

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Gemini 2007 Mithuna

Letter No. 2 / Cycle 21 – 21st May until 21st June 2007
The World Teacher Trust - Global



A, U, Ma of OM
are capable of rectifying the sickness
in the 7 tissues of the body.

Intelligently utilise OM
and cause necessary adjustments
to the tissue.

Live with ease in the body,
a sevenfold tree.

K. Parvathi Kumar



Invocation

May the Light in me be the light before me.
 May I learn to see it in all.
 May the sound I utter reveal the light in me.
 May I listen to it while others speak.

May the silence in and around me present itself,
 The silence which we break every moment.
 May it fill the darkness of noise we do,
 And convert it into the Light of our background.

Let virtue be the strength of my intelligence.
 Let realisation be my attainment.
 Let my purpose shape into the purpose of our earth.
 Let my plan be an epitome of the Divine Plan.

May we speak the silence without breaking it.
 May we live in the awareness of the background.
 May we transact light in terms of joy.
 May we be worthy to find place in the Eternal Kingdom OM.

Master E.K.

Table of Contents

Invocation of Master E.K.....	2
Table of Contents.....	3
Prayer for the Year.....	4
Message of the Month of Gemini II.....	5
Message of the Teacher.....	6
Lord Krishna: Gîtâ Upanishad.....	7
Master CVV.....	8
Lord Maitreya.....	9
Master Morya - Maruvu Maharshi.....	10
Master Kut Humi - Devapi Maharshi.....	11
Message of Master E.K.....	12
Vidura Wisdom Teachings.....	13
Shirdi Sai Sayings.....	14
Sri Ramakrishna.....	15
Discipleship.....	16
Occult Meditations.....	17
Rudra.....	18
Ashram Leaves.....	19
On Love.....	20
On Change.....	21
On Silence.....	22
Hymns on Agni.....	23
Children's Section.....	24
Book Review.....	25
News - Review.....	26
Window to World Service.....	27
Prayer for the Year/Commentary.....	28
Extracts from the Teachings.....	29
Paracelsus – Health and Healing.....	32
Astrological Important Days.....	34
Great Invocation.....	35
OM.....	36

Dr. Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh News-Letter'.

The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr. Sri K. Parvathi Kumar for easier comprehension of an average group member.

Vaisakh News-Letter in German (print): wtt@kulapati.de, in Spanish (WTT Argentina): wtt@wttargentina.org, (WTT Spain): wtt.spain@gmail.com

The English Vaisakh News-Letter is also available in print. Please contact:

The World Teacher Trust - Global

The Vaisakh News-Letter, Wasenmattstrasse 1, CH-8840 Einsiedeln, Switzerland

E-mail: wtt-global@wtt-global.ch Website: www.worldteachertrust.org



Prayer for the Year

Ten times ten.
The wheel rotates.
Three wheels from one wheel.
A total of four wheels.
Three above and four below.
Seven wheels rotate in three directions.
Seven and three is ten.

**Commentary on P. 28*



Message of the Month of Gemini

Gemini is the mid-air where the air of Aquarius and the air of Libra meet. The former relates to the spiritual aspect of air while the latter relates to the material aspect of air. Balancing spirit and matter through air can be accomplished in Gemini. Gemini suffers from duality but on the other hand it has the ability to synthesise the duality when appropriately approached. Throat is the centre of Gemini. Air is the element, breath is the vital function and speech is the physical activity. A student of yoga needs to keep the throat centre in the purest state possible. In fact, the masters of wisdom say that discipleship is nothing but working with the throat centre. Once this is done the throat centre enables experiencing the etheric existence. The student should do well to be responsible in relation to his speech. He should gradually eliminate critical, conflicting, manipulating speeches. Speech regulation enables one to work with the breath. When breath (inhalation - *prana* and exhalation - *apana*) is synthesised it gives rise to *udana prana* (uplifting air). The student of yoga will be uplifted to the throat centre from solar plexus where he normally resides. Throat centre is the fulcrum that connects the higher centres of Heart, Ajna and Sahasrara, with the lower centres, base, sacral and solar plexus. Thus the state of yoga is attained in Gemini.

Master CVV, the master of Aquarian Age, initiates his followers into this state of yoga with the mystic sound CVV. He chooses the month of Gemini for such initiation. 29th May, the MAY CALL DAY is meant for such upliftment. The Master comes down from Aquarius to Gemini to pullup the aspirants from Libra. Such is the process of the initiation. May the followers of the Master be blessed for the May Call. It is Master May Call.

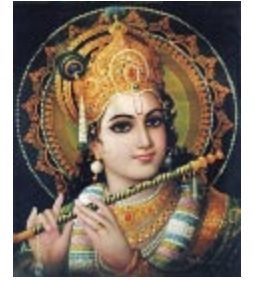


Message of the Teacher

Number 8

Vasudeva is the indwelling Lord, the eminent one whose ability to multiply enabled the creator to build the creation in seven steps. Thereafter the three further steps of procreation happened. He is the one who is referred to as the I AM in all. Though he dwells in forms he stands beyond, unbound by such forms.

Since he descends into the forms and lives therein he is also called Hari meaning the descending one. The individual beings are but reflections and are therefore also called I AM. I AM, the God and I AM, the man together constitute the symbol of number 8.



Gîtâ-Upanishad

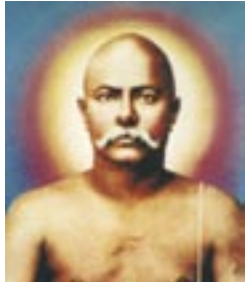
- Lord Krishna -

Social Order

The human beings can generally be traced by their qualities into four categories. It is by these categories the teacher, the king, the businessman, the worker are recognised. The categories get decided by the quality of the beings but not by the caste they belong to. Determination of category by birth is only formal, but determination of category by the quality of the being is appropriate.

A teacher's son needs not necessarily be a teacher. He may turn out to be a simple worker or a businessman by quality. Likewise, a king's son may not be kingly in his quality. Thus all four categories get decided by the demonstration of qualities by beings and not by their birth in certain families.

Today we find that most of the humanity gets categorised only into two. One is the business class and the other is the working class. Seldom we find the real teaching class and the kingly class. Human activity moves around money. Money consideration dominates the governments, the educational institutions, the health institutions, etc. It is the business consideration that is dominant all around. The natural values of life and the protective abilities stand beyond everyone's reach. Hence the chaos and the confusion. The hierarchical purpose is to reconstitute the teaching and the kingly qualities as well, to establish the social order.

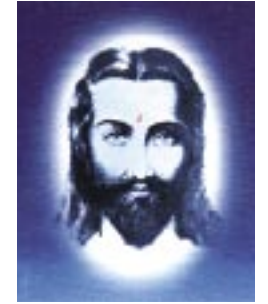


A Word from Master CVV

The Yoga I Propound

The yoga that I propound extends life and even brings alive the dead. I demonstrated even in my case departure and return 18 times. I demonstrated return of life on my children and on my disciples. It is not a mere claim. I can stabilise prana in you as long as you continue to do the practice I suggested. Do not indulge your mind into the past or the future. Submit yourself to the present and do what is to be done.

Your mind may get into despair from time to time. This is the mind's trick arising from your psyche. At such times make short pleasure trips and at the same time do not make your trips and travels heavy to you. You have the knack of making things heavy to yourself. Yoga is not a path of burden-some living. Learn to simplify life and live Light.



Lord Maitreya

The only Way

Growth in life brings the related responsibilities. Discharge of such responsibilities enables one to grow further. Accepting responsibilities that life offers and responding to them with devotion and dedication is common in discipleship. Let not discipleship be seen as a privilege. The more you grow in discipleship the more you need to serve. As much as you become a servant so much the world recognises you as a Master. The servants of life are the members of Maitreya Community. Looking for rights privileges and prestigious positions in service organisations causes inversion. Look to serve. As much you serve so much you progress into light. This is the only way.



**Master Morya
- Maruvu Maharshi -**

Maitreya

Friendliness in its true sense is the purest state of a being. Friendliness is not only the purest but also the most profound state of a being. A true friend does not even say "I am your friend." Friendliness is known only through deeds and in its pure state its language is silence. Friendliness is not possible for all. In the world the friendliness is based on mutual expectations and co-operations.

Friendliness is like the pulsation of the heart. The heart pulsates expecting nothing. It has no speech and it gives presence, to be. Without it there is nothing. It works in you even if you do not care to recognise it. Only the grateful ones recognise its pure value. Through the intelligence of pulsation that is working in you, you can have the glimpse of the friendliness of the Divine. It is verily the Divine that exists in you lends its presence to enable you to be. If you cannot recognise the perceptible resonance of pulsation in you, how can you recognise the Divine who is the basis of such pulsation? Learn to work as pulsation works in you. Learn to be friendly, be silent and be happy. Among the Divine qualities friendliness is counted as the foremost. Maitreya means embodiment of such friendliness.



**Master Koot Hoomi
- Devapi Maharshi -**

Shambala

Shambala is the foremost of the Ashrams on the planet. It is the backbone to all other ashrams that inspire the planet and the planetary beings. Shambala is the fourth state of experience, which is pure existence.

Shambala is a myth to the world and is the life of the hierarchy. There are many rumours relating to Shambala. To some it does not exist. To some it is a treasure hunt. To some others it is a fairy tale. To the hierarchy it is the global capital city. The hierarchy experiences the city and also the presence of its emperor Sanat Kumara. He is the purest being dwelling in the 2nd ether of our planet. The last he graced with humanity was when he came down as Pradyumna, the 1st son of Lord Krishna. As the Lord left the physical during the twilight of Dwapara and Kali, Sanat Kumara returned to Shambala and continued to be the inspiring energy for the planet and the hierarchy. Lord Sanat Kumara formed a triangle with two other Kumaras; Sanaka and Sanandana and built a bridge for the planetary beings to cross over to the plane of Truth. Lord Maitreya, Master Morya and me constitute the triangle to help beings to reach this plane of Truth via the higher triangle. The world disciples are the army of ritualists that help the work of evolution. The humanity constitutes the citizens of this kingdom.



Message of Master E.K.

Fundamentals

It is a known fact to the student of theosophy that the divine exists in all forms. The theosophical practice is to experience this in oneself and in the surroundings. This is called the yoga practice of the path of discipleship. Compassion towards the beings around and rendering necessary service to them are the fundamentals of practice without which there can be no progress. Those who are consecrated to such practice will find the Teachers who would lead them further in the practice. Until then neither the Teacher nor the Truth will get revealed.



Vidura

Wisdom Teachings

Patience
is the keynote
of the competent for glory.



Shirdi Sai Saying

The secret Relation

The Master serves the disciple and the disciple serves the Master. One depends on the other, while the other depends only on the one. Exoterically, the disciple is at the feet of the Master. Esoterically, it is one energy in two forms. Ignorant are those who see the difference between the Master and the disciple.



Sri Ramakrishna

The merci of the Lord

The policeman with his lantern (bull's eye) can see every one on whom he casts the light, but no one can see him so long as he does not turn the light on himself.

So does God see every one;
but no man can see Him until
He reveals Himself to him in His mercy.

Discipleship

Cremation

It is of prime importance that the highly desirable method of cremation should be encouraged and not the present method of burial. Nature never intended bodies to be buried in the ground. The animals die and their bodies return rapidly to the dust, purified by the rays of the sun. Cremation will stop the infection of the soil with millions of diseased corps and bring about its gradual purification from the bodily plagues, which have for ages contaminated it. When cremation is a universal custom diseases will be minimized, leading to longevity and increased vitality.

The western practice of embalming, like the ancient Egyptian process of mummifying, can preserve the body for centuries, thwarting nature's intentions. The quicker the human physical vehicle is destroyed the quicker is its hold upon the withdrawing soul broken; hence cremation should take place as soon as possible. It is a fortunate and happy thing that cremation is becoming increasingly the rule. Before so very long, burial in the ground will be against the law. Cremation will be enforced, as a health and sanitation measure, and those unhealthy spots called cemeteries will eventually disappear.

a disciple

Occult Meditations

Meditation 6

Virtue, not intelligence, is my goal. Ability, not fame, is my motto. Expression, not impression, is my work. Depth, not height, is my position.

Commentary:

To live well in life, the wise ones suggest practice of virtues. The worldly ones suggest practice of intelligence. Intelligence without virtue makes man a monster. Virtues make man humane. Intelligence with virtue as basis makes man a Master. Man's goal is to become a Master but not a monster. The human history shows that the Masters ever shine forth when the monsters perish.

Intelligence necessarily makes man selfish, unless he inculcates virtues in him. The virtuous one is unselfish but he too needs to gain ability to be of use to the surrounding life. Virtue without ability leaves one unprotected. Hence, while virtue is the goal, ability needs to be the motto. The virtuous and able one works for the benefit of the society while the intelligent one tries to exploit the society and at the same time tries to gain fame in the society. The fame of the intelligent one is short-lived while the fame of the virtuous one is long-lived and sometimes gains eternity.

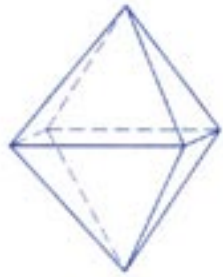
Poor is the understanding of the people who look for intelligence and fame and not for virtue and ability.

It is a noble virtue to express oneself but not to impress. According to the standpoint of the seers, to impress is violence, aggression and rajasic in quality. It is gentle to express and it is aggression to impress. The act of impressing leads to latent and subtle compulsion. Many religious faiths do this. Many social faiths do this. Capitalism, communism, socialism are examples of social faiths. Many cultural faiths also do this. It is a gentle quality to express one's own faith in religious, social and cultural realms. It is aggression when the expression takes the form of impression.

A gentle teacher expresses, while a preacher tries to impress. In the case of the Teacher, when he expresses, the student gets impressed or otherwise. The impressed one follows by his own volition, not by outer compulsion. He follows by his inner compulsion.

Cont. p. 19





Rudra

8. Rudra's Bull

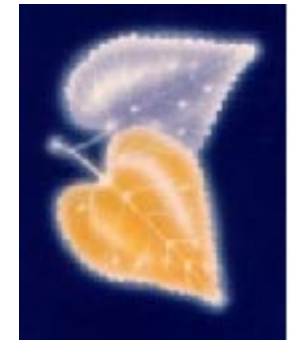
Rudra is said to move on the bull. The bull is his vehicle. The bull stands for Taurus. Thus, Rudra presides over the Sun sign Taurus. Taurus is the month of the highest illumination in the solar year. All great initiates pass over to higher circles in the month of Taurus. Man gains the highest illumination when his entire being orients to the light in the head and when man is not distracted by desire of any kind. His energy remains oriented upward. Such a one would have transcended the desire (like Gauthama Buddha in recent times). Lord Rudra presides over this illumination. He helps beings to transcend the desire. He is said to have killed the Cupid who promotes desires. The worship of Rudra thus enables transcendence of the desires.

In the human body, Taurus is attributed to the part between the eyebrows to the neck. It is significant to note that all the 5 senses prevail in this part, besides the speech. Thus 6 out of 11 aspects of Rudras are in Taurus, presided over by Rudra. Thus, the Lord mounting the bull is called Bablusaya. When this aspect of Rudra gives presence, the third eye gets opened in man.

This third eye exists as a central star of Orion called Aldebaran. It is called Rohini in the Vedic system.

Ashram Leaves

The Grip



Grip the right hand of the Guru
by stretching your own hand
to your fellow beings!

cont. f.P. 17 Occ. Meditation

This is a fundamental quality of work of a disciple, to ensure that he follows the path of truth gently, by selfimpression and gentle expression. The works he conducts are also gentle and are not tinged with publicity, propaganda and promotion.

Another quality for the discipleship, which is to be meditated upon, is to live in depth, not at heights. The superficial ones look for heights in the world. They do not know that the worldly recognition is like the writings on the water. Instead, discipleship suggests that one should live as inner consciousness in the Antahkarana and keep helping people in the surroundings. Those who live inside know the Divine and the Plan and work silently. Those who live outside are drawn away by the hum-drum of the world. They are like the dry leaves that float by the air and fall somewhere. Their destiny is garbage.

In this meditation, the disciple is gently reminded that he needs to daily orient for virtue, ability, gentle expression of work and living in depth, instead of orienting to intelligence, fame, impressing others and trying to occupy high social positions.

On Love

Love knows Justice,
knows the Truth,
knows Duty.



On Change

Resistance to change brings in friction,
conflict, decay
and death.



On Silence

Presence approaches
from all directions,
from inside and outside,
when mental Silence prevails.



Hymns On Agni



3. UPA TVAGNE DIVE DIVE DOSHAVASTARDHIYA VAYAM NAMO BHARANTA EMASI

Oh Lord Agni! We worship you during the day and during the night. You are distancing gradually our weaknesses consequently we are able to reach you. We offer our salutations to you.

Worshipping day and night is to experience the Fire in the objectivity and in the subjectivity. The day stands for objectivity. The night stands for subjectivity. The worshipper of Agni is a true worshipper when he sees the forms of objectivity as the products of the work of Agni. The fire exists in all forms. This needs to be recognised by the worshipper through observation. The worshipper himself is a product of Agni. The pulsating activity within him, the light and heat activity within him are the works of Agni. When the worshipper contemplates within, he finds his body as the product of Frictional Fire. He himself is the product of Solar Fire and the basis for him is Electrical Fire, the Spirit. Thus within and outside, the worshipper experiences the presence of Agni. Living in such presence, the worshipper gains such presence. In the process, he overcomes his limitations and weaknesses. Such is the purpose of worship.

Children's Section

The Doctrine of Ethics

Compassion is the friend,
self-joy is the heaven
and self-pity is the hell.
These are commandments.

Dear Children

Do you know that man is the only creature that is bestowed with speech? It is Divine gift. The gift is not only a privilege but also a great responsibility. It needs to be used with Wisdom.

Speech is energetic. When used in the right way it energizes the speaker and listener. If wrongly used it can destroy the speaker and the listener. Speech is alchemy. You can do wonders with right speech.

Speech is considered as right speech if it has the following characteristics:

The words you chose to speak have to be chaste words. Slang in language brings irresponsible energies and irregular habits.

The speech should be pleasant and positive. It magnetizes the surroundings. Unpleasant speeches destroy the ambiance and also the listeners and the speakers.

The speech should be non-manipulative. Manipulative speech builds conflict in the speaker. Today many human beings are in conflict. This is because their speech is manipulative.

Speech should not be spent away, when there is no need to speak. Speech is more valuable than wealth.

If you tend to speak more than required, you tend to forget what you have to do. Useless speeches destroy the energies in you and you become less effective.

Speak less and do more.

Silence is normal state and speech is its dynamic state. When not required to speak remain silent.

We shall consider more tips in the next month.

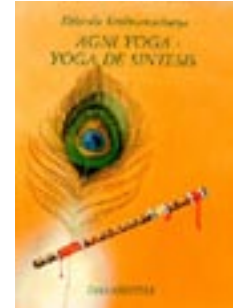
Dr. K. Parvathi Kumar

(from the editorial of Dr. Kumar on the website: www.jugendforum-mithila.de)

Book Review

Agni Yoga – Yoga of Synthesis

The oldest yoga path is the Raja Yoga Path. And the Yoga of the future is what is called Agni Yoga. We are expected to practice this Agni Yoga in our daily routine. Our contact with others should be taken as the laboratory of our Yoga practice. When different parts are brought together they are never in oneness, they are only in union. But the different petals of an unplugged flower are not in unity but in synthesis, because the oneness is natural. The booklet is a public lecture given in Munich on August 23rd. 1982.

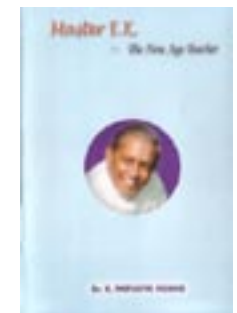


Ekkirala Krishnamacharya: Agni Yoga – Yoga of Synthesis

Copies: The World Teacher Trust, info@worldteachertrust.org

Master E.K. the New Age Teacher

This presentation about Master E.K. is only to give a bird's eye view of a man who lived amidst the commons, served, healed, taught, and inspired. It cannot be taken as an exhaustive account of the man who lives in the heart of many today, for no man's life can be seen in its entirety and much less can be presented. The Life and teachings of Master E.K. aroused and awakened many into the path of Truth in the East and West. The book contains a glimpse into the life and the works of the MASTER.



K. Parvathi Kumar: Master E.K. The New Age Teacher.

Copies: The World Teacher Trust, info@worldteachertrust.org

News - Review Tours of the Teacher

41st WTT Intercontinental Tour 2005

USA: Orlando

Unfortunately, a technical error in the visa prevented the planned visit of the Master to Mexico. In spite of the disappointment, we decided then to proceed to the enchanted Walt Disney World where we spent a couple of charming days in the different magical parks where imagination does not have limits.

Southwest United States, 5th – 8th December 2005

At the end of Master Kumar's trip to the Americas, a small group was privileged to join him, Kumari Garu and Sabine in a visit to the remarkably beautiful and spiritfilled south-western United States. The trip began in Las Vegas, Nevada on December 5, 2005. After spending a short evening in Las Vegas, the group proceeded on a small sightseeing plane over Hoover Dam, the Colorado River, the Valley of Fire, and then on to Bryce Canyon National Park for a breathtaking glimpse of the canyon. The weather was sunny but very cold. As with the panoramas that followed, the scenery was so remarkable as to take away all desire to talk. It simply cannot be described in words. After a few hours on the ground at Bryce Canyon, the airplane took us on over the desert southwest to the Grand Canyon. Again, words cannot describe the grandeur of the grandest canyon on earth. We arrived at the Canyon in time to watch the sunset. Of course, along the way and once at our cottage, our Master would from time give us teachings and make useful comments to help us understand the spiritual nature of what we were experiencing. After spending the night at the Canyon, the next day we were off to Monument Valley. Again, the sites were simply breathtaking. Our tour guide was from the Navaho nation and gave us a sense of the deep feeling of the Native American for this sacred land. After the day spent in flight and on a tour bus, we were back to the Grand Canyon for a sunset glimpse of the canyon. The final day included a sun rise bus tour. We all had a deep need to join in the vastness and silence of the place.

On December 8, 2005, we flew back to Las Vegas to see the Master, Kumari Garu and our sister Sabine off. We went our separate ways for flights back home with joy for the blessing that we had received, but with some sadness for the farewells.

It was an extraordinarily memorable but all too short trip into the vastness and grandeur of a most ancient and spiritual land. *cont.*

Window to World Service News & Activities

(Inputs welcome)

Group reports: Germany

Name of the group: Dem Frieden Dienen e.V. - Gopura

Contact: Christina Ambach E-Mail: dem_frieden_dienen@web.de

Activities:

- In April: celebration of Aries Full Moon together with the Swiss Group in Einsiedeln and handoff of a beautiful Amethyst with a Paracelsus-Medal from bronze.
- In May: Vaisakh-Festival with a general meeting of Gopura.
- We started a herbal garden, prepared essences and installed a Buddha statue.
- In June: concerning the seminar about 'Spirituality and Business' with Master Kumar collaboration with Sabine and Manfred Markgraf, in Heiligenberg.
- May Call Day: we could distribute the first essences to the group gathering in Greek.
- 22nd of July: Gopura went online with the website: www.jugendforum-mithila.web.de. Establishing connections to authors and different groups in order to achieve synthesis by means of this website.
- Introducing the 'Paracelsuswork' in the public, to doctors, on fairs and congresses as well as translations, form another major focus of our work.
- Our social tasks in hospitals, care for asylum seekers, and the collaboration in school-projects are regularly performed by group members.
- Providing assistance with furnishing the Paracelsus Center.
- Organisation of lectures about 'Ahimsa according to Mahatma Gandhi' in schools and media.
- Fifty government departments were addressed concerning the topic of "Cremation" and we received positive answers.
- The WTT Germany, WTT Global, the new building of the Paracelsus Center, WTT India, the little school in India, the Roerich Society Germany and Rudolf Steiner Schools are financially supported.

Prayer for the Year*

Ten times ten.

The wheel rotates.

Three wheels from one wheel.

A total of four wheels.

Three above and four below.

Seven wheels rotate in three directions.

Seven and three is ten.

Commentary:

Ten is a perfect number. It is the number of fulfilment. Symbolically, ten is one and zero. One is the one existence. Zero is its creation. The one in creation is ten. It descends in steps to the visible, physical, gross creation. One becomes ten and ten times it evolves to be a creation. Again it evolves ten times to be ten and to one. The whole involution and evolution happens through time. The ten are as under:

1. Time (the Divine).
2. Root matter (Aditi).
3. Rajas (Self-consciousness).
4. Tamas (Mind)
5. Sattva (Buddhi).
6. Akasha (Sound).
7. Air (Touch).
8. Fire (Sight).
9. Water (Taste).
10. Matter (Smell).

All these manifest through rotation of time. The manifested items rotate as a wheel. From one wheel, the three wheels emerge. The first is cosmic, the second is solar and the third is planetary. From one to three, a total of four wheels emerge. The movement of three wheels brings in the fourth, which reflects the three wheels. The reflection has its deflection. Thus, there are three deflected wheels from the three originals, with the fourth one as the reflecting one. Thus seven wheels rotate. The seven wheels rotate in three directions with the three qualities occasionally becoming predominant. The three directions take the predominance in three different situations. When it is evolutionary, Rajas (dynamism) predominates. The quality of poise takes the predominance at the completion of creativity. Poise keeps the creation in existence. When the creation is to dissolve, Tamas (inertia) predominates. Thus three becomes four, four becomes seven, seven becomes ten. The one wheel is seen in its ten aspects. In man also there are seven wheels representing the seven Chakras. The seven Chakras carry the three directions. As per the direction of the

Chakras, the chemistry of man happens. The formation of the seven wheels is from above downwards to the Muladhara. The fourth Chakra is Anahata. It reflects the three Chakras above it as three Chakras below the diaphragm.

Thus, seven Chakras operate and the Chakras carry inherently the three qualities and hence they take to three dimensions as per the evolution of man. Contemplate upon poise in all the Chakras where inertia and dynamism are equated and the poised state unfolds the awareness as a spring, transforming the Chakra into a lotus.

Extracts from the Teachings

Lecture During the Full Moon Hours of Scorpio, Part VII

Dr. Sri K. Parvathi Kumar

Fürigen Group Living, Switzerland, November 2005

There was a boy of five years age. His name was Naciketa. His father got into an all-giving ritual. He gave away everything what he possessed. Daily he kept on giving all that he has, all his material possessions. The ritual is to give away anything that one possesses. Naciketa observed the father and daily innocently asked him, "When do you give me away?" The father was a bit fed up with this question, but then after some days, he realised that he also has to give away his son as part of the ritual. But there was something in the core of his heart that did not let him give away his son. He did not like his son asking that question. But Naciketa regularly asked the same question. One day the father got fed up, and he said, "Right now, I give you away to the Lord of Death. I send you to Pluto, to the Lord of Death. You can go." The power of the father was so high that he could send the etheric double of the son to the planes of death, but the boy did not feel that he died. He just went there.

You may have known in relation to Master CVV how he used to send his son and his wife into higher planes to receive information about the energies that visited him. He used to delink the soul of his wife or the soul of his son Chandu and put them to higher realms to know the secrets of life and also the purpose of the visit of that energy which visited him. It is by no means a small act. It cannot be done by all. That is why he is grand Master. He could just let the soul move and then collect information. That is how he worked.

Likewise, the father sent the boy, and the boy consciously went to the portals of death, to the palace of Pluto. There he waited to meet the Lord of Death. He waited there for three days and three nights without food and without water which is natural for the subtle body. Then the Lord of Death opened the door and saw the boy, an unexpected visitor, because the Lord of Death knows which soul comes when. Here comes a soul by itself, and sitting just there waiting for the Lord of Death. It is very interesting. You can read the English version of Katha Upanishad. When the secrets of death and the practice may not be known even through reading, the story itself is very interesting.

So, the Lord of Death, called Yama, he looked at the boy and got interest in the boy. He asked him, "Who are you? Why have you come here?"

The boy Naciketa said that his father has sent him to the Lord Yama.

Lord Yama: "Are you not afraid to be here?"

Naciketa: "Why should I be?"

Lord Yama: "Are you not frightened to see me?"

Naciketa: "Why should I be? I am not afraid. I am sent by my father, and you have to accept me. He gifted me to you."

Lord Yama: "No, no, I will speak to your father. You go back."

Naciketa: "No, I will not go. If I go back, it is disobedience. If you don't accept me, you will incur the wrath of my father. He gave a gift, and you refused. I am a gift to you, so, accept me."

Lord Yama: "In my time-table you are not to come. Go back. There are so many things that you have to enjoy."

The Lord of Death tempted the boy not to die, but we tempt the Lord not to put us to death. Normally mortals want to escape death. But here is a boy who does not want to escape death. The Lord of Death offered so many gifts and wanted the boy to get back. He did not.

Lord Yama: "What do you want? Whatever I offer you, you refuse. What is it that you want? Since you stayed here for three days and three nights, I will give you three boons. You can ask. I will give it to you."

Naciketa: "Tell me, what is death, because the people are so much afraid of death."

Lord Yama: "It is the secret of the secrets. I cannot reveal it to you. My power over the mortals is because of this secret." But he promised the boy that he would give the secret.

Then he said, "Okay, you want to know what death is."

Naciketa: "Yes."

Lord Yama: "There is an arch over there. On the arch, the word is written: 'Death'. Go through that arch. You will yourself know."

Naciketa: "If I go through that arch, will I die?"

Lord Yama: "No, but you will know what death is. To know death is to

know that you don't die."

The boy moved through the arch, and he remained just the same. Going through the arch, Naciketa turned back to tell the Lord: "Hey, here I AM, I did not die." Then the Lord said, "Yes, you don't die. There is no death. It is an illusion. Read what is written on the arch on the other side." Then the boy looked at the arch. There it is written: 'Birth'. So, it is death to something and birth to something else, and there is continuity of consciousness.

The boy came back and said: "I reached you by the power of my father, but how can I reach you on my own and come to you at will? My father can at will leave the body. I cannot. He sent me here. You teach me how to pass consciously through the arch of death!"

Then the Lord gave him a practice. It is a process of delinking with the life knot in the body. The thread of life ties the thread of awareness at three places in us. That is why it is said, "We are three times bound." There is one tie up between Muladhara and sacral. There is another tie up between solar plexus and heart, and the third one around pituitary. These are the three essential portions of the body. One is the head, which is called the place of consciousness, the other one is from neck to diaphragm which is called the plane of force, and then the third one is below the diaphragm which is called the plane of matter. In the Vedic texts, these three knots are called as Brahma grandi, Vishnu grandi and Rudra grandi.

These three portions of the body are called the three cities or the three worlds in which the soul lives. When there is the delinking of the thread between the Muladhara and sacral, you get into etheric existence, and when there is further de-linking between Manipuraka and Anahata, you live in the causal existence, and when there is a delinking from the pituitary, you are free like a bird. These are the three areas where we are bound. One causes bondage with the material, another causes bondage with force, and then the third is bondage with consciousness, while the soul is essentially a spirit of be-ness.

So, the Lord Yama gives a technique of breathing by which one can delink from these linkages. It has an essential prerequisite: you have to be willing to make three meditations in a day with precisely a gap of eight hours. In Katha Upanishad, the Lord speaks of a ritual which is called "the fire of Naciketa" – Naciketa Agni". This Naciketa fire shall have to be illumined three times a day through regular practice with a technique of breathing which is an initiation by itself, so that man consciously delinks with the thread of life and moves out and moves in. This is one Upanishad that speaks about the technique of releasing oneself from the body. *cont.*

This text is not proofread by the author and might have some mistakes.



Paracelsus Health and Healing

Appropriate dealing with food, work and rest

Much medicinal work can be dispensed with if man is taught how he should plan his food, work and rest. This is a fundamental aspect of living that is missing in the so-called developed world.

Most of the sicknesses emerge in the stomach. The stomach is disturbed due to varieties of agitation. And man today is full of agitation, over-activity, and the related stress of temper. The fear of the future and the sense of insecurity are reaching greater heights, and man is galvanized into hyperactivity, that affects the gall duct, the gall bladder, the pancreas and the stomach. No one seems to be today an exception to these problems. The growing indigestion and the consequent gastric condition is far too common. 9 out of 10 persons seem to be constipated. Constipation has become a common sickness of civilized society. Just as man grips everything within his reach, the solar plexus seems to grip all that is produced in the stomach.

Stomachic physical plane disorders are closely tied up with the disproportionate desire for eating, drinking of all that is desired. Little caution is exercised by the average man of the consequence of such indiscrete eating and drinking. Attacks of biliousness have become so common due to such fundamental ignorance.

The prevalent wrong attitudes to life and to people need to be noticed as causes for the stomach ills of the civilized people. Many in the civilized world do not even care to know the ultimate impact

of that which they eat, they drink, they speak and they think. Pollution in the aspects of eating, drinking, speaking and thinking leads to restless nights. Man needs to understand that when he cannot really sleep well, it means he has a lot to rectify in him in these normal, simple, daily activities.

Eating medicines for every discomfort is yet another dimension to ignorance. *Aspirin* for headache, *Crosin* for fever, purgatives for defecation, enzymes for digestion and discharge of gas, tablets for sleeping, seem to be the fashion. Many middle-aged men and women carry painkillers to relieve themselves temporarily from pains. This is a dangerous habit that kills the natural resistance to disease and makes the system totally dependent on medicines.

Much of the body discomfort can be cured by sheer endurance. Endurance is also a curative technique for many acute discomforts. Man carries a healing system within himself. He should allow the system to restore normalcy. He should be educated to let the system function and support such system with appropriate intake of water and food.

Educating the common man in natural health and healing is a major work that needs to be done by the health workers. This would help avoiding, wherever possible, eating of medicines. It is time that man thinks of normal and natural methods for restoring health.

Dr. K. Parvathi Kumar

Extract from: **Paracelsus – Health and Healing**

With a subscription you support this important work (€ 70 / year)

Dates of the Next Travels 2007

2nd May

Visakhha Festival.

12th May

Birthday of Lord Hanuman.

25th May to 30th June May Call group life and tour in Europe.

During these dates you won't be able contact Dr. K.P. Kumar.

You find the updates on:

www.worldteachertrust.org/vaisakh15_e.htm

Astrological Important Days in May/June 2007

21.05.	12:12	☉ → ♊ / Sun enters Gemini	
23.05.	10:23	● 8 th phase of ascending moon starts ♋ (End 11:52 on 24.05.)	☉ 01°51' ♊ / ☽ 25°51' ♏
26.05.	16:21	11 th phase of ascending moon starts ♌ <i>Day of Nârâyana</i> (End 18:55 on 27.05.)	☉ 04°58' ♊ / ☽ 04°58' ♎
28.05.	21:24	13 th phase of ascending moon starts ♍ <i>Day of Narasimha</i> (End 23:39 on 29.05.)	☉ 07°06' ♊ / ☽ 01°06' ♏
29.05.		May Call Day	
31.05.	01:33	Phase of full moon starts ♎ <i>Birthday of Lord Maitreya and Master DK</i>	☉ 09°11' ♊ / ☽ 27°11' ♏
01.06.	03:04	○ Full moon of Gemini	☉ 10°12' ♊ / ☽ 10°12' ♎
06.06.	08:43	23 rd constellation <i>Dhanishtha</i> starts ♋ 21:00 Dhanishtha-Meditation (<i>Dhanishtha</i> -constellation ends at 08:30 on 07.06.)	☽ 17°18' ♎
08.06.	02:31	● 8 th phase of descending moon starts ♀ (End 00:48 on 09.06.)	☉ 16°53' ♊ / ☽ 10°53' ♎
10.06.	20:09	11 th phase of descending moon starts ☉ <i>Day of Nârâyana, to dedicate oneself to Master DK in thought and in word, besides intensely studying his teachings and to link up to the disciples of the world in thought.</i> (End 17:19 on 11.06.)	☉ 19°30' ♊ / ☽ 19°30' ♎
14.06.	08:04	Phase of new moon starts ♋ New moon point of Gemini: <i>Contemplation upon 'The Pledge'</i>	☉ 22°50' ♊ / ☽ 10°50' ♊
15.06.	05:13	● New moon of Gemini	☉ 23°41' ♊ / ☽ 23°41' ♊
21.06.	20:06	☉ → ♋ / Sun enters Cancer ♋ Summer Solstice	
22.06.	02:11	● 8 th phase of ascending moon starts ♀ (End 04:24 on 23.06.)	☉ 00°15' ♋ / ☽ 24°15' ♏
25.06.	09:17	11 th phase of ascending moon starts ♍ <i>Contemplation upon the personal Teacher, the Guru</i> (End 11:30 on 26.06.)	☉ 03°23' ♋ / ☽ 03°23' ♏
29.06.	15:29	Phase of full moon starts ♀ <i>Dedicate to The World Teacher and Vedavyâsa</i>	☉ 07°27' ♋ / ☽ 25°27' ♎
30.06.	15:49	○ Full moon of Cancer	☉ 08°25' ♋ / ☽ 08°25' ♎
	14:25	23 rd constellation <i>Dhanishtha</i> starts ♋ 21:00 Dhanishtha-Meditation (<i>Dhanishtha</i> -constellation ends at 13:58 on 04.07.)	☽ 17°18' ♎
03.07.	07:57	● 8 th phase of descending moon starts ♌ (End 05:47 on 08.07.)	☉ 14°46' ♋ / ☽ 08°46' ♎
07.07.	01:01	11 th phase of descending moon starts ♌ <i>Contemplation upon the personal Teacher, the Guru</i> (End 22:31 on	☉ 17°21' ♋ / ☽ 17°21' ♎
10.07.			

All dates are in MEST (middle European summer time)

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Great Invocation



Let us form the Circle of Good Will.

OMNIA VINCIT AMOS.

From the South through Love
which is pure.

From the West through Wisdom
which is true.

From the East through Will
which is noble.

From the North through Silence
which is golden.

May the Light make beautiful
our lives.

O Hierophant of our Rite

Let his love shine.

OMNIA VINCIT AMOS.

Let us form the Circle of the World
Servers.

We bow down in homage
and adoration

To the Glorious and Mighty Hierarchy,
The Inner Government of The World,

and to its Exquisite Jewel,

The Star of the Sea -

The World Mother.

From the point of Light
within the Mind of God

let Light stream forth

into the minds of men.

Let light descend on Earth.

From the point of Love
within the Heart of God

let love stream forth

into the hearts of men.

May the Lord return to Earth

From the centre where the
Will of God is known

let purpose guide the little wills of men,
the purpose, which the Masters

know and serve.

From the centre which we call
The race of men

Let the Plan of Love and Light
work out

And may it seal the door
where evil dwells.

From the Avatar of Synthesis
Who is around

let His energy pour down
in all kingdoms.

May He lift up the Earth to the
Kings of Beauty.

The Sons of Men are one
and I am one with them.

I seek to love, not hate.

I seek to serve and not exact
due service.

I seek to heal, not hurt.

Let pain bring due reward
of light and love.

Let the soul control the outer form
and life and all events,

and bring to light the love
which underlies the happenings
of the time.

Let vision come and insight.
Let the future stand revealed.

Let inner union demonstrate
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K