

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Pisces 2011 Meena

Letter No. 11 / Cycle 24 –18th February until 20th March 2011

The World Teacher Trust - Global



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.



Letter No.11/Cycle 24 –18th February until 20th March 211ॐ

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Prayer of the year

TWO FISHES, FIVE LOAVES GAINED. ST. MARK SPEAKS:

“FEED THE HOSTS OF WISDOM.

NO MORE HUNGER, SUFFERING, DEATH.”

THE BOAT SAILS. THE WIND BLOWS.

THE WAVES DANCE. THE FISH JUMP.



Full Moon of Pisces, 19th March 2011, 7:10 pm MET



Message of the month of Pisces

The two fishes of Pisces indicate the soul and the personality. Personality survives by the soul. Soul thrives by personality. Soul experiences with the help of personality and fulfils itself. The right relationship between soul and personality when gained one becomes an initiate. The personality requires nourishment. The soul with knowledge nourishes personality. As the personality grows it tends to devour the soul, just like an elephant nourished by its owner tries to devour the owner. Personality is an animal mounting upon which the soul moves on; but when personality gains supremacy over the soul it no more serves the soul. It serves itself enslaving the soul. Taming the personality is regarded as taming a tiger or a lion. When the personality is like cub it obeys the soul but as it grows and crystallises it tries to overpower the soul. This game of soul and personality needs to be studied by each one. Soul tries to build bridges of friendliness towards personality while personality tries to build a fort around itself imprisoning the soul.

In this state of helplessness the soul requires to recollect, through knowledge, its power and act intelligently; after all, personality however powerful it is, is built with soul's energy. If soul withdraws energy supplied to personality the personality weakens. The knowledge is therefore important for the soul to develop and redefine its relation with the personality. Friendliness is the key. Enabling the personality to understand its status of dependency and yet developing friendliness with it is the message of the glyph of Pisces. While the soul could be authoritative it could yet be friendly towards the personality. In the past the practice was to devour and kill the dragon while in the present the practice is to devour and befriend the dragon. The former is Hatha Yoga. The latter is Raja Yoga. Hercules and Samson killed the lions. But king Bharatha befriended the lion and made it as his vehicle! In the path of Raja Yoga the principle of Ahimsa is applied to one's own personality also.



Message of the Teacher

The Worldly

Around a being form develops. As per the form name develops. Through the form relations develop around. With the help of the form the being develops social status, properties, family, friends, etc. Certain things are developed around him by Nature, certain other things are developed by the being. Relating to them the being spends the day and the night. He is ever engaged thinking about the things developed around him. He is never engaged to think of him who is neither a form nor a name or a gender etc. He is not a created one. He is ever existent. Around him names and forms happen. Around him family develops, property develops, social status develops. Without him none of these exist. He is the creator of all of them. Thinking about things that are created through him he falls into cycles of births and deaths. Thinking of the self enables him to overcome the cycles of births and deaths. Each one of the beings is eternal and immutable. All that surrounds him is transient and mutable. In relating to the transient and mutable one forgets oneself and becomes worldly.

Gita-Upanishad

Lord Krishna



Relinquishment

“A RELINQUISHED ONE STAYS COMFORTABLY IN THE CITY OF NINE GATES. ACTIONS HAPPEN THROUGH HIM. HE REMAINS WITNESSING SUCH ACTIONS. HE IS NEITHER THE DOER NOR THE CAUSE OF DOING.” (5-13)

Commentary

The art of relinquishment leads one to the art of mentally relinquishing the actions while physically one may be doing them. Indeed relinquishment is the beauty of experiencing non-doing while being in action. It is the art of witnessing. The cause of action emerges from the Will and is conducted by knowledge and the act gets fulfilled. The will, knowledge and the action belong to the Nature but not to him. The triple Nature conducts the activity with the help of the fivefold body and the indwelling one can witness and also can experience. It is indeed an art. To him it is but reality that action happens and that he is not the doer. He is neither the cause nor is therefore affected by the cause.

The relinquished one neither desires nor desists. He is ever engaged with the Omnipotent in and around. He ceases not from the connection with the Omnipotent. Staying connected he witnesses the happening of thoughts and their translation into action. Thus thoughts and actions come to pass through him while he stays connected. Since he is not associated with the doing the effects of action do not touch him. Thus the relinquished one stays liberated.

In such state of liberation he comfortably lives in the body of nine gates

and moves around. To him relinquishment is subtle but not gross. In the sense he remains in family, in profession, in society and yet remains unaffected by them due to his non-association with doing and eternal association with the Omnipotent in and around.

Message of Lord Maitreya



Habit

To realise our teachings one should have a clean and inquisitive mind. When the teachings received are translated into action further teachings happen. If one is not open-minded but is bound by tradition our teachings are misunderstood and misquoted. Through time many good teachings settled down slightly distorted. It is for this reason we require our aspirants to be not only clean-minded but also open-minded, unconditioned by the existing traditional understandings.

The key to realisation is to comprehend the essentiality of our teaching and not get lost in the side issues. The aspirants bound by tradition look for the comfort of their tradition in our teachings. It is like villagers who look for village facilities in a metropolis. We made available a vast land for open-minded thinkers to pursue the truth and the life afresh. But in the new land also people entered with their old symbols and insignia. America is the land of experiment for the new age where all are gathered from every corner of the globe but they brought along with them their churches, mosques and temples. No wonder in future there are religious wars even in the land of opportunity. It seems difficult for humans to shed their non-essentials and follow the path of essentiality. Until man individually learns to unfurl the peripherals he cannot be a follower of truth.



Message of Master *Koot Hoomi*

Devâpi Maharshi

Kriya Shakti

Action is the key. Action holds the forces together. Inaction leads to dispersal of the forces. Action for social good brings the forces together in a much better way. Let there be no self-centeredness. Where action is, there is less gossip. Gossip causes diversion to action. Gossip displaces the acting one. The action-oriented ones need to set role models who achieve greater good to humanity. Such role models inspire one to act. Let not leisure overtake action. During leisure one may fall into self-praise, self-pity and self-recognition. If one falls into these pits the progress is arrested. Let not the ones engaged in goodwill action care for armchair criticism. Listening to criticism discourages one from action. As one continues to act in goodwill a group gathers. The work may be increased to engage all in action. When multiple hands join in action goodwill is better realised. As much as one finds hurdles in the path of action so much one should persist to act. Actions turn mountains into mole hills. Action accomplishes all. Action is but Kriya Shakti of the Mother which is unimpeded. May this hymn of action be chanted daily.

Message of Master Morya

Maruvu Maharshi



Soul and Synthesis

One cannot teach synthesis unless he himself is synthesised. There is too much talk of synthesis but the ability to synthesise is with the one in whom all viewpoints culminate. In Akasha the other four elements culminate. Fire and Water, Air and Matter find their agreement only in the fifth element Akasha. Likewise, Rajas and Tamas find their agreement in Satva. Lower numbers agree in the higher. In the soul the qualities get synthesised, the elements get synthesised. Until one realises the soul he cannot be a synthesising agent and much less a teacher. The whole creation is synthesised in the universal soul. All agree in that universal soul called Vishnu or Christos. Likewise, in every unit there is the synthesising principle which is called the soul of that unit. Soul realisation is the essential prerequisite for synthesis to express. It is like the ocean in which all rivers merge. In the state of synthesis there is no non-agreement. Realise this. Discipleship is such realisation.



Message of Master *EK*

The Grand Play

No one is ever able to decipher the play of God. The other name for the play is Maya (illusion). The beings develop relations and rescind them relentlessly. While the beings are able to lift one veil of illusion concurrently another veil of illusion sets in. Beings concurrently develop likes and dislikes, experience losses and gains, birth, growth and death and enmity and friendliness. The inter-relation between beings is ever changing according to events through time. No one is able to see the whole play that is happening upon the silver screen of consciousness. Even initiates are no exception in this play of God which is seen as the Divine play, the grand play.

Vidura
Wisdom Teachings



Neither wisdom nor ignorance
is the means of wealth.
There are wise who are not wealthy
and ignorant who are wealthy.
Mysterious is the means of wealth.
The knowledgeable one
knows that in this world
things are topsy turvy.

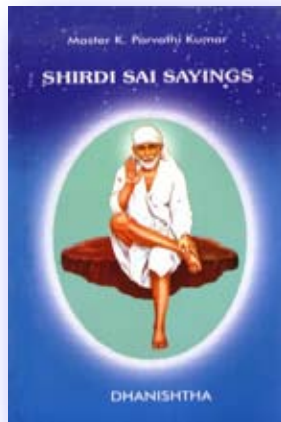


Shirdi Sai Sayings

Being - Becoming

The man lives in concept. The Master lives in consciousness. Concept is a projection of consciousness through time in space. Concept limits, conditions and causes illusion. Consciousness is "being" and concept is "becoming". Becoming is transitory and temporary. Being is stationary and eternal.

One is son of man while the other is son of God.



Message of
Sri Ramakrishna



Live in Divine Bliss and in the World

So long as the tadpole's tail does not drop off, it can live only in water; when the tail drops off, it can live both in water and on land. Similarly, he whose tail of ignorance has dropped off by divine contemplation can both dive into the sea of Divine Bliss and live in the world, just as he pleases.



Lay Man's Prayer

Around You are the wheels: cosmic, solar and planetary.
Beings move in these wheels.
We create our own wheels within Your wheels.
Cut our wheels, lead us unto You.
We Pray.

Occult Meditations

Meditation 51



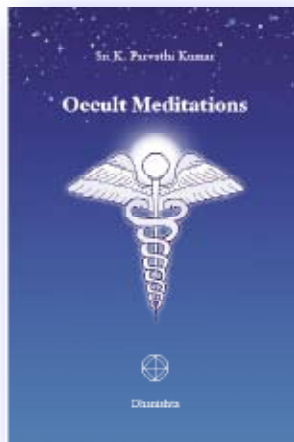
**MATTER TURNS ATOM, ATOM TURNS MATTER. MATTER-TIME
ADJUSTMENT. MATTER TURNS MAN. MAN BECOMES MASTER.
MATTER BECOMES MIND. MIND BECOMES MASTER.**

Commentary:

Through time matter evolves. Matter is aggregate of atoms. Forms are an aggregate of matter. Forms keep changing through time, since matter and atoms are subject to change. Change is constant with matter. The change in matter happens with the change in the atoms and their combinations. Atoms aggregate and segregate as per time. Therefore, the matter and the related forms keep changing through time. Time is the adjuster. Through time matter turns into a man. Through time man becomes Master. Matter, Mind, Master are the progressive stations that are worked out by time.

Time should be seen as the alchemist that transforms inorganic matter into organic matter and organic matter into inorganic matter. Time also transforms organic matter into organised mind and further transforms such mind to be the Master mind. Time does all this through its rotation. Time moves slowly. It moves at snail's speed. It teaches patience. Patience is the keynote of evolution. Time is Kronos. "Kronos moves and who knows his movement?" is an occult statement. Many initiates accomplished to be so by their strength of patience and ability to wait. A man's ability is seen in his waiting. Mind and matter move faster. They are governed by Rajas (dynamism). A Master stays stable. He is ruled by poise (Sattva). Time is the Master that moves not but moves all.

Master is the other name for time. The student of meditation is recommended to visualise the light from Sahasrara to Anahata and to further visualise such light reflecting below the diaphragm to ensure that the darkness relating to the illusion of the world is dispelled up to the Muladhara.



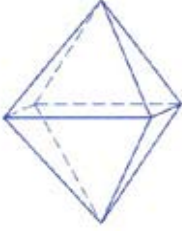
Ashram Leaves



Soli-Lunar Centres of Creation

- | | |
|----------------|-----------|
| 1) Positive | Negative |
| 2) Male | Female |
| 3) Electricity | Magnetism |
| 4) Sun | Moon |
| 5) Soul | Mind |
| 6) Fire | Water |
| 7) Gold | Silver |

The ray of the positive, mirrored through the negative, is creation.
The ray of Sun, mirrored through water, is life.



Rudra

53. Mayobhave

He is the Lord that gives pleasant experience through the senses. The awareness of the souls is expressed through the mind and the senses. The force that causes such expression, to experience the objectivity, is another great act of Rudra. He is the one that functions through the senses. Rudra should be understood as the Lord of Force in all planes of existence.



On Love

Love is fulfilment.
Love is complete.
Love includes hate! It absorbs hate.

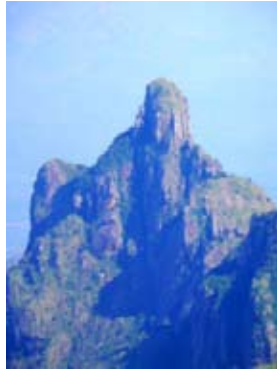




On Change

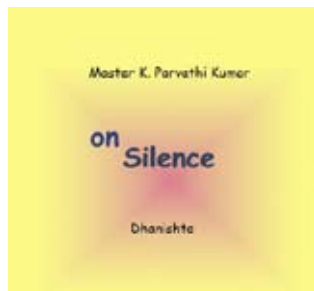
Change has ripple effect.
All those involved
need to be convinced of the
need for change.
Change should be understood
as good for all and harmful to none
in the long run.





On Silence

Silence enables vertical reception
(from higher circles)
of thoughts, colours, sounds and symbols.
They are messengers of God!





Hymns on Agni

48. TAM TVA GHRITHA ASNAVEMAHE
CHITRABHANO O SVAR DRUSAM
DEVAGUM AAVEETHAYEVAHA

Oh Lord Agni! You are nourished by the ghee and grow strong with it. Be pleased by our offering and bring the Devas unto us.

Commentary:

The cow ghee is considered to be an utmost sacred material. It is said to carry extra-terrestrial essence and is likened to the brain marrow. It causes brilliance to fire besides strength. The Lord of fire is the all-seeing one. Once he is pleased by the worship through ghee he brings forth all the Devas whose cooperation is needed by the worshiper to strengthen one's own soul. Once the Lord is pleased his army of Devic intelligences would follow suit to cooperate with the worshiper. Without the help of the Devas it's not easy for the humans to resist evil, disease, decay and death. With the help of Devas one can immortalise himself. The very purpose of fire ritual is to gain the favour of the Lord Agni and thereby gain the favours of the Devas. Devas are pleased only by worship; so is the Lord. They need no material gifts. As long as the worshiper offers himself with fervour and does the fire ritual the needed cooperation comes through. His daily actions should also be in tune with discipleship for realising the favour of the Lord.

Violet Flame Invocations



Oh blessed Violet Flame's Master!
Save us from all the disaster.
Lead us unto Your realm faster.
Our heads are reeling
by time's roller-coaster.

Hold us in Your loving and
comforting fold, Master!

Oh blessed Violet Flame's Master!



Master Morya Part 30

An old Picture Fascinates the Colonel. The Thâkur and his Mysterious Past.

Quickly snatching the painting from Nârâyana's hands, the Colonel turned it picture upward and, pointing to the figure standing beside the Padishâh, whispered in a hoarse voice:

"Look, here, here he is... without a doubt it is he! Is there another one like him in the whole world? It is he!" repeated the Colonel, pointing with his finger.

We looked, and I admit that the surprise took my breath away and chilled my blood... The picture swayed markedly in Nârâyana's hands.

Before our eyes, among seventy or eighty figures of Moslems and Brâhmanas of the Court near the throne of the Padishâh stood, unquestionably, the figure of Thâkur Gulâb Singh!... Actually, as the Colonel had expressed it, was there another one in the whole world that looked like him? It was he! It was a portrait of his double, if not of himself. Without mentioning the fact that the great height of the figure raised it a whole head above the rest of the figures, it was the sole portrayal in the picture that was completely free of the servile poses of the other courtiers. The English officer barely stood out from under the elbows of the magnificent, bewhiskered sardârs, and the hatred of the artist pushed him back completely into the background. Only the figure of the one in whom all of us immediately recognized Gulâb Singh, towering high above the crowd, was prominent by its proud bearing. Even his pose was his own peculiarly characteristic one; he stood with arms crossed on his chest, quietly looking into space over the heads of the courtiers. The costume

alone was different. A Râjput turban with a small feather plume, elbow-length steel gloves, a kind of coat-of-mail, several daggers at the waist, and a shield of transparent rhinoceros hide at his feet... But the long wavy hair, the beard, the face, the stature left no doubt that it was he, our mysterious und unfathomable protector...

"But this is impossible, inconceivable!" said the Colonel, still very perplexed, breaking the silence. "How can anybody figure it out? The man doesn't look forty, and yet his portrait appears on a painting made over a hundred years ago!"

"It is probably a portrait of his grandfather," muttered Nârâyana, as if apologizing for the Thâkur.

"Grandfather?" scornfully shot back our President. "And why not your grandfather or mine?... Are there actually such family resemblances!... No... no... It isn't his grandfather, nor his great-grandfather, but he himself. I begin to wander in my mind," said the Colonel pulling himself together. "Really, if the picture is not a counterfeit, then it is... impossible!... Tell me," he said suddenly to me in a comically imploring voice, "tell me... it is impossible... Isn't it?"

"I do not know, Colonel... For several days now I have been losing the ability even to think. It seems that... but don't ask me. Better ask him directly... if you dare..." I added mentally, feeling, I don't know why, angry with the poor Colonel.

"No, no! It is impossible," he continued to reason as if to himself. "Impossible! Therefore, let's stop the conversation."

"Maybe, it really is his grandfather," I commented. "Do you recall the school inspector starting to tell us something about him. But he said..."

I was simply shocked by the look that Nârâyana threw me. Just as I uttered my first words he glanced at me with such a scorching and painful reproach that I felt my words stop in my throat.

But even the simple hint had already taken effect.

"Great heavens! I had almost forgotten!" exclaimed the Colonel, striking his forehead. "But the problem becomes more difficult then... Just think," he continued, as if talking to himself, "if the Thâkur and his grandfather..."

"That's enough!" I announced definitely. "If you really respect him, don't forget what he has frequently advised us to do; not to listen to various

rumors, nor to try to find out anything whatsoever about him. I at least have sufficient respect for him not to go against his wishes. Until tomorrow, gentlemen!”

I entered my room and lowered the door curtain. In a few minutes everything quieted down in the adjoining room, and within a quarter of an hour the familiar snoring with the accompaniment of a whistle began to be heard.

Dates of the Next Travels

Dates**Program**

5th – 7th March

Guru Poojas Vijayavada

During these dates you won't be able contact Dr. K.P. Kumar.
You find the updates on: www.worldteachertrust.org/vaisakh15_e.htm

Master *EK*

Vishnu Purâna
CHAPTER VI



The Work of Yagna - 3

The Classes

There are those who rule these laws, and they became the first rulers. Those who perform the rituals of the year are called "Brahmanas". The ruling class is given the place of "Indra" (centre-forming intelligence). This place is given to those who do not escape fight when there is a problem. Those who follow their work according to the Deva of Air (expansion and distribution) are placed as the merchant class. Those who follow the work of the "Gandharvas" (serving and causing comfort) are placed as "Sudras".

The Gurus

There are silent intelligences who lead the consciousness of beings to the upward path (the path which leads us from the consciousness of gross matter to that of pure enlightenment). They are 88 in number. They are placed in the position of "Gurus". This enlightenment is for those who seek the upward path.

The Seven Rishis

There are seven other intelligences which govern the seven rays of wisdom. They are called the "Seven Rishis". Their wisdom is important to

those who live in the "Ashrams" of the forests. For the householders the wisdom of multiplying the seed in a pure way is important. For those who want to renounce, the wisdom of Brahma is important. For those who practice yoga, the wisdom of continuous happiness of the soul is important. Those who see the one in all are figuratively called the lonely ones. They live in the continuous meditation of Brahma. In whatever they see, they see only The One. Their place in creation is the highest. They are called "The Wise Ones".

Extracts From The Teachings Sri Suktam

The Nature and the Characteristics
Of the World Mother, Part XXXVIX

Dr. Sri K. Parvathi Kumar

Wengen Group Living, Switzerland, May 2002

Eleventh Hymn

**KARDAMENA PRAJÂ BHÛTÂ
MAYI SAMBHAVA KARDAMA
SRÎYAM VÂSAYA ME KULE
MÂTARAM PADMA MÂLINÎM**

Akasha when manifest, it is air, and air further manifests as fire, through fire water manifests, and through water matter manifests. So, the source of all the five elements is Akasha which is called the ether of the space. At every stage of the seven planes there is a triangle of Prajapatis, patriarchs. They are considered to be 21.

At that stage where the water takes to the form of earth in the involutory process there are certain proportionate admixtures of matter with water, fire and air. That is conducted by an intelligence, and that matter manifests up to the visible form. That means, the Prajapati Kardama is the principle that transforms the invisible to the visible aspect of creation. We know from the scriptures that the creation and the beings relating to this Earth were opaque, and slowly they took to the coats of skin. The beings took to the coats of skin, and the opaque Eden Garden got solidified as all that we see now. It is a state before such dense physical formation, where people did not have the gross physical bodies.

To enable this to happen there is a Prajapati who works on it. His speciality is the golden ray utilisation, thereby the golden bodies get prepared from the causal and enable further precipitation of matter. Before such formation the South Pole is not formed. Only the North Pole with

the Northern hemisphere remains. The beings also were of this state of Anuras. Anuras means: beings without legs, capable of flying. That is what in Spain we have seen as a sacral place as Nuria. If you take from Nuria the 'a' at the end and prefix it, it becomes Anura. Anura is a state of being in the involutory process.

The being is formed up to 30° Scorpio, and thereafter Sagittarius, Capricorn, Aquarius and Pisces, they are in the reversed order. The first eight sun signs formed from Aries to Scorpio, and the rest of the four sun signs have a double path. From Sagittarius there is a downward path and an upward path. This I have explained, when we were speaking about Venus, the path called Devayana and the path called Pitriyana. So, the souls return through Sagittarius into higher circles. Those who are not inclined to come to the dense physical are considered as the children of the Divine Path. The others are called the children of Karmic Path. The children of the Divine Path are called the children of God.

That is the junction point upon which Kardama presides, and the colour of Kardama is golden yellow. Sagittarius presided over by Jupiter is golden in colour. So, from Mûladhâra there is a path of return, 0° Sagittarius is called Mula, the corner, from which you can take a turn or get into objectivity, into the dense matter. The whole Path of Yoga now proposed over years is to return from Mûladhâra into higher circles. Those who return from Mûladhâra into higher circles do not allow energies to get into the thighs, and hence they are called the thighless ones. So, the thighless ones are called Anuras.

There is a story of Anura. It won't take long time, because yesterday the stories took away my coursing.

There was a mother by name Vinata. She was to give birth to two great beings, and the creation was at that stage giving birth to egg-born beings. We all know about mind-born, egg-born, sweat-born, fire-born – so many categories are there. So, two great beings were to be born, if the mother hatches the two eggs for 1000 years each. After 500 years the mother was too inquisitive. She broke open one of the eggs, and then she found a brilliant being only formed up to the hip, and the thighs were about to be formed. The being said, "You are impatient, you could have waited till 1000 years. Do you know the consequence of your breaking

the egg prematurely? On account of your own anxiety and speedy over-action you will walk into slavery. This tendency of you will slowly make you a slave of your own making. I am not the loser by this half-formation. I have a duty to drive the chariot of the Sun." So, with his wings he flew to the Sun and took to the charge of driving the chariot of the Solar God. It is him whom we see in the morning before the sunrise as the orange light. His name is Anura, and since he shines with orange light, he is called Aruna.

cont.

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



Paracelsus

Health & Healing

The will to heal

Men inherently carry healing energies. All that pulsates with Light in fact has the ability to heal. Specially so the human beings. There is a specific technique by which one can train oneself to be a healer. Persons with harmless nature and concern for fellow beings carry such energies in abundance. Also persons with positive thinking and dynamic action can also wield the power of healing. Men of mental clarity and devotional approach to life are also good instruments for healing. Students of rhythm and ritual can also be healers.

Men are generally classified by esoteric science into seven categories. The second, fourth and sixth categories could be good healers. The first, third, fifth and seventh categories could also be healers provided inherently they carry compassion and love for fellow beings and concern for the surrounding suffering. The technique of healing differs according to the category of persons. But healing is possible by every human if he submits himself to the related training.

Whatever may be the category men belong to, when they tend to be self-centred and selfish, they cannot be agents for the transmission of healing energies. Healing is always seen as a sublime activity and it therefore cannot be linked to money and power. Link with Divinity remains intact as long as one is not excessively linked to mundane wealth and power.

The fundamental steps to transform oneself into a healer are provided in every religion. Moral and ethical values form part of it. Purity of thought, speech and action coupled with lack of aggression, of amassment of

wealth and of exploitation are highly helpful. Tender relation with animal & plant and sensitive relation with elements are helpful.

Healing involves observation of patients as images of God and interaction with them with love & compassion. This develops potency of healing. For this reason healers are required to regularly contemplate upon an image of God within them and visualise such image in the patients as they approach. This has to be practiced with greater intensity when the healer approaches the full-moon or the eleventh phase of the moon. Sundays are considered to be very helpful in this regard. Sundays being generally holidays much time can be devoted to receive and assimilate much healing energy for transmission to the patients.

Depending upon the category of the healer, he may stabilise his contemplation in any one of the four etheric centres above the diaphragm. When the contemplation is thus stabilised it enables easy contact of the Soul. The contact with the soul within, enables building up of the inner instrument of the healer called Anthahkarana. When the inner instruments are charged with the energies of Soul, the healer can transmit the healing energies through the outer instrument namely the five senses and the body. From Soul to inner man, from inner-man to outer-man and from the outer-man to the patient, the healing energies flow. The flow of energies through the outer-man can be via the hands, the speech and the touch.

In any case the Will-to-Heal is the basic foundation for all healing.

Dr. K. Parvathi Kumar

Extract from: Paracelsus – Health and Healing

With a subscription you support this important work (€ 77 / year).

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Children's Section

The Doctrine of Ethics*

**TASTY FOOD CAN BE SICKLY
IN THE LONG RUN.
HASTY FRIENDSHIP CAN BE PRICKLY
IN DUE COURSE.**

Dear Children

Will in action fulfils the act. Will is different from adamancy. The adamant ones can never achieve due to their ignorance. Adamancy includes pride. Pride destroys action through negligence. Be not adamant at work. Be regular and persistent at work. Consistency is the key to the will. Regular, consistent and persistent action enables accomplishment while adamancy may not. Besides an adamant one is never appreciated by the near and dear. Choose not the path of adamancy. Choose the path of Will.

Do you know the story of the rabbit and the turtle? They were set upon a race. The rabbit is naturally faster and was therefore proud. It felt that it would win for sure. It did not pay attention. It jumped hither and thither due to pride. Its movements were erratic. Consequently it lost the way. The turtle moved consistently and persistently. It maintained uniform speed and won the race. Find yourself if you are a rabbit or a turtle?

Dr. K.Parvathi Kumar

* From the book THE DOCTRINE OF ETHICS by Dr. K. Parvathi Kumar, Dhanishta Edition

** See www.jugendforum-mithila.de

WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

Group Reports: Germany

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Activities

Study group on Healing

The study group Healing meets every three weeks. In our group meetings we practice meditation and mantras in the first part, and the second part is dedicated to topics on healing. Everyone is called upon to contribute his or her knowledge and questions. The discussions are based on the book "On Healing" by Dr. Parvathi Kumar which we've been reading in the group over the past 2 years. In 2010, after having studied the chapter on sound, we extended our meditation by chanting the healing mantra "Om Namō Narayana" 108 times.

On the occasion of Master Kumar's tour through Germany in June 2009, we had a small group meeting discussing questions „On Healing“ as well as a public lecture in Heiligenberg which was attended by 120 people from around Lake Constance.

Herbal Centre of Lake Constance and Opening of a public "Hildegard-Garden" near Überlingen

Seven members of our group attended a one-week seminar with Rosa in the mountains of East Tyrol in June 2009 to collect and study the he-

aling herbs and learn how to prepare ointments and tinctures based on age-old recipes. We collected about 50 healing herbs in the mountains and made extracts based on alcohol and oil. After the seminar the group wanted to deepen their knowledge and experiment themselves for the benefit of a larger public. For this reason the “Kräuterstube Bodensee” (Herbal Centre of Lake Constance) was founded. In the past months we have produced various ointments and tinctures (such as beauty balm, poultice, ointment for rheumatism and gout, eye ointment, larch resin tincture, ginseng, Swiss stone pine tincture etc.).

Monthly Newsletter on Herbs

In February 2010 we started to issue a monthly Newsletter on herbs in cooperation with Dr. Höfer who has a deep knowledge of spagyrics based on Paracelsus and on the medicine of Hildegard of Bingen. Each newsletter describes one herb which is flowering in that particular month. The newsletter is sent to a long distribution list and also used to publish dates of public lectures and seminars. The idea is to awaken interest in domestic medicinal herbs and trees so that people might make use of the herbs themselves. In February we started with an article on Larch resin, followed by primrose, celandine, lady’s mantle, St. John’s wort etc. Anyone who is interested can be included in the distribution list.

CompaS Business Development (CompaS-Geschäftsentwicklung e.V.)

Two years ago our newly found consulting group for small and midsize businesses started to appear before the public. Our aim is to raise the companies’ awareness for social competence and value-oriented economic activities. We also help companies which are pushed aside by banks and consultants and thus could save a couple of companies and private persons from insolvency in the past months.

Moreover, we’ve started to cooperate with the communal group for the promotion of economic development (Wirtschaftsförderung-Bodensee) and have also held a meeting with various banks in the region of Lake Constance to get in touch with companies in economic crisis. As we are

partly acting like a “welfare centre” for ailing companies we succeeded in being listed for local subsidy programs or for innovation vouchers for business startups.

Invitation and Presentation of Experts in the field of Healing

Rosa from East Tyrol: In Rosa’s family the ancient knowledge of the healing effects of herbs and trees has been handed down from generation to generation. The group has organized two public lectures with Rosa so that the local people can take up this age-old knowledge of herbs and trees to understand how we can heal and help ourselves. There has been a very positive feedback on the effects of Rosa’s tinctures and ointments which she has brought along. It has also to be said that her tinctures contain the blessings of deeply-felt prayers and gratitude towards God.

Anton Styger from Switzerland: Healing is not only limited to ourselves, in terms of body, soul and spirit. It also includes those beings that have died long ago and cannot find their way into the light. By chance we came across Anton Styger from Switzerland who has been clairvoyant from his 3rd year of age. He not only sees the aura and charges of everyone, but also the dead who do not know that they’ve died and are stuck to houses and places. Free of charge he keeps on helping people day and night. In January 2010, we organized a public lecture which was attended by 210 people. In April 2010 he was in our region again and gave another public lecture as well as a seminar.



COW

The wise ones work for the growth, nourishment and the protection of the Cows. As many Cows one protects so much protection comes back to him.

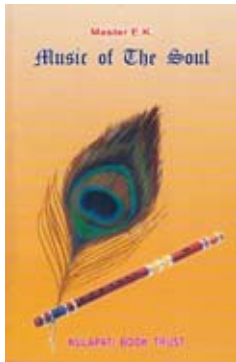
In Cow dung there is the energy of good luck coming from Goddess Lakshmi.

In the Cow urine there are the vibrations of the sacred rivers.

Cow ghee is equivalent to Amruta, the drink of immortality.

Cow milk improves buddhi, discriminative will. Buffalo milk causes dullness to brains.

Book review



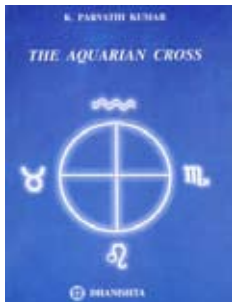
MUSIC OF THE SOUL

The main characters of this book, Maitreya, Maru, Devapi, are gathered from the Puranas and it is shown how they live through births and rebirths with the continuity of consciousness which enables them to have a continuous plan of their work. Their plan is called The Plan of the Masters and it has no other purpose except fulfilling the purpose of the World Teacher. Maitreya is known by the same name in the modern age; he is also known as the Christ. Maru of the Puranas is known as Morya, while Devapi is known as Koot Hoomi. Djwhal Khul, the Light of the present day, who is

also known as Master D.K. or the Tibetan, was trained into discipleship by Maru and Devapi through centuries. This book presents the facts that took place at the time of Lord Krishna, 5000 years ago; it also describes the trend of things that made Djwhal Khul a Master.

Ekkirala Krishnamacharya: Music of the Soul

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



THE AQUARIAN CROSS

The Aquarian Cross is one of the cosmic symbols. The cosmic mind is represented by a fourfold cross. It speaks of the fourfold existence at all planes. Each time we look at it we must get the recollection of our own fourfold existence. Then the purpose is well served. The symbolism of the cross and the astrological significance of the Aquarian

Cross are well explained with deeper symbolism coupled with ancient wisdom.

The book is based on lectures, which K. Parvathi Kumar gave during a group living in Posadas, Argentina, in December 1993.

Dr. K. Parvathi Kumar: The Aquarian Cross

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

Astrological Important Days in February / March 2011

19.02.	01:25	☉ → ♋ / Sun enters Pisces		
24.02.	12:54	☾ 8 th phase of descending moon starts ↳ (End 25.02. at 12:09)	☉ 05°31' ♋ / ♀	29°31' ♎
27.02.	12:40	☾ 11 th phase of descending moon starts ☉ For healing (End 28.02. at 13:48)	☉ 08°32' ♋ / ♀	08°32' ♎
02.03.	16:30	23 rd constellation Dhanishta starts		♃ 17°21' ♎
	21:00	Dhanishta- Meditation (Dhanishta-constellation ends on 03.03. at 19:08)		
03.03.	19:26	Phase of new moon starts ↳ New moon point of Pisces: Contemplation upon 'The Pledge'	☉ 12°49' ♋ / ♀	00°49' ♋
04.03.	21:46	● New moon of Pisces	☉ 13°56' ♋ / ♀	13°56' ♋
12.03.	12:28	☾ 8 th phase of ascending moon starts ↳ (End 13.03. at 12:50)	☉ 21°33' ♋ / ♀	15°33' ♎
15.03.	11:05	☾ 11 th phase of ascending moon starts ♂ Contemplation upon the healing energies (End 16.03. at 08:06)	☉ 24°29' ♋ / ♀	24°29' ♎
18.03.	23:07	♀ Phase of full moon starts Contemplation upon Mitra-Varuna, the not untrue beings	☉ 27°58' ♋ / ♀	15°58' ♎
19.03.	19:10	○ Full moon of Pisces	☉ 28°48' ♋ / ♀	28°48' ♎
21.03.	00:20	☉ → ♈ / Sun enters Aries ♃ Spring Equinox: Contemplation upon Shambala, Sanat Kumâra and the six Dhyâni Buddhâs ☉ in ♈ and 1 st - 14 th phase of ascending moon: Contemplation upon Master Morya and 15 days yogic programme to lay down a good seed for the coming year		
26.03.	01:06	☾ 8 th phase of descending moon starts ↳ (End 27.03. at 01:20)	☉ 04°59' ♈ / ♀	28°59' ♎
27.03.		Summer time starts (02:00 h MET → 03:00 h MEST)		
29.03.	04:51	☾ 11 th phase of descending moon starts ♂ Contemplation upon Master Morya (End 30.03. at 06:52)	☉ 08°04' ♈ / ♀	08°04' ♎
	23:16	23 rd constellation Dhanishta starts		♃ 17°21' ♎
30.03.	21:00	Dhanishta- Meditation (Dhanishta-constellation ends on 31.03. at 02:00)		
02.04.	14:05	Phase of new moon starts ↳ New moon point of Aries: Contemplation upon 'The Pledge'	☉ 12°24' ♈ / ♀	00°24' ♈
03.04.	16:32	● New moon of Aries	☉ 13°30' ♈ / ♀	13°30' ♈
11.04.	02:22	☾ 8 th phase of ascending moon starts ♃ Contemplation upon Master Morya	☉ 20°47' ♈ / ♀	14°47' ♎
12.04.	01:37	9 ^h phase of ascending moon starts ♂ Birthday of Lord Śrî Râma (End 13.04. at 00:09)	☉ 21°44' ♈ / ♀	27°44' ♎

All dates are in MET (middle European time), starting on 27.03. in MEST (middle European summer time)

From: »Astrological Calendar 2011/2012«;

Publisher: The World Teacher Trust - Global, Wasenmattstr. 1, CH-8840 Einsiedeln.

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.
Oh! 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 Avatâr
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 that 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.



*TAVĀHAMAGNA ŪTHIBHIR
MITRASYA CHA PRASASTIBHIHI
DWESHO YUTO SA DURITAT
URYĀMA MARTYĀNĀM*

OH LORD AGNI
YOU ARE THE FRIEND OF ALL.
BY WORSHIPPING YOU
THE HUMANS SHALL RECEIVE PROTECTION.
MAY THEY GET LIFTED UP FROM THEIR MALICE
AND MALICIOUS THOUGHTS AND ACTIONS
INTO THE KINGDOM OF GLORY.
MAY THAT BE SO.

Commentary

The fire is in all. No one exists without fire within and fire around. Fire protects life from within, but fire outside can destroy life. Anger, hatred, and enmity is the fire that humanity regularly emits through its nature, its thought, and its action. Fire therefore need to be worshipped to burn up the malice in humanity and lift them up into the splendours of life, which is also an aspect of fire. In fact, this is the need of the hour. When as many goodwill workers worship fire with this attitude, the present day crisis can be dissolved.