

# VAISAKH NEWSLETTER



*HAMSA SIVA SOHAM*



*Taurus 2005 Rishaba*

Letter No. 1 / Cycle 19 -20<sup>th</sup> April until 20<sup>th</sup> Mai 2005  
The World Teacher Trust - Europe

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

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.

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The English Vaisakh Newsletter is also available in print. Please contact:

### **The World Teacher Trust - Europe**

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## 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.

## PRAYER FOR THE YEAR

All names together utter the name of God.

A prophecy thinks from darkness to light.

Prophecy is fulfilled.



## MESSAGE OF THE MONTH OF TAURUS

Taurus inaugurates the expression of the annual plan conceived in Aries. Appropriate expression of the plan enables its manifestation in due course. Expression is fourfold. Before it is vocally expressed, it exists in a thought - which is the third stage, while expression is the fourth stage. Before it takes to thought it remains as a seed, as an idea; and before the idea occurs, there is the Person. The Cosmic Person himself is an expression of the Absolute. Thus, expression of the Person, expression of an idea from the Person, the idea detailing into the thought, and the expression of such thoughts through the vocal cords are the four steps of expression. Man perceives only the fourth step and does not realise that the fourth step has its basis in the three preceding steps. The three preceding steps are represented by the triangle, while the fourth step is represented by the square. The triangle is the subtle expression, while the square is the obvious expression.

Taurus is the most sublime sign that carries the secret of all cosmic expressions. The disciples are therefore recommended to tune into the *AJŃA* centre to perceive the expression as it descends to the Brow centre. Blessed is the one who can perceive the subtle expression. These are the ones who gather in Vaisakh Valley to receive the Plan and express it through speech and action for the rest of the year.

It is interesting to note that all the tools of expression are governed by Taurus. (the eye, the ear, the nose, the tongue and the skin). This needs to be pondered over.

## MESSAGE OF THE TEACHER

### THE BOUNDLESS



Nature weaves creation and binds in through such skilful weaving. It is her play. Such play is called *LEELA*. The player is called *LALANA*. She has 8 tools in all to conduct the play - they are the three qualities and the five sensations. The Lord playfully cooperates with the play of the mother; yet He is unbound. He is seemingly bound. She cannot bind Him, and yet, to cooperate with Her, He volunteers to such apparent binding.

The Lord and the Mother have complete understanding - meaning, complete friendliness and love. Such play of the Lord and the Mother is experienced by the seers as splendour.

The mother YASHODA tried to bind Lord Krishna (the child) with a rope. However lengthy the rope was, it was found inadequate to bind him. The child smiles and the mother realises that He is The Unbound One. He is The Boundless.



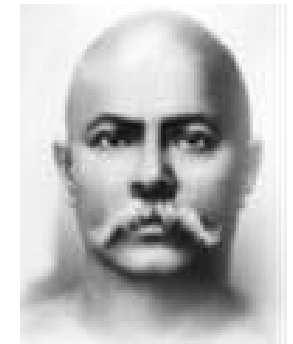
**GÎTÂ-UPANISHAD**  
**- LORD SRI KRISHNA -**  
**EQUANIMITY**

Knowers are those who have equanimity in action. Persons craving for the results from action do not carry such equanimity. The inconsistent ones also do not carry such equanimity. Lack of equanimity confuses one's comprehension. Not much can be communicated to the confused ones. It serves no purpose to discuss with the confused ones, of any plan of action. It is better that they are instructed to work to know than to make them know before working. **Many need to work to know; few know to work.** Working to know is easier than knowing to work.

The knowers know how to work due to their quality of equanimity at work. For others, information in relation to work is comprehended differently according to their quality. Many times the taste of the dish changes according to the purity of the container. Listening as to how to do would not enable anyone to straight away do it.

It is therefore recommended to imitate the knowers until one comprehends. As one gains equanimity in action, one comprehends better. To most of the people the wisdom teachings cause more confusion than before, since they do not act with the strong fundamentals.

**MESSAGE OF MASTER CVV**  
**MY REPAIR WORK**



The Yoga that I impart causes certain adjustments in your subtle nature; they are rectificatory in nature. Consequently you would find certain diseases/sicknesses manifesting in your physical body. You do not have to worry of them. In so far as you do not attain the state of poise (Yoga), you carry one disease or the other in the mental or emotional planes, which is seldom recognised by medical science as sickness. As long as man is not in poise, it is a state of sickness. I work to cause deeper repairs while medicine does apparent repairs.

It is more dangerous to feel healthy when there is deeper, unnoticeable sickness. It is like a cobra in your bedroom, which is not noticed. I continue my repair-work with you until all the layers of your body are fully cleaned and the flow of *PRANA* is unimpeded.

Do not worry of the physical discomforts. You need to be concerned of your mental and emotional discomforts. Learn the dimension of the repair-work I do.



**LORD MAITREYA**  
**THE SIMPLEST ONE**

Noble works always commence in simplicity and silence. Grand rivers that flow thousands of kilometres are an example to this. At their birthplace they are unimaginably simple.

Actions inaugurated by Masters are likewise noble and simple. Many times they are not comprehended. Comprehension of the actions of the Master is possible only to those who are dedicated to service, self-study and meditation. Do not be in a hurry to judge the actions of the great ones with the little comprehension that you carry.

The teachings of the Christ and the actions of Lord Krishna are not yet fully comprehended by present humanity. One needs significant unfoldment of comprehension to understand the beauty of their teachings and actions.

The grandest of the Masters upon earth is Lord Dattatreya, whose attire is inconceivably simple. He is the simplest one. Truth is simple, and unless one believes in simplicity, he cannot even walk the path of discipleship, which is the other name for simplicity.

Today there are many groups on the globe who are engaged with the activity of spirituality, the related wisdom, etc. From the observation of our Brotherhood these groups and societies are tending more and more towards a feeling of speciality and separateness that is contrary to simplicity. One needs to develop the eye to notice the simple ones and to follow simplicity. Remember that the noblest one is the simplest one.

**MASTER MORYA**  
**- MARUVU MAHARSHI -**  
**AGNI (THE FIRE)**



Agni Yoga stimulates the Fire in you. The Fire exists as electricity in your head; it exists as rays of illumination in your heart; it further exists as heat in your body. Fire is thus electrical, solar, and frictional.

Agni Yoga is the process of aligning the three into one. It enables realisation of oneself as such: an embodiment of Fire.

The whole Creation manifested through the activity of Fire. Fire permeates all that is. Fire is the basis for ignition of Creation, its growth and its culmination. Fire is the foremost one and is therefore called Agni in Sanskrit.

The very thought of Fire purifies the thinker. It burns the malefics and inaugurates the Light of wisdom. The splendour of Creation is the work of Fire. Fire is the most splendid in Creation.



**MASTER KOOT HOOMI  
- DEVAPI MAHARSHI -  
THE NOBLE RESIDENCE**

The fragrance of life needs to be differentiated from the perfumes and scents. The latter are inferior compared to the natural fragrances such as sandalwood, camphor, cedar, pine, jasmine, etc. They tranquillise the psyche of the being and stabilise it in poise. Perfumes and scents stimulate the plane of desire and are also used at present for such stimulation only.

It is unfortunate that mankind is losing the very purpose of the fragrances on Earth. It is but the quality of Earth to be fragrant. Symbolically, the body represents the Earth and it remains fragrant when the psyche is in poise. Use of water, dry fruits, elimination of strong smelling foods, frequent bathing, are complementary to the usage of sandalwood, camphor, etc.

As long as your body carries undesirable smell, there is much to be desired in terms of your habits. A good, fragrant body forms the basis for a noble Soul to reside in. Transform your body into a noble residence.



**MESSAGE OF MASTER E.K.  
THE FUNCTIONING OF A DISCIPLE**

Comprehend the working of awareness in you in terms of variety of forces and behavioural patterns. Comprehend also such functioning of forces and behavioural patterns in others; they are naturally and normally different. Learn how to adjust and work with harmony. Such skilful working in silence enables you to accomplish the work without causing any personal consequences.

Such are the disciples.



**VIDURA**  
**WISDOM TEACHINGS**

Admiration carries criticism  
as its shade.  
The one who looks for admiration  
should be ready to face  
the criticism too!

**SHIRDI SAI SAYINGS**  
**DWAR-KA-MAI**



I accept gifts from those who are indebted, not for My sake but for the sake of relieving the debtors from their debt.

I do not use the gifts received for My use, for I need no house, no property nor do I hold 'my' people. I use that which is received, without retention towards those whom Dwar-Ka-Mai invites.

It is indeed the mother at the threshold (Dwar-Ka-Mai) that conducts the reception and distribution of all material. I just remain.



## SRI RAMAKRISHNA THE DESTINY OF MAN

You see many stars in the sky at night, but not when the sun rises. Can you therefore say that there are no stars in the heavens during the day?

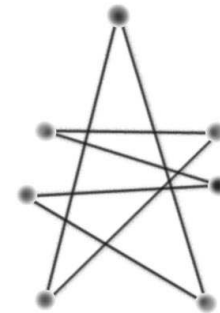
Man, because you cannot find God in the days of your ignorance, say not that there is no God.

He is born in vain, who having attained the human birth, (so difficult to get), does not attempt to realise God in this very life.

A man is rewarded according to his thoughts and motives. The Lord is like Kalpataru, the wish-yielding tree of heaven. Everyone gets from Him whatever he seeks. A poor man's son, having received education and become a judge of the High Court by hard work, is apt to think, "Now I am happy. I have reached the highest rung of the ladder. It is all right now." To him the Lord says, "Do thou remain so". But when the judge of the High Court retires on pension and reviews his past, he understands that he has wasted his life, and exclaims, "Alas, what real work have I done in this life!" To him the Lord also says, "Alas! What hast thou done!"

## CHILDREN'S SECTION THE DOCTRINE OF ETHICS

The selfish in  
the priestly robes  
is recognizable  
like the water  
mixed in milk.  
Be not callous  
in discrimination.



## CHILDREN'S SECTION

### THE RIGHT USE OF FOOD

#### What to Eat

What to eat includes:

- (a) What food we should eat, and
- (b) Who cooked such food.

Let us understand the step (a) - that is what varieties of food we may consume.

As said earlier, we cannot eat anything and everything. Our mouths and stomachs are not dustbins where you throw materials indiscreetly. The mouth is a place of sacred fire. You cannot throw impure things into the sacred fire place. Each time you use the mouth irresponsibly for an intake, it has consequences. Even in the beginning, we learnt that the body is a sacred vehicle that we are given and that we have to feel the responsibility relating to it. It is God-given and hence is divine. You need to use it with respect and veneration. You cannot abuse it or even underuse it. It should be put to such use as it is meant for.

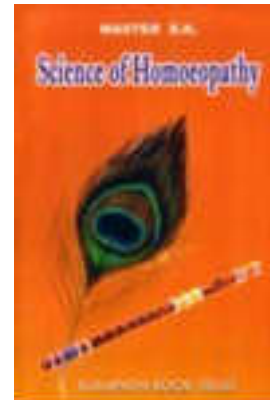
What happens if you indiscreetly fill the gasoline tank of a car with alcoholic drinks? Suppose you fill the tank with beer or whiskey. Will the car run? On the contrary it gets spoiled. The car should be given such fuel as it needs to generate necessary energy. Likewise, you cannot feed a horse with hamburgers, or other fast foods. The system in the horse does not accept it. The motor car has a system. It accepts a kind of fuel which it can transform into energy. The horse has a system. It accepts a kind of fuel (food) which it can transform into energy. So too is the case with other animals and plants. Only the human animal has no such understanding.

See how foolish are the people who take in that which does not transform into energy! The intake is meant for gaining the required energy for functioning. Instead the human being takes in as if to contact disease. Eighty percent of ill health among human beings is due to their irresponsible attitude towards their intake. Animals do not carry as many diseases as the human beings. This is because humans do not eat what they need to eat. Through eating he acquires diseases instead of energy and health. And he calls himself wise! A man who abuses the fire place has to pay for it. Many times we eat to become sick.

\* A section from the book 'Mithila' of Dr. K. Parvathi Kumar.

## BOOK REVIEW

### SCIENCE OF HOMOEOPATHY



This small booklet contains the teaching notes that Master EK has used during the years. He had a rich experience of practising and teaching Homoeopathy. The definitions of health, symptoms, acute and chronic diseases and their treatment, as well as the study of the basic principles of Homoeopathy are all given in a clear and impressive manner.

This book is not only interesting for homoeopaths, who find here far-reaching insights, but also for the layman who wants to understand the wisdom underlying homoeopathy.

**Ekkirala Krishnamacharya: Science of Homeopathy**

**Copies:** The World Teacher Trust, [info@worldteachertrust.org](mailto:info@worldteachertrust.org)

### LORD MAITREYA



Lord Maitreya is a sage of great brilliance descending from the order of Lord Vishnu - the Second Logos, the preserving Light, the Logos of Love-Wisdom, the Cosmic Second Ray. The teachings of Lord Maitreya are one of synthesis, of unity of existence, and of love and wisdom. This book reveals the qualities of The World Teacher Lord Maitreya.

Mme H.P. Blavatsky, Mme Alice A. Bailey and Dr. E. Krishnamacharya (Master E.K.) are the recent exponents of the work of Lord Maitreya, while Master Jesus and the great Initiate Pythagoras are believed to be the exponents of the same work in the past. Today there are about 3000 groups all over the world that function with the inspiration flowing from the World Teacher.

**K. Parvathi Kumar: Lord Maitreya**

**Copies:** The World Teacher Trust, [info@worldteachertrust.org](mailto:info@worldteachertrust.org)

## NEWS - REVIEW TOURS OF THE TEACHER

### Extracts from the WTT-Europe Annual Report 03/04

#### Group Living in India

21 December 2003-14 January 2004

##### 1. Visakhapatnam Group Living 21 December-14 January

Some 45 members from the WTT Brotherhood coming from Spain, Germany Switzerland, Venezuela and Miami visited this year India to live more intensely in the presence of the Energy of Synthesis. The group was blessed to celebrate with the Master the Winter Solstice, The Full Moon of Sagittarius and Christmas in Vaisakh. The group departed by train to Hyderabad to celebrate the December Call.

##### 2. December Call, Hyderabad 28-30 December

At a beautiful place full of trees and vegetation outside Hyderabad, at 60 km. on the way to Sri Sailam, the WTT Hyderabad had hired a place for three days and three nights to accommodate some 150 members of the Indian brotherhood along with 40 members who came from Europe. The Master spoke about death and explained the Spiritual Psychology Meditations. Every day classes were held in the open, under the refreshing shade of the trees.

##### 3. Vaisakh

The group returned to Visakh to celebrate the New Year in the premises of the gardens of Sundaravanam (the statue of Master E.K.), where every year the new year is inaugurated by the Master with an inspiring discourse. This year the Master spoke on transcendence.

During the seminar the Master further explained the "Spiritual Psychology Meditations" and questions on "The Secret Doctrine".

Furthermore, the group visited Bhalabanu School, the North, East and rural Mithila Schools, as well as the Healing Centre and the Master E.K. Homoeo Dispensary in and around Visakh.

## GROUP FORUM NEWS & ACTIVITIES (Inputs welcome)

#### Group reports: Spain

**Name of the group:** The World Teacher Trust Spain / WTT España

**Contact:** Valentin Garcia Lopez, wtt-es@eresmas.net

#### Activities

##### 1. The Theosophical Society & The World Teacher Trust -Barcelona

The Theosophical Society and The WTT are working together as one group. This mother group runs regular activities with printed programme for 3 months together, two days a week plus other special days of activity "common to all", mentioned above.

#### *Activities particular to this group:*

-Readings & study of Master D.K.

-Public lectures on ancient wisdom, astrology, the yoga of Patanjali, the consciousness, health, etc.

-Courses: Numerology, Foot-zone massage, Spiritual Astrology and Discipleship  
A group of young people has been created; they meet twice a month for meditation and for studying the teachings of Master Sri K. Parvathi Kumar. Therapeutical massages have been also applied to the sick and the needy. On several Sundays activities for children between 5 and 12 have been carried out. A service of library is available to all interested members, and some of them cooperate with "Buena Voluntad en Acción" as well as with "Ediciones Dhanishtha".

##### 2. WTT -Pranava -Sabadell (Barcelona):

*Thursdays:* -Healing Meditation; *Fridays:* -Singing of Purusha Suktam

- Reading "Music of the Soul",

- Lecture on Ancient Wisdom

#### *Cooperation with "Dhanishtha Association"*

- book-keeping job, maintenance and renting of the storehouse for books (30.000 books) and shipping of books overseas.

*Cooperation with the Association & NGO "Good Will in Action" by some members*

- book-keeping job, computer and technical support.

- Cooperation with "Paracelsus -Health & Healing" Magazine

- editorial board, articles, quality photos, distribution. Cooperation with the WTT -Europe

- photos developing, posters, framings for the May Call in Europe & group living in India.

## EXTRACTS FROM THE TEACHINGS THE HIGHER ASPECT OF LIBRA, Part VIII

Dr. Sri K. Parvathi Kumar  
Peñíscola Group Living, Spain, June 2003

There are certain fundamental regulations given by the teacher to the student:

- Do it truthfully!
- Do it with a righteous approach to life!
- Do not disconnect with your family lineage!
- Give a body to a soul!
- Do not deviate from teaching that which you know!
- Respect your mother as the World Mother!
- Respect your father!
- Respect your teacher!
- Respect the Seven Seers who are responsible for all the wisdom!

Discharge your responsibility to the teachers by teaching, and the right teaching is through demonstration!. Let your life be a teaching to others! Teaching is better demonstrated by living than by preaching. Preachers are different from teachers. Preachers are those who preach without practice. Teachers are those who teach from their daily life.

- You have to be an example as a householder.
- You have to be an example in you economic activity.
- You have to be an example in your social activity.
- You have to be an example as a friend.
- Like this, you have to set examples. That way of life itself is teaching.

The teacher also says: Do not forget to serve others. Keep giving! Do not accumulate! Learn to distribute! Learn to share!

That is how education was comprehended. We have to give the spiritual values to the child. Crime will be stamped out, when the environ and the conditions, in which the children live are bettered. There has to be harmonious energy for the children to grow. In a society where drugs are supplied, even in schools, what kind of future citizens you are trying to prepare? In a society where the night clubs are open for the youth, and in a society where the parents are anxious to see that their children indulge with boy friends and girl friends, what kind of citizens you expect to be? We have to face the consequences of what we do to our children right now. The social atmosphere is

so much contrary to a healthy growth of child, and we have to think of the right values for our children, because the governments cannot help. The governments are in the hands of mafia gangs. They cannot prevent drugs entering the schools, sex touching the youth, and unhealthy habits finding their way into human consciousness. What kind of new age can you build? If you spoil the plant, even in the very initial stages, it cannot grow into a healthy tree.

We have to found our own schools, so that we give the right values to our children. That is how “Mithila” has come to be. We need to feel the eminent need for “Mithila”. Are we giving the right environment to our children? This is a question which everybody has to ask himself. When only physical attention is given in the early formative years, to the sacral, the solar plexus and the throat, then you are lost.

Ensure that the teeth, the ears and the eyes are kept in tact! Today dental practice is more profitable than the general medical practice. You know the 32 teeth you have are 32 centres of wisdom. The *Tantra of Lalitha* speaks of the 32 centres of wisdom which are hidden behind the roots of the 32 teeth. There is wisdom hidden in the roots of the 32 centres of the 32 teeth, and it is much more so vis-à-vis the wisdom teeth. The teeth in you are twice born. If you are twice born, you are initiated. That means, there is *Nirvana* and then resurrection. We are born in darkness, unconsciously, and grow in our personality. An initiation is to die as personality and resurrect as soul. That is the second birth. If you are born for the second time in the same life, you are an initiate. That is why the Master says, “Be careful about the roots of your teeth.” If a particular centre in your body is not functioning well, one of your tooth is lost. This is the esoteric science relating to medicine.

Then the eyes, they should be shining at all times. No one should contact an eye disease. So also the ears, where the activity of reception of sound is there. Attention should also be given to right posture. You should be able to sit erect and to keep your back subtle. You should be able to squat, so that horizontals of the thigh bones will support the vertical of the spinal column. There is much health that is regained through proper adoption of *Asanas*. Don’t think that is all old and need not be followed. Our future is our past. In the past we carried wisdom, and we have to receive that wisdom once again. That is why these *Asanas* become important. We need to know the science behind all this.

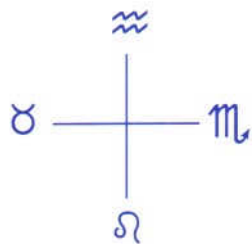
That is why I have written about *Asanas* and many other things in “Mithila”: What to eat! When to eat! How to eat! How to prepare the food! How to set a rhythm and to follow it! So many hours for sleep, so many hours for study, so much time for contemplation, so much time for work as service, and so much time for relaxation. You decide and follow it. Don’t make it non-rhythmical. Only rhythm produces the related magnetism. The conservative attitude must be dropped. Every family, every society has certain patterns.

Through right analysis you have to find what are undesirable patterns within the settled patterns. Don't hesitate to change those patterns which are not desirable. Don't cause inhibition by imposing faith or beliefs, but allow to apply science in the matters of religion, psychical and physical patterns. Do not impose doctrinal or theological teachings. Don't brain-wash people. Give them the science of wisdom. Cultivation of these attitudes and conditions will evoke reality in man and bring the inner spiritual man to the foreground of consciousness and thus produce recognition of God Immanent. Such is the work on hand relating to Libra.

Now in the Aquarian Age we have the cooperation of the energy coming into our solar system through the constellation of Leo via the central sun of Leo called Regulus. Regulus itself is receiving from Sirius, and for our system it is received by Master Jupiter. Sirius is locationally in Scorpio and is entering into our system through Leo. That is why these two signs are very important for the current age, and the energy that is supplied from Sirius is that of Aquarius. Aquarius, Scorpio and Leo form the triangle relating to the Aquarian Age. Then they are interconnected with other sun signs.

The energy of Aquarius entering into our system through Leo conducts the work, and there is a downpour of energy of love. Love from the spiritual standpoint is loving understanding. Your ability to understand is far better, if you carry love with you. Love enables you to accept. Love enables you to tolerate. Love enables you to teach with tolerance. Love is compassionate to mistakes, to others' mistakes, others' indiscipline and even crime. That is what every initiate demonstrated. An initiate is an embodiment of love. He has patience, he has tolerance, and he wait. He waits in loving understanding. He does not judge. He does not criticise, and he does not manipulate anything.

*to be continued*



The Aquarian Cross



## PARACELSUS HEALTH AND HEALING

### DISEASES AND OCCULT SCIENCE

The major group of diseases that attack mankind are essentially five, of which two predominantly affect those who are a bit advanced and a little above average, and whose intelligence is higher than that of the masses. The primary three are:

- tuberculosis
- social diseases: VD [venereal disease] syphilis, and
- cancer.

The other two categories that affect those who are above average are:

- heart diseases, and
- nervous diseases.

These five diseases and their various subdivisions are chiefly responsible for the bulk of physical illnesses that attack humanity. There is an immediate need to gain the right grasp of the causes to give a definite assistance to Medicine. This requires study of occult anatomy, which supports the anatomy of man.

The occult scientists recognize the following as constituting the chief structure:

- the soul
- the subtler bodies of the mind and emotions, which are simply qualified energy centres
- the vital body with its seven major centres of force
- the endocrine system, which is an effect of the seven centres and the determining controlling factor in the physical body of man

The nervous system in its three divisions

- the blood system, and
- the glands.

The occult scientists recognize all the subsidiary organs of man as effects. The causes emanate in the functional structure, and their effects manifest in the outer structure as ills. Treatment to the effects is not treatment to the cause of illness. The determining causes in man that make him what he is, are in the glands. They externalize the inner forces from the subtle side of man, which are varied and many, depending upon the current events in man's life.

Glands function or do not function as per man's evolution. Their condition depends upon man's reaction to the surrounding life; accordingly they secrete or do not secrete; they demonstrate sufficiency, oversufficiency or deficiency.

Health or sickness is also determined, again, by the functioning of the nervous system; that is, the interlocking of the nervous system from the brain to the blood stream. This is the chief carrier of the life principle.

Glands also cause the flow of consciousness. Their functioning determines the conscious, subconscious, self-conscious, missing-conscious or super-conscious states of man.

Likewise there is need to study the subtler bodies of man with their energy centres, and finally the soul. Any research in this direction meets the present demands of health and healing.

Dr. K. Parvathi Kumar

Extract from:

### Paracelsus - Health and Healing

The Magazine for Healing Practices and Traditional Knowledge of Medicine in East and West.

Paracelsus was a master of health and healing who stands for a bridging of the visible and invisible worlds. What he said 500 years ago is now slowly being found valid even by modern medical science. Therefore the magazine is published in memory of Paracelsus to inform about all varieties of healing known to be effective.

Subject areas are: Ayurveda, homoeopathy, yoga, alchemy, naturopathy, traditional Chinese therapies, other traditional therapies from the Far East, magnetotherapy, hydrotherapy, massage, foot zone massage, phytotherapy, dietetics, gems for healing (Crystals) colour therapy, sound therapy, old "grandmother recipes", spiritual therapies, including healing through meditation.

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## Astrological Important Days in April/May 2005

20.04.	01:37	☉ → ♉ / Sun enters Taurus	
23.04.	12:56	Phase of full moon starts ♋	☉ 03°23'♉ / ♀ 21°23'♋ <i>Birthday of Vedavyāsa, Contemplation upon the Hierarchy with the World Teacher presiding over the groups of disciples</i>
24.04.	12:06	☉ Full moon of Aries (Vaisākh-Festival)	☉ 04°20'♉ / ♀ 04°20'♋
30.04.	21:32	☾ 8 <sup>th</sup> phase of descending moon starts ♋	☉ 10°32'♉ / ♀ 04°32'♋ (End 19:18 on 01.05.)
01.05.	19:02	23 <sup>rd</sup> constellation Dhanishtha starts ☉	♋ 17°16'♋ 21:00 Dhanishtha-Meditation (Dhanishtha-constellation ends at 17:44 on 02.05.)
03.05.	15:23	11 <sup>th</sup> phase of descending moon starts ♌	☉ 13°12'♉ / ♀ 13°12'♋ <i>Day of Nārāyana</i> (End 13:47 on 04.05.)
07.05.	10:55	Phase of new moon starts ♋	☉ 16°54'♉ / ♀ 04°54'♉ <i>New moon point of Taurus: Contemplation upon 'The Pledge'</i>
08.05.	10:45	● New moon of Taurus	☉ 17°52'♉ / ♀ 17°52'♉
10.05.	11:52	3 <sup>rd</sup> phase of ascending moon starts ♌	☉ 19°50'♉ / ♀ 13°50'♋ <i>Contemplation upon the sound emerging from the seat of the heart (Leo) to the mouth via the throat</i> (End 13:10 on 11.05.)
12.05.	14:56	5 <sup>th</sup> phase of ascending moon starts ♋	☉ 21°54'♉ / ♀ 09°54'♉ <i>Birthday of Sankaracharya, the great philosopher initiate of Advaita</i> (End 17:04 on 13.05.)
13.05.		<i>Birthday of Lord Hanumān</i>	
14.05.	19:25	7 <sup>th</sup> phase of ascending moon starts ♋	☉ 24°00'♉ / ♀ 06°00'♉ <i>Descent of Idā force for manifestation and materialisation</i>
15.05.	21:48	☾ 8 <sup>th</sup> phase of ascending moon starts ☉	☉ 25°04'♉ / ♀ 19°04'♉ (End 00:00 on 17.05.)
19.05.	02:59	11 <sup>th</sup> phase of ascending moon starts ♋	☉ 28°10'♉ / ♀ 28°10'♉ <i>Day of Nārāyana</i> (End 03:29 on 20.05.)
21.05.	00:47	☉ → ♊ / Sun enters Gemini	
23.05.	00:32	Phase of full moon starts ♌	☉ 01°55'♊ / ♀ 19°55'♋ <i>Birthday of Lord Mairaya and Master DK</i>
	22:18	☉ Full moon of Gemini	☉ 02°47'♊ / ♀ 02°47'♌
29.05.		May Call Day ☉	00:43 23 <sup>rd</sup> constellation Dhanishtha starts 21:00 Dhanishtha-Meditation (Dhanishtha-constellation ends at 23:10 on 29.05.)
30.05.	02:46	☾ 8 <sup>th</sup> phase of descending moon starts ♌	☉ 08°43'♊ / ♀ 02°43'♋ (End 00:54 on 31.05.)

All times are in MEET (middle european summertime).

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## Full Moon Formula 2005/06

OM NA MA SI VAY  
 or  
 NA MA SI VA YA

- Step 1 OM (7x)
- Step 2 Gurur Brahmâ  
 Gurur Vishnuhu  
 Gurur Devo Mahesvaraha  
 Gurur Sâkshât Parambrahma  
 Tasmai Srî Gurave Namaha
- Namaskârams Master  
 Namaskârams Master EK  
 Namaskârams Master MN  
 Namaskârams Master CVV (3x) to your lotus feet
- 15 minutes silence
- Step 3 OM Nama Sivaya (33x)
- Step 4 *Vena, the Gandharva, is wiping off the pictures of the subconscious mind on the walls of my nature with the hieroglyphs of sounds from his seven stringed lyre.*
- Step 5 15 minutes silence
- Step 6 Loka Samastha Sukhino Bhavantu (3x)
- OM Sânti Sânti Sântihi

## OM Nama Sivaya

- ❖ This mantram relates to the Cosmic Will. It generates the Will-Divine (Goodwill) in us. In this mantram, Siva, the Cosmic Will, is addressed to bestow His Presence and His blessings.
- ❖ It is called *Pancha Akshari* - meaning 5 syllabled. It is a 5 syllabled mantram:

- ❖ The mantram can be invoked in the Heart Centre or in the Brow Centre.
- ❖ The symbol is the five-pointed star in red colour or in orange colour, brilliant white (Orange is the diluted version of red).
- ❖ When the 5 pointed star in the suggested colour is meditated upon with the mantram, it helps cleansing
  - the 5 organs of action viz.
  - the 5 senses
  - the 5 sensations (temptations)
  - the 5 elements in you and around you
- ❖ It is also helps with the co-operation of the related Devas of the Elements, senses, sense organs and of the body.
- ❖ This mantram is given at the age of 5 to the children, before they are initiated into education. It helps to construct a positive, dynamic and effective will, and the child grows in harmony and in brilliance.
- ❖ The number of the Mantra is 5. When realised, the number is 1.
- ❖ It establishes order in the 5 pulsations and restores life.
- ❖ It establishes order in the 5 senses and gives harmony to the mind.
- ❖ It establishes harmony in the 5 planes of existence, namely: physical, emotional, mental, *Buddhic* and *Ananda* or Bliss planes.
- ❖ The soul is the 6<sup>th</sup> one that presides over these 5 planes to experience the splendour of life, the Spirit, in the 7<sup>th</sup> one.
- ❖ People with weak will are strongly recommended to work with this mantram.
- ❖ Siva is considered as Electric Fire, the Father, the First Logos.

Excerpt from the book *MANTRAMS, Their Significance & Practice*, by Dr. K. Parvathi Kumar

## 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 Christ 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 to come

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.



The thread  
that holds together the physical,  
the subtle and the causal bodies  
is OM

Utter OM following the sound.  
It would align the 3 bodies  
and lead you through, to hold them.  
In ignorance you are held by them,  
in truth you hold them.

OM helps you to be the holder but not the held.  
To hold is mastery, to be held is slavery.

*K. Parvathi Kumar*