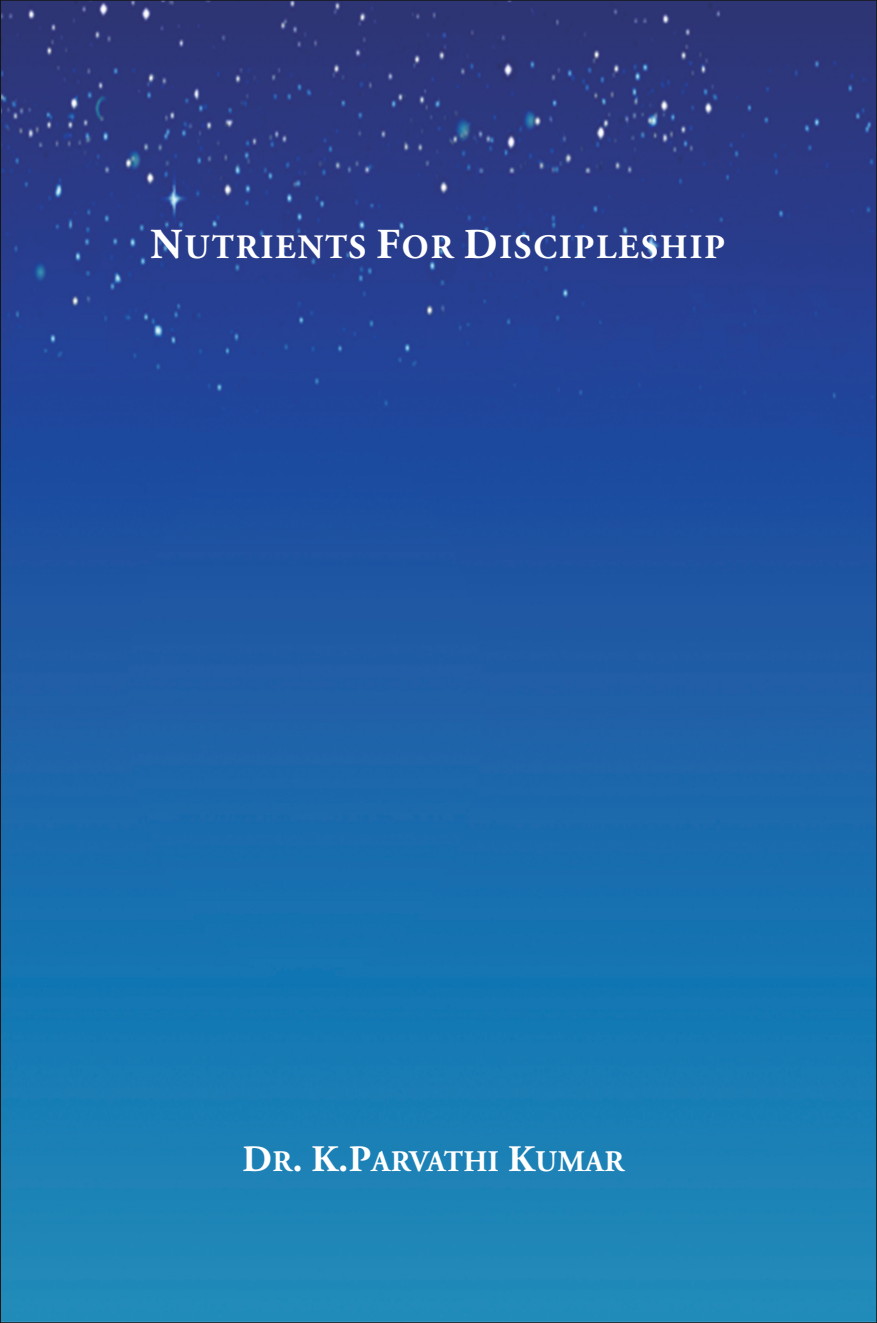




NUTRIENTS FOR DISCIPLESHIP

DR. K.PARVATHI KUMAR

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Dr. K. Parvathi Kumar



Dhanishta

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1st Edition 2015 - Original Edition
Master CVV December Call Celebrations - 2015;
Sadguru Tapovana, Bangalore

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For copies
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Phone: +91 891 2701531

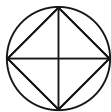
For online orders
www.dhanishta.org
info@dhanishta.org

Price in
India Rs. 100
Europe € 3
USA \$ 2
Switzerland SFr. 5

ISBN 978-81-89467-56-2



Printed in India at: Akshaya Mudrana, Bangalore



Dhanishta

Dhanishta means Wealthy Wind.

Wealth is not measured in terms of money or business; it is measured in terms of richness of life.

Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. K. Parvathi Kumar. Such teachings are published in English, German, French, Spanish, Hebrew, Telugu, Hindi and Kannada.

Dhanishta is a non-profit publishing house.

About the Composer

Dr. K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

“Wisdom belongs to none and all belong to Wisdom.”

The Publisher

Buddha and Christ

Buddha, the spiritual leader of the East, and Christ, the spiritual leader of the West, were transmitting agents concerned with the evolutionary unfoldment of human consciousness. Their two systems of unfoldment, the way of the mind and the way of the heart, are sequential and interrelated, a thing hitherto quite unrealised. The next step and possibility after the unfoldment of intelligence is that of love. When intelligence is consummated in man then love can also be consummated and both will merge and find expression. Buddha and Christ were the two greatest divine messengers and revealing agents who ever came to Earth, towering above all others. They swayed hemispheres and centuries, whereas lesser teachers swayed countries, specific types of mind and lesser periods of time. The truths and ideals they taught and lived have steadily conditioned human thinking and civilization.

Buddha and Christ are greater than is realized; they were the first of our humanity to become human-

divine and to embody in themselves cosmic principles. Buddha embodied the divine quality of light, of intelligence or mind, and Christ embodied the still greater divine principle of love. At the same time, Christ embraced with Himself all that Buddha had of light, wisdom and enlightenment. He was the expression of both light and love. These two great sons of God, in their perfection, present a complete representation of Deity. In them humanity can grasp in some measure the nature of divinity and the essence of the spiritual life - idealism, love, wisdom, and indomitable will. They guarantee to man the eventual attainment of the possibilities latent in the human spirit.

The two divine representatives revealed the path, which leads to God, the path man can, must, and will go. Through them the descent of God to man was greatly facilitated and the way opened for the ascent of man to God. They both realized man's need to be delivered from the control of the lower nature and both demonstrated the same themes – the sacrifice of the lower for the higher, and the sacrifice of the Higher for the lower. The truths taught by them struck deadly blows at world illusion and glamour and led humanity from darkness to light.

The Western hemisphere accepts the existence

and spiritual leadership of Christ, and the Eastern, of Buddha. The message and way of Buddha, the Lord of Light and Wisdom, and of Christ, the Lord of Love and Compassion, must no longer be seen in conflict. They prove the factual solidarity of the Eastern and Western approaches to God. Man can and will accept with ease the unity of all faiths when the relationship of Buddha and Christ is correctly presented. These great spiritual brothers must be made beloved realities in both hemispheres.

2

God's Plan

God's plan for humanity is concerned with mental and spiritual unfoldment, with the full expression of light and love. Insofar as we love and wisely serve, we blend our personal will with the divine will. Like Christ, we must be about our Father's business. Each one is needed and has place in God's plan. Basically, fundamentally and essentially, all are pledged to the service of His plan somewhere, somehow, some day. The individual has to supply his fragment in the Great Design, for which purpose he went forth into incarnation. Each in his own place and on his own responsibility works out their portion. The inner light of meditation, understanding and love will reveal that aspect of the plan which one can serve. After due effort and in due time a career of wonder and usefulness lies ahead for each and all.

Man is enfolded within God's plan and subject to it. The intelligent man cooperates consciously with the plan; the unintelligent, blindly and ignorantly. Knowledge of and co-operation with God's plan holds

within it both hope and strength. It confers a sense of proportion, of values and of stability, and eliminates the sense of futility and of endless striving and struggle. Eventually man must and will without fail respond to and carry forward God's plan, and its emergence is going on around us all the time and in our own life. God's purpose cannot be frustrated; its working out is inevitable even if at times delayed. An important objective of His plan is the second coming of Christ to give a special impetus to the materialization of the divine intent – the establishing of the spiritual kingdom on earth, the Kingdom of God.

3

The Kingdom of God

Today something new is happening. There is emerging a new kingdom in nature, the spiritual kingdom, the kingdom of God on Earth. This kingdom, which Christ emphasized in the Lord's Prayer and which He came to found, is not a Christian kingdom or an earthly government. It is the rule on earth of Love and Wisdom, the quality of God Himself and of the human soul. The members of this kingdom are those in every nation who seek to bring about right conditions. Through their creative thinking and striving in every field of human endeavour the kingdom is becoming a tangible, factual and objective reality.

The law of the Kingdom of God is the law of right human relations. The two great necessities for producing correct relations are vision plus living organization. The vision leads to the organization. The vision is a vision of right group objectives and relationships, of group fusion to the larger whole. Men call this vision by many names – brotherhood, world federation – it matters not. It is the theme of

betterment, of universal welfare, of general security and opportunity irrespective of race, colour or creed.

Humanity, as a whole, is now ready for the Kingdom of God. This can be seen in their recognition that the law of right human relations must control daily life. The manifestation of God's Kingdom on Earth, the preparing of the way for its great director and accelerator, Christ, gives each and all a fully adequate task and something for which to live and work, to dream and to aspire. The bringing in of that kingdom is all that truly concerns humanity today; it is a field of service where everyone has full scope for the exercise of their divinity. Each individual should be preparing to pass into that kingdom, and have an enterprise that will count in its realisation.

Christ's Return

The idea of the return of Christ is a familiar one in the teaching of most faiths. The prophecies found in the scriptures about this event will eventually prove their veracity. We have now reached a point of evolution, aspiration and preparation where Christ's return is inevitable and we may rightly develop a profound optimism. Nothing can stop His appearance, and He will not turn His back upon the presented opportunity. He for whom all men wait will come and He will not be a Christian, Hindu or Buddhist, Mohammedan or Jew, but will belong to all men everywhere. His mission is far more difficult than it was before. Owing to the development of mankind the intellect of man must now be reached, not just their hearts, if those steps are to be taken which will embody more rapidly the purposes of God.

Christ comes to complete the work He started, the 'healing of the nations' as it is expressed in the Bible, and to correct man's mistakes and misrepresentations in interpreting His words. His

major task is to advance the establishing of the Kingdom of God, the spiritual kingdom of right human relations, in every department of human living, a labour already begun by mankind. This will call forth terrific opposition from the Forces of evil in the world, the forces of separateness, selfishness, hatred and cruelty, an onslaught that faces sure defeat by the forces of good. His reappearance is certain to destroy on a large scale the present structure of religion, economics and politics, and the theologies of science. Christ will resurrect the human spirit out of the tomb of materialism and inaugurate the age of love, unity and harmony.

Christ can and will come unfailingly at the end of the century when a measure of peace has been restored through right relations, when the principle of sharing and cooperation are in process of controlling economic affairs, when religious and political groups have begun to clean house, and when men everywhere are working aggressively for brotherhood, justice and freedom. Christ will come in three ways: He will come in physical presence; He will inspire and guide His disciples throughout the world as they labour to establish right relations; He will come in the hearts of men everywhere and the Christ in them will come to birth. His coming will provide the world with new

hope, for He will bring new love and compassion, new enlightenment and revelation. He will outwardly direct God's plan on earth, enabling man to work with fuller understanding. Mankind will move forward into greater light, better human relations, a newer happiness, and spiritual victory.

5

Christ

In Christ the divine ideal for the race was presented for the first time. He is the absolutely perfect expression of the human and the divine, the perfect man, the perfect expression of love, service, goodwill and harmlessness. He gave us a demonstration of love in action, a demonstration that still holds the world enchanted. The wonder of that perfect life, lived so long ago, is with us in all its freshness. It is an eternal inspiration, hope, encouragement and example.

Christ's will was to do the will and fulfil the purpose of the Father. He was the first of our humanity to achieve the realisation that 'I and the Father are one'. This constituted His real achievement. He set an example of assured knowledge of God, simple faith, confident joy, and perfect love. He expressed the principle of love, not in attachment, but in his life of service. Christ was the truest exponent of love ever known on earth and therefore the greatest of all healers. He went about doing good and did not seek security, possessions and comfort. Nothing counted but to save

and help and open the door of the spiritual kingdom to all mankind. Christ's teaching, not by His death upon a cross, saves humanity. He definitely emphasised men's responsibility to save them by response to the teaching. The force of His words and example saves the Christ within them. He sought to have men recognise that love and service were the keynotes of the spiritual life, that all men are the children of the one Father and therefore brothers, that man's spirit is eternal and that there is no death. These are the few essential truths by which the spirit of man must live.

Christ possessed a completed point of view and divine understanding. He appeared as truth itself, truth repudiated by the world of men but recognised by the spiritual. The words He spoke were few and simple and all men could understand them. He strove to enlarge man's consciousness, to bring about right orientation, to have humanity recognise the true values. Christ gave mankind the new commandment to love. Until He came there had been very little emphasis upon God as Love in any of the world scriptures. It took Christ to grasp the significance of love and present it to humanity. Through Him the divine principle of love achieved general recognition and constituted a new goal, thereby producing momentous changes in the world.

The revelation of Christ is summed up in the love which He preached, in His life of service, and in His constant repudiation of theological religion (the Sadducees & Pharisees). His central themes were: every human being is a Son of God; it profits a man nothing - to gain the whole world and lose his soul; the way to liberation from the control of lower nature is the way of love and sacrifice. He brought to human attention three further themes: the value of the individual and the necessity for intense effort on his part; the presented opportunity to take a tremendous step forward into the spiritual kingdom, the Kingdom of God; the simple method whereby this step could be taken, 'Love your neighbour as yourself'.

6

Buddha

Buddha was the conveyor of enlightenment to the world, the blazing enlightenment that is the result of a rare occurrence – a Cosmic Touch. He was the first of humanity to achieve the wonder of full enlightenment and became ‘The Illumined One’. He symbolized illumination through struggle and enacted for us the supreme achievements of the mystic way. Buddha epitomized in Himself the attainment of all knowledge and wisdom. Intelligence, light and reason, as divine yet human attributes, were perfectly expressed by Him.

Buddha let in a flood of light upon life and world problems. His Four Truths exposed the causes of human trouble and pointed to the cure. His message can be paraphrased in the following words:

- cease to identify yourselves with material things;
- gain a proper sense of the spiritual values;
- cease regarding possessions and earthly existence as of major importance;
- follow the Noble Eightfold Path of right relations and thus be happy.

These 'eight right ways of living' are:

- right values
- right aspiration
- right speech
- right conduct
- right mode of living
- right effort
- right thinking
- right happiness.

His ancient message is as new today as it was when originally given. A recognition of its truth and value is desperately needed, if man is to find liberation.

The central theme of Buddha's teaching is that the cause of all human suffering, sorrow and woe is personal selfishness and desire for that which is material. Give up desire and you will be free. There has been unconscious, but none the less real, recognition of the true meaning of Buddha's teaching by the masses. Men are being rapidly disillusioned and consequently seeing more clearly. The race is at a point where the prodigal son is conscious of the husks and of the futility of earthly life. Man is ready for a careful consideration of Buddha's message, and he is ready because he has been devoured for centuries by desire and the economic struggle, by war and famine. The vista he sees before him appears black and forbidding

and full of cataclysmic disaster.

Through the message of Buddha man has learnt that the way of release from desire is to be found in the technique of detachment, dispassion and discrimination. Through detachment or renouncement the consciousness is withdrawn from the calls of the lower nature. Through dispassion the emotional nature is rendered immune from the lure and appeal of the senses. Through discrimination the mind learns to select the good, the beautiful and the true. These three attitudes, when correctly and sanely held, will transform the personality and bring in the rule of wisdom and the expression of divinity.

Life

Dwarfing every other concept is the concept of life itself. Recognising God as the life and consciousness embodying the solar system can only solve the mystery of existence, of life. In the Biblical words "In Him we live and move and have our being" we have the statement of a fundamental law in nature. God is the One Life, which pours through, permeates, animates, integrates and preserves the entire universe. The statement of Christ, 'I and my Father are one', refers to the union of all life with its source, God. We have a universe of lives, interacting and interrelated, all parts, expression and aspects of the divine life.

There is more to manifestation than the diverse forms which possess a life principle, there is a general synthesis and purpose, which is the major characteristic of Divinity. The fruition of God's will is the ultimate goal of life, of unified spirit and matter, and the energy of that will hold all things together in life. It is, in reality, life itself. There is a naught in manifestation except energy organised by will and

thought. The fact that all is energy in some form or another has already been accepted by modern science. That matter is energy has been proved by the release of atomic energy. Energy is the basis of all life, all forms, all action, all relationships and all divine fulfilment. We live in an ocean of interrelated energies and we ourselves are congeries of energies.

Life, manifesting through matter, produces consciousness, the soul of all things, and the result of the union of the two poles. Man has two aspects of life, the life of the soul and the life of the body. The divine life is all-inclusive and man's bodily life is as much an aspect of that life as is the life of the soul. These two forms of life create that energy, which, circulating throughout the form, produces coherency. The body temporarily lives its own life in response to the imposition of the life of the incarnating soul. The life force of man's physical body is essentially the life of atomic substance, manifesting as physical, emotional and mental energy. The combined life of body and soul constitute human life, with its capacity for preservation, for growth, for activity, for manifestation of beauty, and for full conformity to God's plan.

Evolution

Evolution conditions all manifestation. For what reason this is so, no one knows, but so is the divine will. The evolutionary process steadily reveals the stupendous and sublime plan of Deity - the progressive unfoldment of life from the mineral kingdom to the vegetable, the animal, the human and finally, the spiritual kingdom. Just as the divine aspect of mind brought the human kingdom into being, so the divine aspect of love is bringing in the spiritual kingdom. Evolution is an eternal cycle of becoming, and that which lies beyond the spiritual kingdom remains hidden to man just as much as the human state of being and awareness remains a sealed book to the animal. Evolution works unalterably, undeviatingly and unerringly towards a specific goal known only to Deity.

In the retrospect of history, the picture of evolving man can be seen in clear delineation. Little by little he has grown from the stage of cave man to that of a Shakespeare, a Newton, a Leonardo Da Vinci, a Beethoven, an Einstein, a Saint Francis of Assisi, to a

Christ and a Buddha. The capacity of man to achieve in any field of human expression seems practically unlimited. If prehistoric man, little more than an animal, has grown into the genius and superman, what unfoldment is not possible as more and more of innate divinity makes its presence felt? In the recognition of this growth in the human consciousness and in a realization of the distinction obviously existing between primitive man and our modern intelligent humanity lie the grounds for an unshaken optimism as to human destiny. We must not let depressive, evil events in the immediate foreground blot out the long history of human development.

God's immediate idea for Human evolution is the power of love and intellect to drive onward to service, completion and perfection, a perfection which is summed up in the possibility to be as Christ was. The aim for us in love dominated by intelligence, or intelligence dominated by love, for the interaction will be complete. Relationship is the basic pattern in the evolutionary process wherein the two divine qualities are being unfolded and perfected. We are unfolding steadily and sequentially the divine attributes in order that we may become conscious creators and produce that which is in line with God's law and plan.

Men are now bringing the divine purpose into

manifestation because they have unfolded the needed capacity. In spite of all signs to the contrary, a very real measure of spiritual growth is present in humanity. The sons of God are proving the possibility of redeeming their personalities into expressions of divinity. Mankind has already demonstrated innate love and intelligence, selflessness, goodwill and humanitarian effort. Humanity is saving itself, as was God's intention. At the end the sons of God are raised up into the Glory of the spiritual kingdom because they have learned to love and truly reason.

Horoscopes

The average believer in astrology regards himself as responsive to the forces of the various planets and believes that his life trends and circumstances are thus determined. His position is that through astrology his destiny can be predicted and he can discover what he ought to do. Yet predictive astrology is in its infancy. It is based on so many uncertain factors that it is difficult to arrive at those indications, which will truly present the future. Character indications and small personality happenings can frequently be deduced, but the general subject remains much too nebulous for certitude.

Astrology is useful for persons focussed in their personality life and oriented towards the material world. An orthodox astrological chart dealing with the fate and destiny of the little evolved or average personality can be and often is amazingly correct. It is not so correct, however, in the case of highly developed people. An advanced individual can dominate his personality life and so offset the influence of the planets. The Soul rules and the planets cease to

condition the life. It is useless to cast the horoscope of such an individual with the objective of discovering the future or of determining action. The events and the happenings in their life become unpredictable and certainty is no longer possible.

The errors of Astrologers

The calculations of astrologers are full of error. Many constellations which exist, are unknown and unseen. Yet they are potent in influence. There are undiscovered planets in our solar system whose energies affect our earth and which complicate the problems further. The energy which radiates from the earth itself is of paramount importance, yet astrologers make very little allowance for it. People are submerged in planetary and racial destinies, and astrologers do not give it due consideration. There are an infinite number of permutations possible, or complexities and relationships, due to the vast number of possible combinations existing. Hence it is impossible for the average astrologer to make accurate computations or to draw accurate horoscopes.

Astrology deals with the effects of extra-planetary energies upon the characteristics and qualities of a personality and with outer events, circumstances and environment. Effects are interpreted in terms of the individual, whereas the

purposes of these influences are planetary and solar in scope. They only incidentally affect man. Modern astrology emphasizes the pre-vision factor and physical concerns and not the larger and higher relationships and objectives. It is with the life of God that astrology should deal, with the great Source, and not lay the emphasis upon the individual and his destiny.

The Science of Astrology - 1

The statement is frequently made by astrologers that astrology is an exact science, but that is far from correct. The claims of the astrologers as to the reality of the energies playing upon the planet and man are true; their claims as to their capacity to interpret are for the most part unfounded. Too much is over-looked and too little known to make astrology the exact science that many claim it is. As yet, astrology has not really proved itself; scientifically in spite of many demonstrable successes. Astrology as now studied and taught misleads more than it helps. Astrological students know but the a-b-c of this stupendous subject and are but occupied with the outer fringes. There is much speculation and much foolish claiming and interpretation.

Astrology is the greatest and oldest of all the sciences, and a fundamental and most necessary one. Astrology is the greatest of all sciences because it deals with energy. The constant circulation and relation of energies throughout the cosmos constitute the basis of

the astrological theories. The teachings about astrology have been inherited from ancient times and couched in the old forms and formulas. They are basically unsuited to our present greatly advanced stage of development. Astrology must be lifted out of the hands of predictional astrologers who cast horoscopes and placed in the hands of mathematical scientists trained along astrological lines. Only when astrology is restored as a science can the world gain a truer perspective and appreciation of the divine plan.

Astrology concerns itself with the effect produced upon man by the energy which emanates from the twelve signs of the zodiac and from the sun, moon and planets. The individual is a part of humanity, humanity is a part of the planet, the planet is a part of the solar system, and the solar system is a part of the celestial cosmos. In this far-reaching factual relationship you have the basis of all astrological influences. Astrology is largely founded upon the zodiac, the imaginary path of the Sun in the heavens. It is therefore based upon an illusion. But the twelve constellations of the zodiac exist and the streams of energy which intermingle throughout space are by no means illusions, but express eternal relationships. Past all controversy energies are pouring upon our solar system and our planet ceaselessly, potently and

cyclically. The entire celestial cosmos is interrelated, for space is an Entity, we are told, and all lives, possessing their own unique quality and form of consciousness, live in the body of this unknown Entity and are animated by his life. This body of space is of an extension beyond the grasp of the mind of man. Its extent cannot be computed, even in terms of light years. Space, vast as it is, is nevertheless limited in nature, preserving a set form. It is the fixed area in which, everything from a constellation to an atom, finds its location. In all things cosmic, perfect law, order, stability and synthesis are found.

The Science of Astrology - 2

The effects of the interplay between the heavenly bodies are the agencies through which the purposes of God are wrought out. A vast system of interlocking energies is in active and rapid circulation throughout the universe and influences, calling forth response, play upon every form and atom. The human being is the recipient of many energies and this makes man what he is, physically and spiritually. Man's consciousness is stimulated and his divine qualities evoked by these forces, bringing about his evolutionary development. We speak at times of an expanding universe but what we really mean is an expanding consciousness. It is an expanding consciousness, and nothing else, that is the objective of all those relationships and energies. Eventually, as the ages slip away, these energies produce a complete expression of divinity.

Worship

Every religion has emphasised the value efficacy of a united attempt to contact the Divine. The collective worshipping of the Deity and the performance of religious rites is a part of the public life of all peoples. Religious rites open up a channel of communication between those taking part in them and the intelligence or powers they are seeking to approach. By means of this channel, they are enabled to pour forth illumination, peace or power into those who thus approach them, the particular result depending upon the worshipper's capacity to receive. The whole process is purely scientific, based on vibration and dynamics.

There is much revolt against ritual and many good and well-meaning people regard themselves as having outgrown it. They forget that rituals and ceremonies have their place and teaching value when they are used to reveal and not to obscure. Where the meaning of ritual remains hidden and unrealised, there must be as a consequence be demonstrated a spirit of deadness, of uselessness and of weariness over forms

and ceremonies. But where it is realised that ritual and organised ceremonies are a constructive force, and then cooperation becomes possible. Ritual and worship leads one to God, as does nature, life, experience, trial, pain and instinct.

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 corpses 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.

Prolonging Life

In modern medicine's skill is to be found a major world problem the unnatural preservation of life. This preservation takes place in connection with the hopelessly ill and is frequent in the case of unconscious invalids, the senile, and abnormal infants. Lives are preserved that serve no useful purpose and which nature, left to herself, would extinguish. This causes much pain and suffering and is contrary to God's design. It is emphatically breaking of the law of love and compassion.

If the dying physical body is unduly nurtured, if it becomes the recipient of undue care, it can hold the real man in prison in defiance of God, nature and the soul's intent. That is a sorrow spectacle to watch. Man over-emphasizes the importance of the physical body and regards the prolongation of earthly existence as the highest good and the highest goal. These wrong attitudes must come to an end.

In hopeless cases of terrible suffering not only should life not be prolonged but surely some hastening

of the processes of death under proper safeguards is in order and should and must be worked out.

Mysticism

Mysticism is the inherent spiritual faculty which has produced all truly spiritual people, the mystic and the religious man. Mysticism is, no more and no less, the urge to union with the divine, with the God without and within. It is the power to feel, to appreciate and to love that which is greater and better than oneself, the capacity to grasp the good, the beautiful and the true, to sense the unknown and unprovable.

Humanity as a whole is becoming mystical in its orientation and consciousness. The mystical stage is a part of the evolutionary spiritual development of all. In the intelligentsia of the race mystical awareness is always there, even if unrecognised or repudiated. The mystical way is the right way for people at an early state of evolution, provided it is not carried to the point of unbalance. It is a useful and needed process whereby spiritual aspiration begins to take the place of desire and a man shifts his consciousness from the body to the soul, from self to God.

The mystical cycle is the correspondence to the

adolescent cycle in the life of the young, spurring on to right orientation and stabilising certain standards and values. Such a cycle will however be recognised as undesirable when the time has come that a new and higher set of values and a more spiritual and controlled technique should take its place. A life purpose, a recognised plan and a correctly directed activity must eventually supersede all adolescent aspirations, dreams and yearnings.

The Mystic

A mystic is an introvert. He has the faults of his type-dreamy, visionary, impractical, lacking discrimination. He is pre-eminently emotional and works in a separative manner. It is ever a limitation of the mystic temperament to find peace in withdrawing and isolation. Some definite service to humanity on the part of a mystic has been rare. He fails to bring his idealistic dream of love demonstrated in activity down into physical expression. His intention is toward God and righteousness but he lacks knowledge. There is little in his writings that satisfy humanity's need and demand for enlightenment. Mystical visionaries who love to wander in the high realm of abstract thinking divorced from human affairs are of no use to God or man.

The mystic is characterised by his reaching out after unity with God. Meditation and worship is his practice, and illumination is his demand. The word 'revelation' has been greatly misused by religious mystics. The concept implied is that because of his

struggles and his deep search for God, God is suddenly revealed to him. But the revelation accorded is, in reality, related to God immanent, the soul and not to God Transcendent. He does not know that he only perceives something that has always been there. Similarly, those mystics whose thought is focussed on Christ regard Him as somewhere in heaven, but not within themselves.

Mystical emotional rhapsodies are apt to be the negation of all mental apprehension. The goal of the mystic's efforts should be to achieve a rounded-out development. He is too apt to feel that the intellect can give him nothing. The time must come when the mystic will appreciate and follow the way of the head and not only the way of the heart, for the objectives of both methods are the same awareness of reality and the achievement of divinity. He has to develop appreciation of the concrete and attain mental knowledge. The mystic will inevitably become the occultist and this whether he likes the process or not; he cannot escape it in the long run. Until the path of knowledge has been added to the path of love he can never advance spiritually, for this requires a higher level and expansion of mentality.

The developed mystic is capable of pure vision motivated by spiritual intent. He is distinguished by

his humility, his lack of interest in himself, by his ability to see God in all faiths, and by his capacity to live the spiritual life. He is mentally centred and free from emotional control and a Messiah complex. He combines head and heart, intelligence and feeling, plus intuitive perception. Mystics who are distinguished by knowledge and vision are not confined to the strictly religious types. Selfless thinkers creatively serving group need in every branch of human thought and activity are found among this group, including scientists and philosophers.

Occultism

Today, for the mass of mankind, occultism is non-existent; for an increasingly large number it is a source and system of revelation. Occultism is the study of God in the Universe, in nature and in man. It studies the hidden causes which lie behind outer effects, the meaning, laws and relationships behind all life and life experiences. It concerns itself with the divine aspects of spirit, soul and body, with the divine energies, qualities and principles, with the why and how of the phenomena with the creative and the evolutionary process with unfolding and expanding consciousness with psychology meditation and healing with the utilisation of divine forces for divine purposes with the law of rebirth with our origin and future with Christ the planetary hierarchy and discipleship and with the whole science of relations spiritual, human and personal.

The superficial student or the mystically inclined person is apt to feel that occultism and its academic information is of no true importance where

knowledge of the divine is concerned. The true reason for the reaction against occultism is the mental laziness and inertia of the mystical mind. If the mystics would give recognition to occult knowledge, it would lead to an effort to bring human living into line with basic truths and relationships, and, therefore, to a better managed life and a better future. This they will eventually be forced to do by the evolutionary forces within and without, but in the meantime there is stagnation instead of progress.

Religion is founded upon devotional and idealistic lines and not upon scientific recognition of the unseen. Light upon spiritual law is needed if mankind is to move forward into greater spiritual culture and out of relative darkness. The presentation of truth is evolutionary and adopted to the need of humanity at any given period. A more advanced humanity demands a more advanced teaching, and the religious students of the world are graduated into a higher school through the occult interpretation of truth. Occult teachings will serve to lead humanity forward, carrying man's consciousness to higher levels and influencing human thought on a large scale. It will, in due time, salvage our civilization.

The Occultist

The occultist is only the mystic functioning on a higher plane, that of the mind. With the occultist, divine knowledge and wisdom takes the place of the mystic way of feeling, which he has transcended but not discarded. The keynotes of the occult life have rightly been knowledge and the mental approach to divine imminence. Through the study of "the Kingdom of God without" he has to reach a point where he locates that kingdom likewise within.

The true occultist is rare and self-taught. He is mentally polarized and because he is aware of the realities of existence he is free from the ordinary glammers and illusions which colour the reactions and life of the average man. He does not need the outer church forms to the same extent as the masses, having contacted somewhat the inner life. The task of the Western Occultist is much harder than that of the Eastern, for the lives the dual life of spiritual and mundane activity. The Eastern escapes from life into the silent places, away from the pressure of daily living

and constant contact with others. Occultists tend to be sectarian, exclusive and self-righteous. In their ivory tower, they concentrate on their own development plus a little philosophy. They are not motivated by love of humanity but by spiritual selfishness. They let their selfish aspiration obliterate the need of their fellow men. The occultist fails unless, animated by love, he finds an unselfish purpose for his will, knowledge and intelligence. Unselfish service is the bedrock of the life of the occultist, and danger lurks when it does not exist.

Death

The morbid attitude of the majority towards the natural Law of Dissolution must be changed. Christ demonstrated the correct and more joyful attitude when He chided His disciples for evidencing sorrow at His coming death, reminding them that He was going to His Father. Death is God's gift to life, and to regard the work of the Angel of Death as evil is one of the great distortions of divine truth. The divine plan of death is one of beauty and beneficence; it is part of the process of evolutionary growth.

When the soul incarnates it takes that which is not itself or its own. At the time set by law the moment eventually comes when the soul must make restitution of the borrowed goods, and the partnership between soul and body is then dissolved. When the soul departs, carrying the fruit of all experience, the heart fails to function, the brain fails to record, and thus silence settles down. The house is empty. Death restores body and soul to their sources. It renders back substance to substance and the soul to the kingdom of souls. This is

all there is to the so-called enigma of death. It is an enigma to the average man but not to knower.

There is no death. The eternally lovely secret of death is entrance into life. Death is just a method of abstracting and transferring the energy and consciousness of the soul, the spiritual man. We are conscious one moment on the physical plane and a moment later we have withdrawn on to another plane and are actively conscious there. Birth into the physical world in turn leads to foreordained birth into the world of spirit. This is the second birth spoken of in the New Testament, in which a man is “born again” into the fuller, unconfined world of light and love. Man has forever been and will forever be, either here or there. We come and we go, and we persist because we are divine.

Death is dreaded because it is not understood. The fear of death is also based upon a terror of the act of death itself, horror of the unknown and the indefinable, unhappiness at leaving loves ones behind or of being left behind, old erroneous teaching as to heaven and hell, identification with the body and not with the soul, and doubt as to immortality. The moment there is positive, intelligent understanding of the fact of immortality and of the world on the other side of the veil then fear, disturbance and concern

depart.

The release of a soul through death is not necessarily an unhappy occurrence. It is the soul and its purpose that is of importance and when a body proves inadequate for the expression of that purpose, or when the purpose is accomplished, it is no disaster for that body to go. Death is an indication of work consummated and rest earned and should be so recognised. Let us not fear death, or that which lies beyond it. It is physical plane life that is the purgatory and school of drastic discipline. The wise labour and serve but look forward to the Great Adventure and to the end of the fever, the friction and the pain of earth existence.

The Law of Faith and Prayer

Faith and prayer are basic principles governing the Great Relationship, the normal connecting link between man and God. From Him we received our immortal spirit and to Him we owe recognition allegiance, love and service. Trust in and communion with God are far more than religious duties; they are the most powerful means to spiritual, physical and material well-being. The practice of these sacred principles moves all things in the right direction, enables all things to be achieved.

Faith is not credulity, not blind belief in unbelievable absurdities and superstitions, not the elimination of commonsense and reason, not wishful thinking or an engineered hope founded upon doctrine and dogma. Faith is evidence of a well-grounded conviction based upon personal experience. Experience makes it unnecessary to rely on belief, one knows. The knowers have had many miraculous proofs of God's help, protection and goodness. The life experience of millions and the testimony of the ages is

that God exists. Man's experience and the witness of God's messengers testify to the fact of His reality and of our relationship to HIM.

The Divinity Within

God is our Father; we are all children of God. Man is in truth made in the image of God and must, in due time, inevitably manifest his indwelling divine nature. This inner divine quality is always present, but it is heavily veiled and hidden. The latent powers and characteristics of divinity do not manifest while our environment, our materialistic desires, and our bodily nature control us. True spiritual living becomes possible when the lower nature is completely controlled by the higher. It can flower forth in fullness in all those who can learn to assert their inherent spiritual self.

By divine decree man's personality must eventually express divinity. It brings us to perfection and sets us free for all eternity. Divinity connotes the expression of the quality and nature of God, which is love activated by will and wisdom. The hallmark of divinity is love for one's fellow men, expressed by loving understanding and intelligent, living service. An immense number evidence, through their self

sacrificing love, that divinity is present in their hearts. Our main work is to awaken and express the divine principle of love; we must be love and manifest it forth. Love is the source, love is the goal, and love is the method of attainment. When one becomes an outpost of God's love, then one becomes indeed what one is, a God walking on earth.

Immortality

The great truth of the persistence of the immortal soul and its guarantee is held steadily before us in the history of the resurrection of Christ and His after-death appearance to His disciples. Further proof of immortality lies in the accumulation of testimony and evidence by the psychical research and spiritualistic movements, in individual experiences and in the inner assurances of the human heart and mind. The fact of persistence and of the eternity of existence has advanced out of the realm of questioning into the realm of certainty. There is no question that the discarding of the physical body leaves us still a conscious living entity perpetuating our existence in a realm lying behind the physical. We are still alive, awake and aware.

The sense of persistence, of eternal life or immortality, is as much a part of humanity's consciousness as is the instinct of self-preservation. With that inner conviction we face death and we know that we shall live again. There is no idea more cultivated

by man than that of the resurrection. When life seems hard, when circumstances carry in them no grounds for happiness, when one does not go forth happily to the day's enterprises, when the nights of sleep are haunted nights, the thoughts of rising up and out of all these circumstances, of leaving all behind, of entering into a new life, carries with it strength and hope.

A right apprehension of the soul's immortality does not exist among many. Science has told them there is no God and no spirit within man. Therefore they turn to the deification of things physical, emotional or mental and the inner voice that bears witness to the life hereafter is drowned out by the noise and whirl of business, pleasure and excitement. When the whole life is concentrated on things material and the life of the spirit is negated, inhibited and suppressed, then the true goal of existence disappears, the true incentive to right living is lost, and the words "let us eat and drink for tomorrow we die" characterise man's attitude. Without faith in the spirit and faith in immortality earth life naturally has no point.

There are three different answers to the question of eternal persistence on the part of certain groups. The materialists say the 'I' dies with the body; this attitude ignores all evidence to the contrary. Some religious organizations hold the theory of conditional

immortality, that only those who accept their particular views will be immortal. Immortality is an aspect of the living spiritual being and not an end to be achieved, as they seek to make it. Man cannot be deprived of his immortality for non-acceptance of a doctrine. God's life pervades the soul and with its continued existence there can be no interference. Last is the theory of reincarnation, of constant incarnations until perfection has been reached. It has always been accepted in the Orient and is moving on to popular and scientific recognition in the Occident.

Spiritual Work

The word 'spiritual' does not refer exclusively to religious matters. Spiritual teaching and spiritual living cannot be divorced from the affairs of the world, including business and politics. Politics are of great spiritual importance, for governments condition people and help produce the current civilization. The closest unity exists between religion, government and civilization and every event in one affects the other. Hence there is no sound reason for the spiritual people excluding politics for their thinking and activity. The reason for corrupt politics is that the spiritually minded have left the power in the hands of selfish and undesirable leaders. They have not assumed, as their spiritual duty and responsibility, the leadership of the people. This true spiritual work is scorned by those who regard themselves as superior to such affairs.

Under the great law of synthesis man must move forward on the physical plane as well as the spiritual. All that tends to lift and advance the status of humanity on any plane is religious work. The spiritual

people must not become passive, inert by-standers as regard human evil. They must work for a better world, for the expression of the Four Freedoms everywhere, for co-operative goodwill, for the practical application of spiritual principles to everyday life. They must see that these principles control, and not greedy desire and unlawful ambition. They have to oppose that which is not good, that which is undesirable, that which breeds ugliness and hate. The masses must not cry their problems aloud to them without avail. They must assume the function of relieving suffering humanity and thereby aid in bringing about a new era of right human relations.

The life of the spiritual is difficult but what else can they expect? Besides being competent in their citizenship and occupation they have to work hard in three fields; their mission, intellectual unfoldment and self-perfection. Their task is to be at all times what they are at their highest times an example to others. All limitations and hindrances have to go, all petty faults and failures in habits of thought, action and speech, all racial, religious and other separative barriers. Those who truly seek to understand and profit by religious teaching and to mould them in God's likeness must love all men more deeply and must see to it that their light shines forth in a dark place. Love and service are

the two wings on which one rises. No one is wholly adequate to the demands of spiritual living; no one wholly adapts every aspect of their life to its requirements. Hence we should ask ourselves and answer truthfully, what qualities control us; whether we have made definite spiritual progress over the years, and if so, upon what grounds this belief is based; what is our greatest hindrance to effective spiritual living; do we bring spirituality into our business life or other occupation. If we are not satisfied with the relationship we have established with God, man and ourself what do we propose to do to rectify the situation?

Discipleship and Prayer - 1

Prayer constitutes one of the subtlest and one of the least understood laws of the universe. Prayer is a way of setting certain great forces in motion. Countless numbers have vouched for its efficacy. It provides testimony of our divine connections, which a man can recognise. Humanity cannot pray when the spirit of man is drained into Matter. It is an inherent urge based entirely on a sense of relation to Him. An outstanding characteristic of the human consciousness is the sense of the recognition of and an innate knowledge of and reaching out to God, our Creator.

Prayer offsets the danger of blind forgetfulness of the Higher. Only through prayer do we sustain the bond with the Almighty. We acknowledge our faith in Him and our dependence upon his wisdom and power through Prayer. Time must be set aside daily for the sacred duty and privilege of simple informal communion. The link with our Source must be kept strong and constant amidst all activity and cares. God is ever accessible and requires no intermediaries. Prayer

pierces straight through to Him. Prayer is an essential of living that cannot be under-estimated. It elevates our consciousness, wards off danger, harm & evil, prevents suffering. Prayer gives healing, strength, vision, hope and calm. Without prayer one's spiritual focus, work and vision will slowly weaken.

Human need and desire is the main and urgent principle of prayer. We see spiritual and physical security and added life and light and therefore invoke, that which is greater and more enlightened and who can meet the need voiced. Be not, wholly self-seeking in your prayers. Pray for others as well as yourself. Pray for needed virtues for better self-control, patience and kindness for better attitudes, character and goals for guidance, help and protection for whatever is truly needed. Be clear, state what you want and why you want it. Speak the truth for God knows your every thought and deed. Insincerity, lies and self-deception cause Him to turn away. Prayers to be real, must be of the heart, joyful, free from self-pity and malice.

Discipleship and Prayer - 2

Man cannot stand alone, yet man does not call enough for God's assistance. His aid is indispensable in every department of man's life. Man thinks too little of prayer and fails to recognise its supreme importance. Things that would help man the most are neglected. He knows little that he loses by omitting prayer from his life, for his chief resource is God's power. By not being linked with omnipotence man loses his best possibilities. God does great things in creation. Man can face the future with full trust through faith and prayer. Then all is possible.

It is the law that man receives help when he prays. Not a single prayer remains unanswered. Every appeal brings a response. Prayer has to be with much patience. Delay is not finality. When prayers are answered man has to be thankful. Prayer may not be answered in the way man desires. Man's own formula for help may not be the right or best one or it may lead to man's harm. What man feels or believes is not always an indication of what he needs. Let God decide, do not

instruct or demand. He knows for better how and when prayers should be answered. The prayer is to ask God to do what is best for oneself. Then whatever comes is for man's ultimate good.

There are those who, in times of trouble, take refuge in their associates and do not seek the help and protection of God. It is however, safer and wiser to take refuge in both the higher and the lower simultaneously.

The one helps the soul; the many, the personality. Call on God for strength when the pressures of life seem too heavy. Realize that in love He stands by and will not fail you if you need Him, and if you will call, He gives instantaneous response to true need.

Effective Prayers

Prayer for divine intervention should supplement human effort and not supersede it. For prayer without paralleling action is useless. God knows and cares, yet does naught that which we can do for ourselves. Self-help is essential to our development. His help will be forthcoming when we have expended every effort and have done all that can be done. We will then be successful in our endeavours because He is behind; doing what is beyond our reach. This happens. The praying person is not conscious of it until after sometime. Prayers do not help unless one is ready to endeavour.

Many pray doubtingly, hoping for the best but believing in the worst. They pray because they are told that “faith can move mountains”, but they feel inwardly quite doubtful. A spirit of joyous certainty is of well-nigh invincible potency, but they are unable to arouse it. It is this fearful, negative and lukewarm attitude, this mental uncertainty and this failure to link up with God in a positive relationship, which negates

Divine intervention. They fail to realise that perfunctory prayers are unheard, that God responds according to the intensity of purpose and the depth of love demonstrated. Prayers with the mind and the deep feelings of the heart behind them can prove unbelievably effective. When the invocative spirit is present, the results are inevitable & sure and cannot be stopped. Always we get what we selflessly invoke and the knowledge of this fact is a great liberating force.

Discipleship and Prayer - 3

Prayer will not prove effective unless one makes effort to redeem oneself from one's noticed weakness. Everything possible must be done to right past and present wrongs, to neutralize the bad with sufficient good, and to end that which is evil. To pray for benefits and; yet fail to make effort to alter any evil manner of living is meaningless and useless. Changes for the better in circumstances depend on changes for the better in one's conduct and spirituality. We must have earned the right for response by God. Evil doing brings no answer to prayer, no favours; it severs the connection with God. Only love and virtue keeps us linked with Deity, not heartlessness, antagonism, impurity and low desires. We must approach Him in a manner conducive of results - love and service to God and man, and to the life surrounding oneself is important.

Prayer and spiritual living must go together, each supporting the other. All life is spiritual life. Add spiritual value to every facet of life. Without

conformity to the laws of right relationship nothing can be received; it is the basis of God's response to man's appeal. God is not accessible to those who do not carry out His commands. Hence the importance of understanding and fulfilling the law. Fulfilling God's Will gives the possibility of fulfilling our will; it cannot and will not be ineffectual. The prayers of the spiritual are answered, the reward of willing adherence to the law of conformity to the will of God. Prayer and right action will produce surprisingly lasting affect on the quality of one's life and in the environment. It will lead to needed and hoped for alteration in affairs.

The Non-Praying - 1

The attitude of those who have thrown over all religious practices and believe they have not further need or use for prayer, is not a correct one. They need to learn the art of reverence and not repudiate God through the process of non-recognition. Recognition is the mode of divine relationship. When we draw near to God, He will draw near to us. This approach from both sides is of major and basic importance. God will approach nearer if we provide the opportunity.

It is shameful when we manifest indifference to God, when we ignore Him. Ever commune with Him, ever thank, praise and joyfully glorify him for His goodness. His care for us is far greater than our care for Him. His help becomes especially manifest in difficult times. He guides us when we do not know which way to turn. He overcomes the perils, He opens closed doors. He sends seekers of knowledge and consoles the sorrowful. This should evoke from us some recognition and not be rewarded with neglect and ingratitude.

The Non-Praying - 2

The blessings we receive should lead us to love God with all our Heart, and to express our gratitude in prayer. Success, prosperity, dissolution of problems should not drift us from our prayers. The expression of gratitude is a law that is not to be evaded if we wish His continued care. Be grateful for the wonderful help and protection, for health and security, for your place in God's plan, for all that brings joy. We do not see the love that underlies the happenings of the time. The marvels of God's love manifest in our lives daily, if we but become aware of them.

The conceited individual and the materialist have pride in their own self-sufficiency. They scorn prayer and think they have no need of the Almighty. They attach no importance to their relationship to God. This is a great error for which they pay dearly. Thereby they separate themselves from Him and lose His guidance, help and protection. This loss stops their evolution and progress and leads to error, evil and self-destruction, though it may come only after a long

elapse of time. The arrogant and self-sufficient should become aware of this while there is yet time to avoid disaster. Prayer is the great shield and safeguard that no one can afford to reject.

Prayer of Guidance - 1

At times we are in great need of guidance, for we do not know the conditions or the future into which our decisions commit us. We can seek guidance through mediation or prayer or combine both methods. Prayer is emotional in nature, and mentally focussed people generally employ the method of meditation. Those who meditate, who give much time for quiet thought and for impression, have a special advantage over those who pray, for meditation brings in the factors of mental concentration and receptivity to spiritual direction from without. Right meditation results in right vision, right decision, and right adjustment to and handling of daily life. But right prayer filters emotions and results in devotion.

When inner guidance is lacking, turn to omniscience for help. There is no need to rely on the faulty advice of others on guess work, impulse or chance. You will get enough practical assistance to enable you to see the next step ahead, divorced from questionings and bewilderments. Do not expect

immediate solution of your problem. It will manifest in due time. We would do well to avoid discouragement and train ourselves to wait with patience and spiritual optimism for the way to clear. As you go forward the right method will appear, the needed doors will open.

Prayer of Guidance - 2

Striking evidence of God's hand can be seen in apparently accidental coincidence, happenings and circumstances. We are directed for more than we are aware of. Answers to prayers for guidance are often unnoticed, distorted, misinterpreted, or rejected because it was not what was expected. Fixed ideas and plans obstruct guidance; keep your mind open and flexible. Guidance can come from any direction, inner or outer, through a thought or a sign. Take note of any sign, large or small that encourages, warns or confirms. Such guidance may or may not be correct. If it is confirmed by one's intelligence and intuition, then let it be accepted. If such guidance is not followed it can lead to disaster.

Prayer for Sustenance - 1

This divine law of sustenance ever meets a real need. Our need is not always real, though felt: an unfulfilled demand may be for that which is not necessary to health or happiness. Again, failure to precipitate supply may be caused by wrong motives, by separateness, wrong use of past supply or having sufficient means for one's immediate wants. When money is our only value and objective, God's help will not be given. We are given only that helps which will enable us to fulfil our destiny, to lead the life of service intended for us.

Interwoven with the law of sustenance is the law of service. We will not get until we have something to give. The server gives and consequently receives. When we truly love and serve we will discover our needs are taken care of. The cry that evokes response is that from the striving, sacrificing heart. Selfless servers have easy access to God's power, help and direction and hence succeed. Their goals prosper and materialize better than they could plan. Right motive, right

creative thought and right technique, will bring forth all that is required. Nothing can delay or hasten earned and merited response, so time need not be wasted in doleful pondering upon its absence.

Prayer for Sustenance - 2

All receive in order to give; the receiver must become the giver. It is useless to pray for money unless all the money you possess is dedicated to right usage and the fulfilment of your obligations and responsibilities, which includes recognition of the needs of all men. Know that if you do not give you may not ask, for you have no right to evoke that which you do not share. We must give to the society, not simply drawing sustenance for ourselves from the society. Realize that “to those who give all, all is given” so that they can give again. The majority does not give freely and fully either to their work or to those who need. Until they do, they limit their effectiveness and shut the door on supply not only for themselves but for those with whom, they are affiliated. When neither time nor love or thought or money or energy is held back, then we will have all that is needed. Such is the law.

Prayer for Healing

Faith cures. Healing through faith and prayer is long recognised and known to be factual. But faith and prayer have little to do with the art of healing. Healing is dependent upon certain factors into which they enter not at all. There is no need to call-in divine aid to heal that which medical science knows well how to handle. Medical science itself is an expression of God-given knowledge and of divine understanding. Healing is brought about through medicine, surgery and allied arts, and through the use of psychology. The physician uses physical methods to cure disease and eliminate undesirable conditions; the psychologist seeks to straighten our subjective conditions. Their ameliorative, palliative and curative work are proved beyond all controversial discussion. However, the patient's general morale can be helped by faith and prayer while ameliorating medical knowledge is applied by a physician. Prayer helps inner revelations. Intense prayer for the well-being of the sick enables noticing the congestions and the related etheric centre.

Divine energies can be transmitted through healing prayers to remove congestion, which would clear eventually the sickness.

Prayers help transmission of Prana to vitalise people. Prayers also help elevating beings from worry, irritation and other emotional sicknesses.

The Law for Healing

There is never any freedom from the Law of service. Service is a God ordained law, which may not be escaped. Evasion brings its inevitable penalties if that evasion is wilful. To serve is the purpose of existence. Through service we fulfil our task of right relationship, or love to God and man. It gives practical expression to our ideals and to our good will, love and wisdom. In service is our salvation and the salvation of others. Each striving server is a benefactor of mankind.

The urge to serve is a basic characteristic of the Soul, the expression of an inner spiritual impulse. Service is the result of the combined operation of will, heart and mind, of energy-sacrifice and of knowledge. Service draws out the best that is in oneself. It is the foundation for constructive living. It keeps us moving towards expansion, progress and perfection. Service begins with the fulfilment of all duties and obligations. The field of service and the field of obligation must never rule each other out. We are not placed upon the planet for ornamentation, but for utility. God and man

need all possible helpers, for there is a great deal of work and many hard tasks to be done. The need is there but there are not enough workers to meet the need. Our abilities and powers are part of the world's assets and we must do our part for the well-being and progression of the whole. True victory in life is seen in constructive achievement. All life is a struggle of some kind and if our life is not a struggle to accomplish something useful, it is no life at all.

The Value

Our only value is our value to the group; our contribution to its needs. The world cannot exist without effort. The worker holds society together. Without the many services rendered by the workers, humanity could not live. This imposes a claim upon us, a reciprocal duty to serve which cannot justly be shirked. Idleness defrauds the community of its due from one of its members. It is unlawful to be a burden to humanity, to live a life of play, of ease, of retirement. We must do our share of the world's work. We must willingly apply ourselves to the possible usefulness.

Activity is continuous in creation and therefore continuous activity is a great Law of Nature and the Universe. Without service, a frightful emptiness appears and our existence loses its meaning. The inactivity of the idle is the inactivity of a corpse. They are the living dead. Indolence is unnatural and harmful to man. Without labour we grow old, wither away and decay quickly in body, mind and spirit. View with loathing a useless, worthless, parasitical existence.

Such existence reduces us to a vampire. No one must be content to be idle, to receive and give nothing in return and to live of the labour of others. We must preserve the dignity and worth of our lives.

Option to Serve

No one is futile or useless, unless one chooses so to be. Excuses and alibis for non-service, for postponement, or for partial service are easily found. They are based on home requirements, health, age, fear or limitation of one kind or another, and lack of time. Many have no time for service because their daily life is full of non-essentials. They seldom serve. They feel they have no time and that they have no leisure. If they analyse their usage of time they will find that much time is lost in trivial matters. Such ones first need to develop the sense of time. They need to plan daily activity substantially with essentials. This would enable them to eliminate the nonessentials.

Relaxation, refreshment and entertainment need not be ignored. They should be given right proportion. When work is seen as joy it relaxes and refreshes the worker. This is a key to work. Essential work relaxes further. Useless work and gossip causes tiresomeness. Work includes service to others. All work should be done as service. This is possible when one

sees the benefits flowing out of the work for the society.

Just like time, ill-organised persons also waste away money. Money is but energy accumulated from the work done in the past. It needs to be re-utilised and recycled in a constructive way to help the surrounding life besides helping oneself. Men need to organise their time, money and energy to ensure that it flows out into meaningful fields of activity. Such is the only activity that rejuvenates, replenishes and fulfils life. Inactivity and selfish activity lead men rapidly to disease, decay and death. Be active and be useful.

Constructive Service

No one becomes a server until he directs his energy towards some particular service that meets the needs of the society. Any act done on any plane to uplift life - *physical, emotional, mental or spiritual* - is service.

Labour is not service until such labour finds no objective of social service. Labour that causes disservice to society wrecks man's body, personality and even the soul. One should not labour at that which produces no constructive result, for life is filled with useless service. Engage in no business or activity which wrecks man's body or soul. Do not take over the plain duty of another, or serve those who can well serve themselves. Nor should you ask others to serve you, except to do what you cannot do for yourself.

There are many lines of activity, individual and group, and the choice of one often leads to perplexity. The exercise of discrimination as to the service one can render is of paramount importance. We should not do any work for which we have neither the training nor the innate capacity. He who considers that he can

attempt any and every service brings problems to himself and to those surrounding him. Excessive zeal without brain and without proper plan of work leads one to sorrow in service. Such work can be destructive of the server. It would result in waste of time in correcting one's own mistakes.

Discrimination

One should know one's own ability and the resources at hand. He cannot plan service beyond his ability or group's ability, his own resources as well as the available group resources. If such evaluation is not done he would lead others into the risk while he himself is at risk. Many emotional servers drag themselves and drag their group into a lurch by their lack of goodwill. To serve with discrimination is as much important as service.

One is advised not to over-estimate himself and over-estimate the abilities of the group. Calculate soberly the emotional calibre, intellectual capacity, and material resources before jumping into a lofty service. Ill-judged suggestions and demands from the society sometimes excite a server to be drawn into activity which is beyond his means. Each soul is unique and therefore to excessively lean on someone else for guidance can be disastrous. It is part of wisdom to know one's own limitations.

At the same time one need not underrate

oneself. A slight overrating is recommended than a slight underrating. Underrating makes one timid, reclusive, and progress is hindered. To dare is a quality in service but at the same time it should not lead to disaster. Bad work preserves when inefficient people occupy major positions in service. They are the spokes in the wheel that would not let the wheel of service move forward. They cannot be replaced since they stay stuck to the position which to them is a status symbol. In such situation skilled workers suffer in the hands of the unskilled and eventually leave the group. The secret of your existence is the part you have to play in God's plan. Serve as your soul dictates and future will provide needed development and fruitful achievement.

No one need despair or indulge in self-pity because of the apparent littleness of the part they play in life. We cannot all have high posts and if we did we could not be competent to fill them. From the spiritual standpoint all work is of equal importance and manmade distinctions are false and dangerous. All who successfully fulfil their place and destiny, whatever it may be, are equally great in achievement. Forget this not and be ready, therefore, to stay a life-time in important or seemingly unimportant work, for such may be your destiny and place where you best may serve.

Motives

Beware of motive in service. Selfish motive awaits to jump into the wagon of service. The most inappropriate time for service is seen as the most appropriate time by the personality. It destroys the work. It is like a bull amidst the cows, a vulture amidst the swans and a fox amidst the dogs.

Personality motive surreptitiously eats away the quality of service and eventually the service falls. The personality motives are like the termites that silently eat away the tree from within. One therefore needs to analyse personal necessities. If there are material necessities they easily creep into the service. Egoistic tendencies, the will-to-power, the will to fame, the will-to-ambition are frequent visitors to the server. Personal pride and personal prestige try to engulf the service.

Following the inner voice through prayers and meditation and cleansing the personality through prayers and meditation therefore become necessary. A server should know that he is fulfilling his part

(however small it is in God's plan). As long as service is kept impersonal so long it grows. It grows even after the life of the server. The longevity of the selfless service is much more than that of personality service. Service flowing from the Soul remains immortal, while service flowing from personality suffers mortality.

Self - Pity

Despair and self-pity affect the server and even wreck him. They need to be avoided at all costs. Such negative energy results in aversion to service. The consequence is the indifference in service. A negative philosophy is developed that man cannot be an agent of God to serve the creation, that the servers are arrogating to themselves a responsibility of God's Plan, that they are trying to be saviours, how can man who cannot save himself can save the fellow beings that it is enough that he looks to his own interests and safeguard himself. Thus the whole understanding suffers an inversion due to self-pity and despair. When negativism sets into a server; sarcasm, criticism and slighting others would take seat. Slowly the negative energies wreck the health of the server and exclude him from the noble activity.

The pitiable server needs to withdraw for a while into nature, live in quietitude and re-gather himself. He needs a quiet retreat, an exposure to a quiet and pleasant nature outside and a simple rhythm which would enable relaxation of the body and the

mind. The freshness of the twilight hours and the absence of rush of life during the day with good food and good environ would slowly relieve him from negative energies. Such ones are recommended to simplify the prayers also. Quite often servers may get into this loop hole of awareness relating to service. They need to therefore retreat and relax from time to time.

The Personality Urge

The server is well advised not to aspire for hypos, which is an undesirable symptom of the personality. It builds competition. One should know that the competent ones would duly fill the right place in service. From the spiritual standpoint all service is of equal importance. It is the trick of mind that leads one into the mythical and distinctions. Such distinctions are man-made. They are false and are even dangerous. The age-old energy of manipulation that exists in man's mind looks for importance in service.

Service is recognised in the higher circles and is rewarded. When people look for worldly rewards they miss the most valuable gifts of inner peace, poise, comprehension, loving understanding and even beatitude. Man is generally a slave of worldly recognition. The personality urge for worldly recognition is an undesirable itch within the personality. It destroys the server as a soul. Fulfilling successfully the service that comes up to oneself, feeling thankful for such opportunity would enable

one to grow in Soul consciousness.

To stay important is easy. But to stay unimportant while handling important work is not easy to personality. But if one can do so the Soul and the personality gain the ease. “Lookout for the silent one as He is the best server”, is the dictum in the hierarchical circles. Such ones are at the point of transcendence of personality.

Intelligence

To work with intelligence and with effectiveness in service is equally important. A worker of the black lodge is very intelligent, very alert and very effective in service. Similar is not generally the situation relating to the worker of the white lodge. Goodwill has to be equally if not more intelligent, alert and effective. Goodwill workers are not as effective as the selfish workers. For this reason the goodwill is unable to manifest. A terrorist is always on guard and alert and affects the society with much intelligence while the team working to counter terrorism is not that effective.

The thieves and the robbers are more effective than the police and the security. The black businesses such as night clubs, gambling houses, and drug promotion are much more effective than the businesses promoting welfare. Alcohol, tobacco, cigarettes, drugs, smuggling are more profitable businesses than the businesses relating to the essential commodities. This is a paradox, but humanity lives in that paradox. The reason is ineffectiveness of goodwill. Goodwill needs to

be intelligent, effective and should be much more alert to meet not only the needs of the society but also prevent the dangers to the society. A server therefore needs to continuously train himself for physical, emotional, mental and spiritual fitness. He needs sound commonsense and intelligent understanding. He should be able to help the right help in the right way at the right time. The server should know that in so far as the service makes no impact, such service is useless. The service should necessarily result in help to the served with regard to their physical, emotional, mental, intellectual or spiritual planes. Serve, but serve with intelligence.

Timely Service

All service needs sound foundation. The objectives are the foundation. The objectives cannot be too lofty and unattainable. The techniques to attain the objectives have to be scientific. Attainable goals and sensible techniques enable the server to accomplish the objectives. If not, the server falls into despair. Let not too much labour be invested to bring out too little benefits. One should be ready to shift from unyielding activity.

Let not time be wasted sowing seeds of service in barren lands. The response to service comes if the service is in the needed areas. Where there is need, there the server needs to serve. Placing candles in the sun is futile. But a single candle in dark areas is more effective and illuminating.

The server should know where to serve. He should also know what to serve, where to serve, when to serve and how to serve. Without these four implements not much can be done in service. Once these four aspects are clear the server needs to bring in

concentrated, concerted, consistent and timely effort. He needs to give enough time, exercise enough strength and apply himself adequately. He needs to attune to the patterns of service, which demand sacrifice of certain existing patterns. He has to adopt to the conditions of service and the service cannot be according to his convenience and comfort. This is the real cost in service. As much as the server yields in favour the requirements of the service, the service grows. If the server stays foot in the comfort of his personality which is contrary to the demand of service the service grows not. When it is summer the farmer needs to plough the land and wait for the rains. He cannot stay away from hot sun and look for good produce.

Plough in summer to enable the land to receive enough water in rainy seasons, sow the seeds when the land is ready, eliminate weeds when the seeds grow, protect the crop while it is growing, and harvest before the winter are the principles of cultivation. The farmer needs to follow nature's cycle. So also the server has to follow the demands of service. He should be timely. If not it fails.

Hindrance to Service - Group

Much time, money and energy are generally wasted by a server who is not alert. A server has to be as alert as a soldier. He should regularly introspect and analyse if time is lost in unproductive social, domestic and economic activity. He needs to frequently re-verify if gossip is encroaching into acts of service. Gossip destroys energy. Gossip also wastes away the time. Gossip is a vice that leads a server away from the work. A little gossiping to stay relaxed is allowed. But it may not be given the main stay. Remember that gossip is profitless. This is a hindrance which burns away time. There is much gossiping around the dining table three times a day, which is avoidable. Gossip causes drifting away the thoughts and makes a server a wanderer in the thought plane. He loses focus on work. Antidote for gossip is service. After the labours of the day are fulfilled one may pleasantly indulge into it, but not excessively. Gossip may bring in discussion, argument and could even end up in conflict. Beware of gossip.

At the same time fanatical adherence to

commandments of service would make one serious and rigid. Such adherence dispels the possible magical manifestation around the server. Focussed attention need not bring in the related excessive seriousness. A little gossip relaxes and enables the manifestation of the magnetic vibrations. The fanatical workers get into the illusions of ideals. That way also the server drifts. Gossip enables relaxed progress if it is in appropriate dosage. Beware of excessive gossip. Also beware of fanatical attention.

Jupiter

Relate the mind to the colour, symbol and sound of Jupiter. The colour of Jupiter is initially liquid honey colour, the sound of Jupiter is GAM and the symbol of Jupiter is a triangle with a centre point. Thursday presents dominant energies of Jupiter. The entire month of Sagittarius presents abundant energies of Jupiter. Relating to Jupiter enables rearrangement of energies and their consequent expansion. May this be the first step to Discipleship.

A Better Future

The importance of goodwill and translation of such goodwill into daily actions is the only way to fulfil the future. The present is the effect of the past events. When past has not much credibility the present cannot be pleasant and harmonious. Past acts of ignorance result in the present inadequacies, difficulties, conflicts and deficiencies. The deficiencies can be in relation to health, in relation to the attitude of people to oneself, inadequacy of wealth and even inadequacy of love from surroundings.

A present deficiency is the result of the past ignorant actions. Therefore not much can be changed. The present can be seen as the parameter of the aggregate of our past, which can be remote and proximate. The only way to have a better future is to hold on to goodwill and to execute good deeds. In due course of time they would yield fruits. The future fruits depend upon the quality of the seeds that we sow now. The present fruits are but the quality of the seeds that we sowed in the past. This is how explanations are

found in respect of those who are born lucky and who are born unlucky.

Let not aspirants complain of their present states of conflict, inadequacies and difficulties, instead they should work for a better future. Dreaming about a better future is impractical.

Right Relationship

Discipleship is implicit compliance to the laws of right relationship. The right relationship cannot be interpreted according to one's own convenience. The laws relating to it are laid down in the scriptures which need to be followed without convenient modifications. Right relationship establishes when a person strives to live life appropriately in discharging responsibilities towards parents, spouse, children, co-born, friends, relatives, elders and youngsters in the society. Besides, one has to set right attitude towards animals, plants and the surrounding 5 elements.

Discipleship is not just doing some practices of meditation, study of books and dabbling into fields of service. It has a larger connotation.

Creativity

Discipleship is not living by borrowed thoughts. Lives that are guided by borrowed thoughts are lives of mediocrity. Disciples are required to come out of the routine thoughts and set their head above the routine and engage in creative thinking. Creativity is the means of outstanding activity. Creativity enables the movement of thoughts in a spirallike manner contrary to the circular movement of the routine thoughts. Routine thoughts make the disciples as rodents around the mills. The result is monotony. We require disciples to engage in creativity in thought and in action. Creativity comes from the origin of the being. Each time there is creative thinking and creative acting, the original substance expresses itself. The original substance is but the spiritual substance of man.

Understand that creativity is life. Mediocrity is dull life. Routine thoughts lead to dead life. Let not the disciple be the living dead. May he resurrect life from the dead. May this be pondered over.

Master of Wisdom - A Magnet

Do not engage yourself in trying to rectify the patterns in others' nature. The patterns are built by everyone through repeated actions. The undesirable patterns if any cannot be so easily rectified. Did you ever see a dog's tail, which is generally curved? Even if you bind it with straight planks of wood for a long time, eventually when you remove the planks the tail tends to be curved. No person can be changed by others as very easily as he thinks. One cannot be a mentor for others, generally speaking. Irregular patterns cannot be so easily regularised except in the presence of a person who has strong regular patterns. The presence of regular patterns around would have an impact on the irregular patterns, provided the latter is surrounded by the former on a continuous basis. The continuous presence of a magnet enables rearrangement of energies in an iron piece which are otherwise deranged. A magnet can be a mentor of an iron piece. Without the presence of the magnet, however much the iron piece tries to rearrange itself, it cannot do so.

A Master of Wisdom is a magnet. Being in his presence, working with him, associating with him and serving him does the magic. A Master never tries to transform the ones that surround him. It is the presence of the magnetism around him that does the magic. The path of self-realisation at one stage necessitates the presence of a Master. When the aspirant really reaches that state the Master presents himself. Such is the natural law. Sincere students attract the true Masters; others attract others according to their quality.

The Key to Right Relationship

Acts of goodwill open doors to the thoughts of right living. Acts of goodwill are unseen teachers. Continuous selfless acts, however small they may be, would enable one to receive flow of thoughts of right relationship. They would ultimately lead the one to find a true teacher who leads the one on the path to Discipleship. Those who do not submit themselves to acts of goodwill can never understand the path of Truth enunciated by a teacher.

Right Relationship - 1

Right speech cannot emerge from wrong living. Right living is the basis for right speech. Right living demands a right plan of action. The latter demands right knowledge. Right knowledge cannot be gained unless one carries intense intent to attune to goodwill. The seers of all times demonstrate this goodwill. Therefore their speeches remained fulfilling for all times to come. Their speeches are tender like flowers and are solid like diamonds. Truth is the essence of their speech. Their speeches nourish. The impact of their speech even destroys the ignorance in others.

The sound of their speech is like auspicious morning music. The seers' speeches are like peaceful streams of pure water that fulfil life. They bestow stability. They expand comprehension. They stimulate abilities. Discipleship is the ability to listen and comprehend the speeches of the seers (the Masters of Wisdom).

Right Relationship - 2

Today many aspirants think of service. Service cannot be done by the meek and weak, by the ones who do not have the related abilities. Service involves offering. What can one offer when he does not have any? Men that wish to serve need to equip themselves with the ability to serve. The paradox of a society at all times is that the able ones do not serve and the ones who have inclination to service do not have abilities. When man acquires abilities unconsciously he tends to be selfish. Consequently, the idea of service does not occur to them. They get engaged in self-satiation. Persons who wish to serve generally do not hold the required ability. That is why their service is ineffective and is not of much consequence in the society. There is a 3rd category of people who distinguish themselves by their deep inclination to serve while they also carry out admirable abilities. 'Matching ability with service', is the keynote for effective discipleship. A disciple is one who gains multiple abilities and offers such abilities to benefit the society in multiple ways.

Dedication

Mind is divine, senses are divine, the body is divine. The being that uses these to fulfil himself may continue to utilize them without effecting their divinity. That is possible only when one is knowledgeable. When knowledge is overpowered by ignorance, beings tend to abuse these divine gifts. Discipleship is to dedicate the mind, the senses and the body to divine purposes through acts of general welfare in preference to acts of personal welfare. Discipleship is nothing but orientation from personal welfare to general welfare. When this is accomplished in the mind there are no enemies, bosses and subordinates. The mind does not entertain the difference of mine and thine. Such a mind is friendly. A friendly mind gives comfort of being in the body. This needs to be cognised and the related mind regained through right action.

Aspirants may ponder over this.

Worldly Ways of Disciples

One need not worry if he is unable to gain an occult science to help others. He can be an instructor of mantras, of yoga and of dispassion. These sciences of mantra, yoga and mendicancy are also recommended paths of discipleship; they can be followed for fulfilment.

No one can make others wealthy or poor. Wealth and poverty visit beings according to their past karma. Intelligent ones make their living prophesying the future wealth or future poverty. In either way, they are paid for their prophecy. The one who turns rich by the prophecy pays abundantly and joyfully. The one who turns to be poor and related difficulties also pays thankfully for the caution given. It is not because of prophecy that one becomes rich or poor, it is because of themselves. Still the people pay the prophetic ones. This is a miracle in the world.

There are others who do not even prophesy. They maintain silence and smile away when enquired of any. The visitors attribute and maintain the silent

ones with gratefulness. Some say, “Swamiji smiled, that is why my project succeeded.” Another says, “Swamiji smiled philosophically, that is why my project failed. His philosophical smile was very indicative of it.” There is still another category, they are keen to listen of others and retain the information, and when the related person comes, they speak from out of information gathered earlier; the visitor feels, “Swamiji knows everything. He knew of me even before I narrated to him.”

There are astrologers who predict longest possible span of life so that no one will question them, for the questioner dies much before. He pays because he lives in comfort thinking of longer life than he really has. Such astrologers are respected even. If a couple visits and asks if they would get a male or a female baby, there are some wise ones who inform each one of the couple differently so that one of the two is always grateful.

These are the worldly ways of disciples. Poor are those who live on others' money and get on with worldly intelligence. Such ones are pseudo disciples.

Right Priority

Right relationship demands right priority. Unless priorities are set in order there is no progress. Family is a priority to an individual. Individual welfare should be subservient to the welfare of the family. Family welfare should be subservient to the social welfare. The social welfare in turn should be subservient to national welfare. Likewise, the national welfare should be subservient to the global welfare.

The lower should be subservient to the higher is the Law. More important aspects of life should be preferred to less important aspects. Setting of this order of priority is the key to Hierarchical function. Let this not be disturbed. When this order is disturbed life is disturbed.

A Disciple's Life

A disciple is one who relates to the world by the day and retreats from the world by the night. He moves in between the mundane and the super-mundane worlds and functions by the day and by the night. He develops the ability to withdraw from the senses and mind, enters into subjective mind and moves further deep inside into buddhi. He finds his group members in the buddhic plane of golden light and functions therein for multiple dimensions of the Plan. By the day he returns and relates to the groups in the mundane. He tries to translate the super-mundane objectives in the mundane plane. By this he builds lines of light from the super-mundane to the mundane plane to enable energy manifestation. He also plays his little role in fulfilling the grand plan of establishing the Kingdom of God upon Earth. He has groups to relate to in the mundane and super-mundane planes as well.

During his hours of leisure he contemplates staying in the buddhic plane relating to the Soul that he is. He even relates further as soul to Super-Soul. To

him the Light is a book and he writes his own script in that book; that becomes a scripture. To him the models are his seniors/Teachers/TheMasters and the Grand Masters. Glorious is the life of a disciple who thus lives life eternally.

Age-old Principles

The following are the age-old principles for the art of living:

1. Compassion to fellow beings
2. Generosity towards servants
3. Loving attitude towards men of goodwill
4. Abiding to the law of the land and of Nature
5. Respectful attitude towards the knowers
6. Valour to meet the enmity
7. Ability to resist evil
8. Patience in adverse situations
9. Not to be lenient while relating to the other gender

A disciple should learn to follow these principles to stay intact on the path.

The Law of Purification

Emergence of impurities are inevitable in everyone on a daily basis. Elimination of these impurities on a daily basis is part of discipline of a disciple. Impurities emerge naturally since creational existence is an act of fire. When fire is at work, carbon emerges. To keep the fire glowing the carbons have to be eliminated. Comprehension gets affected when impurities are not cleaned on a daily basis.

When a lamp is lit the wick of the lamp gathers carbon and affects the glow of the flame. To ensure that the flame is in its full glow the carbon that is accumulating around the wick should be regularly eliminated. When one holds a copper vessel to drink water for reasons of good health, he needs to clean the copper vessel regularly, for copper in its process of purifying the water gathers impurities from the ambience. Just as a water filter requires cleaning, copper vessel requires regular cleaning. When food is prepared the vessels gather carbon and before a second cooking is made, the vessel requires cleansing. Soul is

the fire flame. When it is at work, its residence in the body causes impurities in the body. Impurities are gathered around the mind, senses and the body. Unless they are regularly cleansed the glow of the Soul gets mitigated. When a flame is on, the smoke is also there. When the smoke dominates, the flame is put off.

Aspirants, disciples and even Masters are required to effectively cleanse the body, the senses and the mind for the light of the Soul to shine forth. May not the disciples, aspirants overlook this. Masters do not overlook. Ensure full glow of light even through the mind, senses and the body. Let a disciple shine forth through obedience to the law of purification.

The Clouds

The clouds have no particular preferences to rain in one place and not rain in other places. They have neither likes nor dislikes. They move as per the plan and shower as per the plan. It can be in useful or useless places. Wherever the clouds rain there the earth is benefited. They move as per an unseen plan. They either move together or move alone. They gather to disappear. Such is the life of a disciple.

A disciple is one who is neutral and responds to a call. He moves all by himself. Others gather and disperse, but he gathers to move fulfilling the surrounding life. Such disciples stand out amidst humans. They stand high like the clouds that move high in the sky.

Eastern and Western thought

Expressing the profound spirituality of Eastern thought in ways suitable to the Western minds is the task entrusted. The Western thought is permeating over the globe apparently, but in a subtle manner the West is picking up the Eastern influence. The hard-headedness of the West is slowly yielding to the philosophy of the synthesis of the East due to the new means adopted. The Eastern philosophy had a small effect on the Western thought hitherto, chiefly because of its manner of presentation which is not suitable to the Western mind. Fusion of East and West is but the essential work of the day. And for this teachers are being prepared who can penetrate into the Western mind, in a very acceptable manner. This is a subtle but difficult work. It demands a thorough understanding of Eastern philosophy and the Western mind. My work is presently targeted in this direction to bring about a way of life which is a synthesis of East and West. Upon the square of the Western thought the triangle of the Eastern philosophy would find its placement to build

the New Age Temple. The present wide spread interest in the subject of meditation is but one way.

Introduction of sound, symbol and the related technique of application of sound upon symbol is the next step. Humanity requires to work with sound much more than the light. Light is but the product of manifestation of sound.

Meditation - 1

You have here a technique whereby you create a line of related energy between the solar plexus centre and the heart centre. This is in reality a reflection or a symbolic activity (within the physical man, or rather, his etheric centres) of the building of the antahkarana. Bear in mind here, as always, that the etheric body is a physical mechanism.

It was this meditation which started the rhythm which made possible the presentation of the new invocation to the world; I refer not solely to its use by you but to its use by many disciples in many ashrams. The exhaustion of emotion and its transference - as a force - into the heart, thereto be transmuted into the energy of love, was symbolically undertaken during the time that humanity was developing certain new recognitions. Humanity, through the exhaustion of emotional energy (incidental to the war agony) is today far more heart-conscious than at any other time in its history. Had you realized that and the opportunity with which you were

presented? The world of men has been subjected to such strain and suffering that hundreds of thousands in nearly every land - either factually or imaginatively - could "feel" no more; the solar plexus centre could take or absorb no more. Nothing was left to the sufferer but the realization that all men everywhere were in a similar plight and that this community of shared agony brought all men together, irrespective of nation, religion or class.

Therefore, for the first time in their history, humanity began to recognize a definite phase of universality; mankind as a whole began to "share in the heart's reaction." This happened so generally and so acutely that the heart - as a motivating radiance - became a point of human focus. One of the first fruits of suffering, as universally shared, has appeared on Earth, and in its appearing all future suffering will be greatly lessened. I seek to give this first meditation an added importance in your eyes. Much that I have given you has significance far beyond your crediting; these significances will appear if you follow instructions and do these meditations carefully, regularly and sincerely. It would profit you much in the years to come if you followed this meditation formula each day for two months, doing so with intensity. You should also endeavour to realize not only your individual reaction,

but to recognize also the symbolic import of what you are doing. Those of you also who know with certainty that you are being specifically prepared for the second initiation would do well to follow this meditation for one week in each month of the year.

The Cross

A spiritual aspirant is symbolically mounting upon a cross. A cross symbolises a vertical line cutting across a horizontal line. The vertical represents the spiritual energy; the horizontal represents the materiel energy. The vertical is the Father, so to say, and the horizontal is the Mother. Vedicly, the Shiva Lingam represents this. A vertical Lingam is set upon a horizontal stand. A spiritual aspirant is predominantly horizontal in his psyche. For his understanding he is mostly of the world. Right from childhood, he relates to the objectivity and relates to it. All movement into objectivity is geometrically represented by the horizontal line. The descent and ascent of spirit is represented by the vertical line. As long as man limits himself to the objective activity, he is set to be a horizontal one or a beast. This state is called the state of beast because the spine of a beast is horizontal to the earth; contrary to this, the spine of man is vertical to the earth. Man is the only vertical species among the animating species. A tree is no doubt vertical but it

does not animate. Animal animates but it has no vertical posture. In man there is the advantage of the tree, of being vertical, and the advantage of the beast being animating. The movement of energies in the tree is vertical. The tree orients to the sun and grows vertically. The animal orients to the leaves, the grass, the flora of earth; it relates horizontally and lives by food. Man has both possibilities. He can relate to the sunray and grow vertical; he can relate to the world and grow horizontal. When man does not orient to the solar ray and therefore does not orient to grow vertically, he remains worldly. He pursues the appetite of the stomach and the appetites of the solarplexus.

By this he is fulfilling the purposes of animal of eating, meeting, mating, and sleeping. But man has a vertical spine by which he can relate vertically and grow beyond mundanity. He can get into the supermundane state which is called the Kingdom of God. A spiritual aspirant is one who rearranges his priorities in the fashion that he dedicates as much time and effort for a vertical growth as he does for horizontal growth, if not more. If one is sincere in his spiritual pursuit, he should be able to give as much time for vertical activity as for horizontal activity. Seldom we see aspirants doing it. They give much time still for worldly activity and a little time for spiritual activity and yet fancy

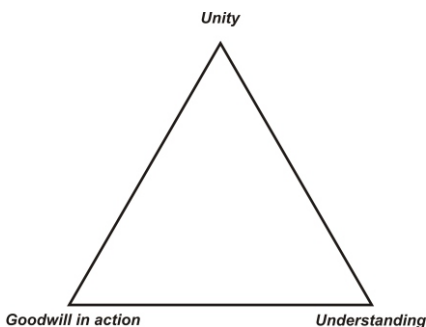
themselves to be spiritual aspirants. They look like a cross with a huge horizontal line and a little insignificant vertical line. Can that be called a cross?

Ponder on this.

Meditation - 2

In relation to the horizontal line, the key triangle for action is goodwill in action, with understanding of the surrounding life. This will develop unity.

Unity Goodwill in action Understanding (diagram of triangle)



This triangle helps to live in peace with the objectivity. Goodwill is but will to do good to others. Understanding demands understanding the others' viewpoint and accommodating it. Normally, each one

carries his view in relation to an issue; likewise the other also has a view in relation to the issue. The ability to accommodate as many views develops understanding. When this ability is not, then one tends to be unilateral.

Unilateral actions do not build goodwill and cannot lead to unity with the surroundings. Men are predominantly guided by the mind. Different minds carry different views emerging from different experiences. Understanding is a process of assimilating others experience. As much as we learn to accommodate others views so much unity is built; when we cannot, we continue to be individualistic. In the Aquarian age, individual work does not give as much impact as group work. Group work demands vision; vision emerges when varieties of viewpoints are synthesised. The key for that is the ability to understand. Until the horizontal is well established, the vertical cannot really be built. The horizontal enables right relation with the surroundings. The vertical relates to collective ascent of energies. The individual cross of Piscean times is now replaced by the Aquarian cross where the aspirants are measured by their ability to relate to groups and build group consciousness in them.

The individual consciousness is relegated to

background and the group consciousness is brought up the stage ever since the advent of the Aquarian age. But humanity still tends to be Piscean. Therefore the Hierarchy recommends group work, group sharing, group experiencing, and groupal evolution. The cross in oneself is better built by demonstration of right relation with the group. Therefore the post-war teachings are all focused on group. May this be noticed by an intelligent aspirant. Regardless how the members are, one continues to try to understand and to unite with goodwill as basis. By this trial a student demonstrates his readiness for groupal action. Such ones are gathered at the super mundane level as a group to help the Masters and the disciples.

Proximate Divinity

Displeasing the life in the proximity and trying to please a distant deity is not only impractical but also unfruitful. Many in discipleship pick up their ideal in a Master of Wisdom of immediate and remote past, and try to live by the teachings of the Master. But the Master whom they idealize and worship is also present in the surrounding life in the form of parents, brothers, friends, colleagues, weak and meek and in the form of animals and birds. Neglecting their needs, neglecting to cooperate with and support them whenever needed is contrary to the teaching of any true Master. No Master of Wisdom is ever pleased with an aspirant's misbehaviour, with any subsisting and surrounding life. Insulting the life surrounding, one cannot approach either the Master or the Divinity.

Aspirants think of supermundane, for they have heard much of its beauty and serenity, but supermundane is not for those who do not fulfil their work in the mundane. One cannot aspire for higher education unless the basic education is well fulfilled.

Respecting one's own parents, teachers, and elders regardless their knowledge and respecting the bird, the animal that one frequently encounters is part of discipleship. Frequently the Master speaks through the proximity and the students should be respectful enough to all that surrounds oneself. To respect is essential, whether one agrees or disagrees. By respect, one builds harmony around. By disrespect, one builds discord.

Discord disables a Master to approach the student. May not the student overlook this fundamental.

Psychic Powers

Psychic powers, higher or lower, are hindrances to spiritual progress. Many think spiritual development is in gaining clairvoyance and clairsaudience. Unfortunately it is not. It might prove just the opposite and inevitably would distract the aspirant from his regular progress in relation to meditation. Psychic powers relate to nature, meditation relates to the very source of nature, "THAT I AM". THAT is the Absolute. THAT I AM is the soul. Around the soul are built nine layers of nature. Among these nine layers, the proximate four layers contain higher psychic powers. The later five layers contain the lower psychic powers. All the psychic powers are not of importance as one pursues the soul and the spirit. Each one is essentially the soul and is enveloped by layers of nature. There are five layers of matter, and three layers of force, and one layer of pure awareness. The spirit is the tenth one. Spiritual awareness is the ninth state around which there are forces of will, of knowledge and of activity and matter of five states. The goal of the

spiritual aspirant is to reach the ninth and the tenth state but not to get distracted by the forces that surround them. May not the forces and powers distract you on your way to realisation of the Soul that you are. Men of clairaudience, clairvoyance and other psychic powers need not necessarily be realised souls. To a realized soul, all powers are handy but he uses them not. He relates to the soul of you. His relation is from soul to soul. He meddles not into the psyche of you and disturbs you.

The archer that aims at the bull's eye is unconcerned with the surrounding circles, so should be the spiritual aspirant.

Meditative Work

You frequently hear of transmutation, transformation and transfiguration. These three words cover a huge series of incarnations. They are not as simple as written in the books. Yet, in every prayer, you can work a little in relation to it. When you visualize the etheric centres in your body and consciously move from centre to centre upwards, intoning the key sound and feeling its vibration, as also visualizing the key colour and its velocity, it is called the process of transmutation. When you do the same work from above downwards, intoning the right sound, and visualizing the right colour with respect to every lotus, it is called the work of transformation. One is visualizing ascent, another is visualizing descent. Let this happen with you, with any mantra. It helps preparing the *Antahkarana Sarira* with the formation of a lighted column within the *Brahma Danda*.

During the times of the Temple of Ibez, four centres were energized upwards and downwards for transmutation, transformation and the resultant

transfiguration. And then, in the Aryan race, five centres are put to work from above downwards and below upwards, which relate to the fourfold man and his mind. When these centres are regularly worked with the help of the sound key and the colour key, the magical work happens faster.

Meditations have to be necessarily occult and have to be worked with the help of the occult science. Sitting vaguely every day in the morning and evening, waiting for something to happen would only make you ineffective and even emotional. May your meditative work be one of science, not of belief and superstition.

Put on the Search Light in You

Put on the search-light in you to trace and dispel the glamour that takes birth in you unconsciously on a daily basis. Glamour is dissipated as I AM individual associates with THAT. As one stands in the light of THAT I AM one can easily trace the sprouting glamour and dissipate it. This has to be a daily exercise. One should realize that one is not the light by one's own right. One is light due to the truth of THAT I AM. The light of THAT shines forth through the one and in that light one conducts acts of good will. All achievements and accomplishments are due to the light that prevails in him. It is not his light. It is the light of the One Soul that prevails over its units. Self-denial is seen as a virtue in this regard. As one proceeds in this understanding, one clearly sees the will, the love and the light of God functioning through oneself.

To summarize, glamour sprouts in the one who feels I AM. It sprouts not in the one who feels THAT I AM.

A Hexagonal Approach

Discipleship demands a hexagonal approach. Master DjwhalKhul gives six words for the six dimensions of discipleship:

- Recollection of I AM, resulting in realization
- Response, resulting in appropriate interaction between higher and lower planes
- Radiation, resulting from and in appropriate sounding forth
- Respiration, resulting in pulsation and poise, which would enable manifestation of creative work
- Reunion of I AM with THAT, resulting in THAT I AM, a state of alignment
- Daily reorientation to the purpose of life, resulting in a clear vision of the Plan

May those who follow the path of discipleship develop this hexagonal approach!

Steps of Progress in Discipleship

- Contact with a Master of wisdom on the physical plane, such Master being the representative of the Hierarchy on the physical plane.
- The student is directed to walk the path of light.
- The disciple receives instructions not only physically, but also through vivid dream experience, dream teaching, an intuitional idea or through a contact in meditation.
- Demonstration of wisdom in work and ability to attract Master's attention to supplement one's strength.
- Ability to contact the Master at will.
- Working in togetherness with the Master, whether such Master is in the physical or in the subtle.

Glamour and Illusion

Glamour and illusion are already existing even as an individual enters upon incarnation. The glamour is of a very ancient origin and is utterly beyond one's power to control it at the individual level. It is of great potency. Man is "handicapped" by glamour even as he enters into this world. The only hope he has is to evoke the soul by which he may keep his neck out of it.

Until the soul assumes control over the personality and its mechanism and until as soul one enters into a definite field of service, one stands the danger of being gulped by glamour. The personality has a vehicle the body. They are naturally subjected to one's glamour. The Soul descends from those realms, which are beyond glamour.

As the Soul enters the personality and conducts the work through the body, the student must know that he is entering into a mechanism of glamour. The world is full of glamour, the mechanism given to the soul is also glamour and the soul's work is to stay beyond glamour. That is the challenge, that is the

game. It is an engaging game. Glamour waits to gulp the Soul, and the soul has to swim in the sea of glamour. It is like swimming through a huge lake of alligators.

May we Seal the door where evil dwells!

“May we seal the door where evil dwells” is one of the statements of the Invocation. Sealing up of the evil forces that were released during the world war has been a continuous effort. Every aspirant who invokes this statement must also try to work hard to seal the door within him as well and do not let it out through thought, speech and action. But as one holds it within is like holding poison within. The poison can be self-destructive. When one emits this poison, it destroys the surroundings. If one holds it within, it burns him up. The key therefore is the prayer to fire to burn up the evil, which one finds within and without. This can be worked out at the thought plane.

Ancient philosophers always lit fire in their loneliness and offered thoughts of evil into the fire for their burning up. Anger, jealousy, pride, prejudice, desire, fear, ambition, glamour, illusion and such other undesirable thoughts, were regularly offered into the flames of fire. Lit a fireplace and offer thoughts into the fire, was the practice. The fire place purifies the ones

who gaze at the flame of the fire. There are still more ancient philosophers who offered all their actions, speeches and thoughts of ignorance into the fiery sun-globe. Worship of Sun is not only to receive light, but also to offer one's own limitations into the fire of the sunrays. It works both ways. Morning and evening worships have carried such technique of offering ignorance and receiving enlightenment. In the present world situation this practice at individual level is of immense help.

Unification

Turn to the work of unifying. If your effort is to unify a group, you stand the benefit of experiencing the presence of the Master. Unification is most cherished by the first, second, sixth and seventh ray Ashrams. Unification has to be at the individual, groupal, national and global level. Unification demands ability to accommodate others' view point. As much as one accommodates to unify, so much one stands in the presence of the Master. As much as one promotes criticism, whispering into others' ears and divides, one stands away from the Master's energy.

Group building is a sacred activity. Any obstruction to such activity is seen as evil. The Hierarchy firmly hopes for group functioning and group harmony.

Fourfold Alignments

The purpose of meditation initially is to align. Such alignment covers four processes.

Firstly, the personality needs to align with the soul. It enables establishing a link with the kingdom of God.

Secondly, there has to be an alignment of the soul and personality with an Ashram, to establish a conscious link with the Master of the Ashram. This would enable the inflow of subconscious teaching and training and the consequent functioning on the ground in terms of good will.

Thirdly, through the alignment of the personality with the Soul and of the Soul with the Master, one should attempt to align with the Spiritual Triad within oneself, which would enable recognition of the Monadic Energy, which in turn enables influx of will, love and light.

Lastly, the alignment of the six centers in the etheric body has to be attempted to enable the transfer of energies from the monadic state to that of lower

mechanism, which is also a triad. Such an alignment would enable expression of energies from higher circles onto the Earth.

The importance of the aforesaid progressive alignments may not be lost sight of.

Steps of Progress in Discipleship

It is important that you relate to the Master and his Ashram during your daily contemplation. The ideas, the purposes and the intentions, which motivate the Hierarchy are transmitted to you by the Master of your daily meditation through his Ashram. The quality of inspiration you receive and register depends upon your orientation and your preparation through your daily life. Diverse are the impressions as they are received by disciples and aspirants, since they have diverse degree of orientation.

Similar thoughts are received by disciples of an Ashram, but their fulfilment depends upon the fitness of the disciples. Therefore concentrate more on your meditative thinking and develop the power to reflect upon them. It adds to your development as a whole. They enable you to move forward in your thinking and in your ability to grasp. They constitute the stepping-stones upon which you move forward. Do not let your meditation to be a routine meditation. You are prone to receive impressions if only you care to orient to the

Master, with a sense of devotion and with a readiness to receive. The Master is ready to transmit the impressions just as a rain-cloud is ready to shower. The cloud may pass on without showering and showers elsewhere, when your orientations are not adequate to demand your devotion.

The Formula of the Hexagonal Formulae - 1

There are but six ancient formulae, they are symbolic and they require to be fulfilled by an aspirant to transform into an accepted disciple. They are needed to be worked out with patience and perseverance. They enable deeper expansion of consciousness, which is needed for transformation.

When an aspirant becomes an accepted disciple, he arrives at a definite and factual recognition of the Hierarchy. He gains clear knowledge of the initiated souls. His suppositions, his theories, his wish-life, and his understanding of divinity, they would all be given up thereafter. The “give up” is natural, when the clarity arrives through the inflow of intuition. He consciously achieves every step of expansion. The expansions are not initiation; they culminate into an initiation. In him “occasional becomes the constant and the intended becomes the intentional”, says Master D.K. The six formulae are:

1. To be a part of a Master's group
2. To work, to meditate for alignment of the soul and

personality, and to work during the day with such an alignment

3. To translate knowledge into wisdom through daily action

4. To hold the light consistently while at meditation and ensure its constancy

5. To manifest the will to do good

6. To resist the destructive process of death and live in liberation

These are the 6 formulae for the disciple to be an accepted disciple.

The Formula of the Hexagonal Formulae - 2

Recollecting the Indwelling Deity in all that one sees in creation, is the way to synthesis. Recollecting the Indweller in the beings and even in their behavioural patterns enables an undisturbed and unaffected state of peace. The Lord dwells in the hearts of all beings.

As one learns to see the Indweller, the patterns of expression of the beings could be seen as a variety. The presence of electricity enables different electrical apparatuses to function differently. A fan rotates, a light illumines, a microphone amplifies the sound and so on.

The functioning of an apparatus is as per its patterns. Electricity carries not the patterns. Patterns belong to equipment. Passions cannot function by themselves. They function due to the presence of electricity. Likewise the presence of the indwelling God enables function of patterns.

As one looks at patterns, he experiences difference, dispute and discord. But as one looks at the indwelling Presence, one sees patterns dispassionately,

whether such patterns are agreeable or disagreeable.
The one who practices thus is in synthesis.

The Formula of the Hexagonal Formulae - 3

Man gets circumscribed by Nature and develops his own nature, when he forgets the truth, "THAT I AM". THAT exists as I AM. When this truth is held, the patterns of Nature do not bind. On the contrary, they work as a facility. When 'I AM' is disconnected with THAT, through loss of recollection, the circumscription happens. Man gets localized and individualized.

He falls into ignorance and egoism. He gets bound by the 8-fold Nature and tends to be a victim of desire and aversion. He suffers likes and dislikes, pains and pleasures, joy and sorrow and so on. He falls into the illusion of light. One can awaken from this illusion once again through recollection of 'I AM THAT', 'THAT I AM'. 'THAT I AM' is the truth that trumpets within man. Man requires tune-in.

Such tuning-in is the key.

A Stable Mind

Contemplation upon the divine light and worshipping it within with the help of the divine virtues, such as love, compassion, equanimity, poise, peace, protection, righteousness and so on enable cleansing of Antahkarana and establishment of the divine light. Regular contemplation and inner worship enable stabilizing the mind. Such stable mind would not easily succumb to the attractions of the surrounding world.

It holds with it the weapons of discrimination and functions discretely according to the purpose. It cannot be kidnapped by the lures of the world. By this one stands free while surrounded. Such a stable mind is fit to receive the revelations relating to the divinity.

Stand free while surrounded - 1

In daily life, man encounters the world of five elements. Man also encounters beings of three qualities, namely poise, dynamism and inertia. In him also the three qualities and five elements exists. The nature in him relates to the surrounding nature and beings. The qualities and elements are at play. Man should know that he is beyond these aspects of nature as the 9th one. He should relate to the 10th one, namely the omniscient, omnipotent and omnipresent God. Staying in relation with Him, through recollection of 'THAT I AM', he should learn to experience the activity of the nature within him and around him. This is a practice by itself.

In this practice man stands with God, and observes the activity of the eight-fold nature within oneself and in the surroundings. This is how the Sons of God work on earth.

Stand free while surrounded - 2

The entire creation is under the direct control and guidance of the divine will. It is by that will the beings gather and disperse. It is but illusion to think that we the humans gather and disperse as per our will. A student of synthesis should know that we are gathered and that eventually we are also dispersed.

Names and forms have the means by which relations are built. Speeches are the means by which they are either cemented or destroyed. Indeed men are bound by names, forms and speeches. A man bound by a python cannot help another who is equally bound. Likewise beings bound by their qualities and actions cannot help the other beings. The ones in synthesis are those who are freed from their triple qualities and are discharged from their obligatory karma.

The Truth Beyond

“We meditate upon that Truth, which is beyond” - “*satyamparam dheemahi*” The aforesaid thought is the meaning and essence of the *Gayatri mantra*. It is the truth that, which is beyond all that is known, forms the basis for the creation. Meditating upon that truth leads one to synthesis. The truth beyond is the basis for the beings for time, for nature and for all that is.

Meditating upon concepts of truth should be distinguished from meditating upon the truth. For example meditating upon a circle, a triangle, a pyramid, a pentagram or a hexagram etc. is secondary to meditation upon the truth as such. The truth expresses through certain patterns. Truth as circles and triangles relate to them. Truth also expresses as sound. Working with the sounds is working with the secondary aspect of the truth, likewise working with colours and forms.

Truth expresses as numbers, as sounds, as geometrical patterns, as colours and forms. Students of truth should know them to be the means to the truth

but not the truth as such. Means are misunderstood to be the ends. Men are deceived by forms, names, colours, sounds, symbols and numbers. They engage in trying to find, which is superior to which other. Such ones drift from the truth. All expressions in creation are but the means through which the truth can be seen. When men see more the concepts, they miss the truth. When men see the truth, they comprehend the significance of the concepts and their purpose. May the student meditate upon the truth that is beyond.

“Om satyamparam dheemahi”

The Light beyond the Senses

Men meditate upon the light which is beyond the senses, the mind and the *buddhi*. They meditate upon such light within them. Many are able to meditate upon the light within, but only a few know that, very light is no other than oneself, the meditator. "The light that I meditate upon within is no different from me. I Am THAT, I AM Verily That. Verily that exists as I am."

This key to the truth shall have to be pondered over. It is this truth that is pronounced by initiates as in another way, "I and My father in the Heaven are but one." A student of synthesis needs to firm up this dimension of the Self.

The Circumscribing Principle

The creation that emerges from THAT (Truth) is circumscribed by Time. Time is a circle. Within that circle, the creation happens. The created beings are also circumscribed. Such circumscriptions exist in every being in creation. Even the Sun, whose light is beyond, is found circumscribed.

He therefore appears in a circular form. A human has his limited field of activity. So also are an animal and an ant. From ant to Adam everyone has their defined field of activity. The devas also have defined fields and feel the limitation of their functioning. The limiting principle is a circumscribing principle.

Every person feels within himself a self-imposed limitation. A person thinks that he is a 'person', that he is male or female, that he is young or old. He needs to remember that he or she is essentially THAT. THAT exists as all in the creation. By self-definition one becomes finite and while as a being he is infinite. The feeling of finiteness is the circle of illusion;

one develops within oneself in creation. It is called Vritra in the Veda. His self-imposed definition and the related limitation can be overcome by attuning to the song of the Heart, 'SO HAM', 'THAT I AM.'

Song of Gayatri

Among mantras, rishis extol Gayatri as the most high. Gayatri means that which protects those that sing Gayatri. As much Gayatri is sung, so much it protects.

What is Gayatri? It is the pulsating principle that causes respiration. The pulsation is a centripetal and centrifugal functioning with its related sound So-Ham. Life pulsation is So-Ham. One can listen to this song of 'So-Ham', as one relates to respiration. Inhalation naturally sounds 'So', exhalation likewise sounds 'Ham'. Thus the respiration regularly sings the mantra of Gayatri. Pulsation also sings, subtly, the same song of hidden sound. When they eliminate the consonants from the song So-Ham, 'OM' remains. OM is the sound that descends as So-Ham. It is the humming sound within.

It is Anahata sound. It is called Pranava. Pranava as the basis, Prana functions and holds the mind, senses and body, through So-Ham. It is OM only as it descends as the soul. It is the indweller of the soul. Contemplating upon the indweller of this soul

enables realization of the self. The indweller is required to be recollected, whose sound is OM.

Whosoever relates this song within and thereby relates to the indweller is said to be singing Gayatri. And whosoever visualizes the indweller in the surrounding beings through respiration of OM in them is as well singing Gayatri. Gayatri is to relate the indweller within and outside. It is not just mechanical chanting of a mantra.

Recollection of 'That I Am'

Man, by habit, shifts into nature and thereby loses the ability to observe. He should recollect 'That I AM' and stand in that reflection firmly. By this practice, he finds the way to release himself from nature and stand free while surrounded by nature. The practice enables stabilization of the self and the super-self and functioning through the 3-fold qualities and 5-fold elements. This practice enables to respond to life situations in an equipoised state. Such ones are not affected during times of adversity.

Adversities do approach such ones, but the related sorrow is not so very deeply felt as it is the case with others. Like others, he would not escape from adversities. He would rather meet them and clear the related personal karma.

Recollection of 'That I AM' enables experiencing 'That' in nature within and outside.

The Antidote

The aspirant that seeks liberation is surrounded by thought relating to objectivity. The five senses functioning as messengers bring forth information from the world and stimulate the mind into variety of thoughts.

In the name of yoga practice, people intend to suspend the sense-activity of the mind. A mind affected by sense activity is not strong enough to resist and suspend sense activity. In attempting to suspend the sense activity, one gets disgusted, frustrated and disappointed. Irrational anger keeps coming, on account of inability to resist the inflowing information from objectivity. Yoga practice tends to be suspended.

To antidote this situation, devotion to a divine form or colour or sound and worship of such a form enables an engagement to mind. Such an engaged mind reviews out of the encirclement of thoughts and the activity. Being divine in form within oneself is the key. The scripture of BhagavadGita recommends envisioning a beautiful deep blue human form

decorated with shining ornaments and flowers. The scripture gave Lord Krishna in such a form. Krishna means the invisible blue one.

Devotion, Melody and Music

Worship requires devotion. Devotional utterance holds melody in it. The melody magnetizes the surroundings. Not all singers have the ability to magnetize. The ones that have devotion to the science of music manifest melody. A good voice need not be melodious. Melody comes from the intent of devotion.

Devotion brings in the impact of soundless sound (OM) into the sound. The devotional singers transform not only the listeners but also the surroundings. The flute music of Lord Krishna was transforming the fauna and flora around him. It included humans, animals, trees, birds, rivers, ponds, flowers and fruits. It is indeed the music of the soul. Melody singing is no other than expression of the sacred sound OM. It is soundless and reverberating.

Science of synthesis emphasizes upon the deeper intent of sound through devotion. The devoted one is the disciple. He devotes to the One in all.

Recollection of 'That I Am'

Creation is but the word uttered-forth. For the word to be uttered-forth there has to be

1. An utterer
2. An impulse to utter
3. The utterance as such
4. The resultant product.

The creation that we see is but the word that went through the utterer, his impulse and his utterance. This is how the word is said to be fourfold. The creator is also said to be fourfold. The Vedas are said to be fourfold.

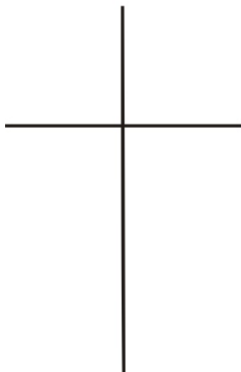
Yugas of time are said to be fourfold. The ashrams are (infancy, youth, adolescence, and the old) all said to be fourfold. The quality of human beings are said to be fourfold (priestly, protective, commercial and working classes).

The Vedic cross is fourfold and is the basic foundation of the temple of creation. The Vedic cross depicts unity and connectivity, contrary to the popular cross, where such unity and inter-connectivity are

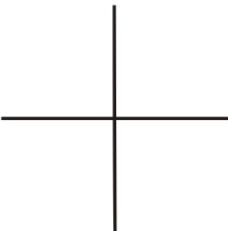
missing. When knowledge of unity and inter connectivity is lost, ignorance prevails.

An illustration of the Cross depicting the fourfold existence is as shown in the figure below.

Popular Cross



Vedic Cross



Qualities of a Teacher

A teacher is non expectant. He desires not. He has no inquisitiveness. He does not participate in discussions and arguments. He is self-contented. He is not exhibitivive. He is normal and natural at all times. His countenance emits peace all around. The beauty of the face is beyond mundane measures of beauty. The beauty of their light in their countenance pleases onlookers without exception. Men and women alike fall in love with such beauty. Blessed is the aspirant that encounters such a peace.

Body Conscious and Self Conscious

As much one is body-conscious, so much one is engaged in body maintenance. The requirements of the body are few, but if one tends to be body-conscious, he finds unlimited requirements to take care of the body. One gets engaged day and night in maintaining the body. While doing so one dies. Instead of being body-conscious, be self-conscious!

The self that one is, has neither form nor name. It gathers around itself the three qualities, the five elements, the five senses in the body, just like the wind emerging from the ether (Akasha) tends to be a whirlwind, taking to the form of dust. Wind by itself is not visible. But whirlwind is visible. The dust in the wind is only gathered due to movement of the wind. The dust has no relation whatsoever with the wind. Likewise the disciple should know that he is the nameless, formless Self. Around him form and name and quality are gathered. He himself is pure ether and the activity of the triple qualities is the wind that gathers the name and form around him.

Two Kinds of Thorns

A thorn in the foot is very painful. A traveller in the forest is prone for such a state. When a thorn pierces into the foot, many times one needs the help of another thorn to remove the thorn stuck within the foot. The first thorn causes the pain. The second thorn relieves from pain. Both are thorns.

One is the cause of pain and the other is the remedy for the pain. Humans in their journey towards eternity are prone for pain. They have the gift of mind and are therefore capable of creating problems themselves and cause pain to themselves. To help such men of mind, a teacher descends into a human form. He too has a mind, but his mind gives the clue to relieve others from their pains.

The teacher's mind works as a pain reliever, while the student's mind works as a pain builder. The humanity cries out that mind is the source of all problems. The Divinity cries out through the teacher. Let the mind be a true resolver. Each time humanity cries out in pain, of the thorn of mind, the divinity

comes down with yet another thorn to relieve the pained minds. To remove a thorn yet another thorn only is used. This is the story of every Master of Wisdom or a Son of God.

Intuition

Looking to the light within and around is a simple practice of occultism, which is generally overlooked amidst many complex concepts of occultism. Occultism is but the lifting of the veil and seeing the truth. The thong for the veil behind the form is the color. Behind the color is the light. Behind the light there is the sound.

An occultist perceives lifting veil by veil, he establishes contact with the soundless sound, with the voice of silence. He establishes contact with the light in sound. He intuitionally receives the message of the soul through the voice of the silence. He conducts the message and transacts with the light that surrounds him.

Occult students study the concepts of form, of color, of light, and of sound. But least do they apply themselves in perceiving them during the daily transactions of life. Due to this reason, the subject of occultism remains mystical. But for the ones who consecrate themselves for application of these truths in

life, better perceptions prevail. The other name for the better perception is intuition. When intuition prevails, much time is gained and one overcomes the unending logic and reasoning of the mind. Logic and reason are poor substitutes to intuition, subtle perception. Today occult groups are yet to take to practicing the occult tools in daily life. By this they are tending to be ineffective. They have the heaviness of the concepts of occultism. This is the extra-load they have in comparison to the ordinary. May not the occult student end up in this suspended animation!

Four Avenues of Kali

Four are the avenues given for Kali: One is butchery, second is prostitution, third is 'casino' (places of gambling) and fourth is alcoholic production, sale and consumption. Kali has been dynamic to cover the entire globe with these four activities. Non-vegetarianism involves killing the animal and it is almost in every habitation. Non-vegetarian food exists almost everywhere, while vegetarianism is an exception. Lord Buddha made an effort to close this avenue of Kali. It had an impact, but a little. Prostitution is an insult to the femininity. Femininity is the representation of nature. When nature is continuously insulted through wrong understanding and wrong attitude of men towards women and children, not much joy and happiness can be expected on earth. Jesus the Christ spoke of the importance of women and children. The Eastern scriptures hold high the feminine aspect of creation. But man ever insulted women and continues to do so to bring in more and more misfortune, crisis and calamity to oneself. Where

women are insulted, there, the society is bound to fall.

Man needs to realize this. Gambling is an unlawful means of tending to be wealthy. Gaining wealth is never the objective of human happiness. The law of nature is such that the ones who work shall be plentiful and joyful. Work is meant to be a work of benefitting others. Working for self-gain is a blasphemy. Almost every human is a slave of working for self-gains.

Kali sealed the fate of humanity through this blind understanding of the purpose of work. The man grows by expansion of his comprehension and of his consciousness. Alcohol of any form diminishes the light of comprehension. It brings in inertia contrary to dynamism. It causes aversion to many subtle laws of nature. It gives rise to a peculiar logic and anarchism. Alcoholism or narcotics and other herbs and roots that reduce human comprehension are semi-suicidal. A disciple shall ensure that he clears in himself these 4 corners. Without clearing them, he cannot even dream of the discipleship.

The Place of the Etheric Centers

Think of the spine and the cerebral system. Think not that the etheric centers exist in the forefront of the body. They exist in the spine, which is at the back of the body. For example, when one thinks of the SolarPlexus, he thinks of the navel, which is incorrect. He should think of the related center in the spine. Likewise, when he thinks of the Throat center, he thinks of the throat as such, but one should think of the related spinal center. Very often students think of Ajna center at the forehead, which is deeper than the forehead as such.

Think and work with the cerebrospinal system. Think not the points of body of flesh and blood. It is a sheer waste of time to contemplate on the centers and the related lotuses in the body of flesh and blood. May this not happen to the students of occult meditations!

“This is of moment” says a Master of Wisdom.

Evaluate your Associates - 1

People rejoice, when there are associates that always move around, praising and gossiping in their life. Such ones are not available at times of need. Every aspirant should try to evaluate the worthiness of the associates. If they are just gossip-mongers and personality-worshippers, they spoil the aspirants. Such associates should slowly be transformed into co-workers and helpers that cooperate in the work of service.

Aspirants should always make sure not to associate with gossip mongers, flatterers, gamblers and those who have weakness for three W's, namely wealth, wine and woman. The feeble flame of aspiration extinguishes in the presence of such ones. The people that indulge in sense-objects and in activities of amusement waste away their life. Aspiration is contrary to it.

The fire of aspiration enables continuous service. The presence of fire necessarily causes the needed flames.

Evaluate your Associates - 2

The seven keys to cast off the cloak of darkness are as under:

1. The key of charity, Dana.
2. The key of character, Sila.
3. The key of patience, Kshama.
4. The key of detachment, Vairagya.
5. The key of Enthusiasm, Veerya.
6. The key of contemplation, Dhyana.
7. The love of Light, Prema.

Without these keys, one cannot cast off the cloak of darkness.

Service

In the groups all over the globe, the word 'service' is much used. It is even overused and abused. How do we define service? Service is an act of the soul that gently and lovingly touches yet another soul. When one does service, the beneficiary instantly feels deeply thankful. The act of service is truly a transaction of the soul towards the soul in the other. The experience in the two beings is beyond mental measures. It gives inexplicable joy to the server and to the served. It engages the server in the field of the soul. The personality of the server receives the impact of the soul, resulting in subtle transformation of personality. It eventually results in a soul infused personality.

An act of service is an act of heart but not that of mind. Mind, senses and body are the implements used by the soul through service. The soul transmits either love or will or ability to the beneficiary through acts of service.

Living in the 'feeling' of service is nothing but glamour.

A Reminder

Discipleship is but striving for Truth, Self-realization.
It is not for

1. A comfortable living
2. A cooperative spouse
3. A healthy body
4. A conflict-less life and
5. Material splendour.

A true disciple is one who knows that he is striving for eternal principles of Truth that lead him to Truth and not for impermanent splendours of life that terminate with one incarnation.

The disciple should know what he/she is to target at. Let the target be towards the sky. Let the bow and the arrow be set upward but not downward. It is but necessary to remind the disciple of his target which tends to move downward, when not alert.

A Reminder

Men think that it is convenient to have one teacher, one religion and one idea. But nature does otherwise. It yielded many religions, many prophets, many teachers and many ideas. It also offers many incarnations. In such manyness, there is fullness. In that fullness, many are allowed to exist. Nature accommodates all. Narrow-minded men cannot. Their mind's horizon is limited. Instead of trying to limit a great idea to fit into a pigeon hole, it is wise to come out of the little mind and accommodate all ideas in the heart. Heart is accommodative, mind is non-accommodative.

Discipleship is a striving to be accommodative from being a non-accommodative, sophisticated, cultured, superfine, snobbish individual.

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Dr. K. Parvathi Kumar***

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