMO BHAGAVATHE VASUDEVAYA (12x)
- 5 minutes silence
- Step 5 Loka Samastha Sukhino Bhavantu (3x)
- OM Sânti Sânti Sântihi

Commentary

This meditation is a further continuation of the previous meditation. Man has vertical movement into higher planes, through the spinal column into the cerebral system, when he experiences the truth and its related light, love, power and life. Man has horizontal movement into objectivity around him. When he moves horizontally, he is serpent; when he moves vertically he is eagle. Ascent is through eagle. Descent is through serpent.

Serpent can be winged serpent. *Nagas* are winged serpents. *Naga* is the Sanskrit word for the white cobra, which is a Divine serpent. *Naga* can change bodies. Normally, it changes body every seven years. *Naga* can even fly. *Naga's* presence enables arousing of the *Kundalini* energy in man. In fact, *Naga* is the embodiment of the *Kundalini* energy resplendent with light, love and power. It is also the embodiment of time. If one sees a white *Naga*, his life gets transformed. It is the vision of the *Kundalini* in the objectivity.

Winged serpents are rare. Crawling serpents are common. A winged serpent is like a Divine eagle, a swan, a saint and a Master. Common serpents are like the common man who lives for worldly fulfillment and therefore moves horizontally.

The key of the meditation is in the last sentence when it says, "The tongues of the serpent are the wings of the eagle."

The tongues of the serpent mean the tongues of the common (of the aspirant). Man has many tongues though one tongue is apparently visible. He speaks one thing in front and another thing behind. He speaks differently in different situations creating confusion and conflict. The double tongue of man is referred to as the double tongue of the serpent. When the tongue gets the right discipline and starts speaking the truth and nothing but the truth, the chemistry in the body changes. When the tongue speaks or recites the Scriptures, the chemistry changes further. When the tongue utters forth hymns and *mantrams*, it would result in the upward movement of energies. Through the proper utterance of sound, the serpent tongues get transformed to enable the upward movement of man's energies. This upward movement is caused by the tongue, which now works as wings. Thus, from tongues to wings, the student of sound can transform himself.

From: Dr. K. Parvathi Kumar: Occult Meditations. Dhanishta, Switzerland, 2006