

VAISAKH NEWSLETTER



HAMSA SIVA SOHAM



Aries 2005 Mesha

Letter No. 11 / Cycle 18 - 20th March until 20th April 2005
The World Teacher Trust - Europe

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

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

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INVOCATION

May the Light in me be the light before me
May I learn to see it in all.

May the sound I utter reveal the light in me
May I listen to it while others speak.

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

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

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

Master E.K.

PRAYER FOR THE YEAR

All names together utter the name of God.

A prophecy thinks from darkness to light.

Prophecy is fulfilled.



MESSAGE OF THE MONTH OF ARIES

May the new year be auspicious.

May it help you to overcome your limitations relating to health wealth, practice of Yoga and experience of the Divine.

May the conflict and crises in you life be dissolved through utterance of OM.

May the utterance of OM cleanse you of the five elements in you represented by the fivefold body.

May the life progress and inaugurate the Light.

May your attitude to service be unfolded into multiple dimensions.

May you progress in your study of the Self and effort of meditation.

May the new year be realised as one more opportunity offered by time to move forward.

May the new year slip not into the old patterns and old thoughts.

May you realise that the new year is a reality only if new patterns and thoughts are brought into your life to move forward.

May the Master bless us all.

MESSAGE OF THE TEACHER

HE



HE has no place to stay for He is everywhere.

HE has no qualities, HE is beyond them. The qualities are born out of HIS nature and therefore cannot touch HIM.

HE has no regulations. Those who wish to reach HIM formulate their own regulations.

HE exists to those who are in continuous recollection. HE does not exist to others.

HE is called Krishna.



GÎTÂ-UPANISHAD

- LORD SRI KRISHNA -

THE KNOWERS

The knowers cannot sit idle. Those who sit idle are not knowers. Knowers ever engage in actions of goodwill.

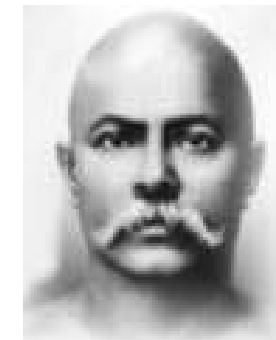
The selfish ones are strongly driven by the desire. Their desire is very powerful and hence they accomplish their selfish ends. Desire is but an inferior version of the Will. The knowers too conduct the actions with strong Will. Both are undeterred.

In-between-ones have neither strong desire nor do they have strong goodwill. They lack in concentration, in consecration, in patience and in their dedication. They have a wrong attitude of detachment in the sense that they remain inattentive and casual in their approach to work. These are the ones who shed desire without adapting to goodwill.

The knowers act with passion but without expecting recognition, reputation and compensation whatsoever. The difference of the knower from the selfish is in their attitude towards results.

MESSAGE OF MASTER CVV

THE YOGA I IMPART



The Yoga that I impart enables a twofold growth in you. You grow in the world and also grow in Yoga. It is bilateral growth but not unilateral.

For this reason whosoever joins my Yoga would have intense work. The work is never reduced. It is always on the increase. Do not try to avoid the work or make effort to reduce it.

If you consecrate to the work you will slowly realise that I am at work through you while you remain a witness. You will enjoy rest in action.

You feel tired of work because you think you are at work. When you are dedicated to work I enter into you and facilitate the work while you rejoice the happening. The work I speak of is goodwill work. Be engaged in goodwill work and grow in society learning Yoga.



LORD MAITREYA
A SECRET OF WORK

One should learn the skill to live with little need for money. Money is mans creation. In Gods creation there is only work. Money is but the result of work to enable man to fulfil his requirements. What in truth fulfils is the work. For the one who works for others, nature bestows wealth. One of the forms of wealth is money - an inferior form. The superior forms of wealth are good health, good associations, good use of time, and good orientations to work. Work only feeds you, not money. Work is planned for the beginning of the Creation. The other name for it is Yoga of fire, KARMA.

Man who believes in working for others floats in creation. Man who works for money sinks into the quagmire of money-world. He loses faith in work and in man and gains faith in money.

If you wish to follow the path of discipleship learn to work for others. Working for money and power is ignorance.



MASTER MORYA
- MARUVU MAHARSHI -
MAHARSHI AGNI

I am the heat of your body.

I am the frame of your heart.

I am the light of your pulsation.

I am the tongue of the flame that leads you to higher states of awareness.

I am the fire philosopher transforming the earth to gold.

I am the garland of flames that burn up the impurities in you.

This is the Yoga of Fire, the Agni Yoga.

I am Agni Maharshi.



MASTER KOOT HOOMI
- DEVAPI MAHARSHI -
INNER CHAMBER

When someone praises, you like him. You are even attracted to him. If someone criticises you, you dislike him. You even become repulsive to him. In life you keep meeting both the varieties. You therefore swing between attraction and repulsion. This swing causes unrest and you become a victim of ebb and flow. You become unstable and inconsistent. The life gets wasted in your crossing between love and hate.

Praise and criticism are just worldly. If you dip deep into your being you would care neither. You would only mind your work. Do not tune out the mind into the world. Learn to tune in where the pairs do not exist. Tune in and meet us and rejoice in your heart. Heart is the inner chamber of mind. There exists ever-lasting peace. In the depth of the ocean there is neither low tide nor high tide. Remember this.



MESSAGE OF MASTER E.K.
THE DEFAULTED DISCIPLE

The defaulted disciple has to wait. He gets arrested of his progress. In his waiting he can only recollect the divine without complaint and without expectation. Such recollection will one day be responded by the grace of the Lord.



VIDURA

WISDOM TEACHINGS

One should abandon
an unlawful act
however grand it may be,
just like the snake
that sheds its sheath
as it wears out.
Lest it would be deadly.



SHIRDI SAI SAYINGS

PLEASING THE MOTHER

Shall I tell you the secret of fulfilling your goals with the help of the mother?

Abstain from enjoying that which you like most until the mother is pleased to grant you your cherished goal.

This requires will. The mother condescends when you exercise such will.

CHILDREN'S SECTION

THE DOCTRINE OF ETHICS

Help not the wicked
in calamity;
Does not the scorpion
helped out of
the fire sting back?

CHILDREN'S SECTION

THE RIGHT USE OF FOOD

Improving the Quality

No food material, however rich it is, is a good substitute to love. Hence, food cooked with love in serene, divine and sacred environs is the food of first grade. If one cooks, let him/her cook with such love and purity. Blessed are those who eat such food.

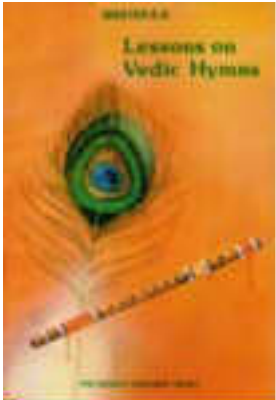
Cooking food while chanting divine hymns helps consecrating the food while being cooked. If such hymn chanting is not possible, fortunately, we have cassette recordings of such chantings. They can be played in the kitchen. Or even music cassettes that tranquil the mind can be played. In the kitchen, the cook and the cooking material are filled with the vibrations of harmonious sound, the purpose is well served. Such food contributes much to health.

Contrary to this, today, we eat food anywhere and everywhere, cooked by anyone and everyone. This is because we are ignorant of the science relating to it. We eat food cooked in restaurants, in fast-food centres or even food prepared and stored on the foot paths (road-side). The effect of such food on our bodies is significantly unhealthy. Unhealthy food contributes to unhealthy thoughts. Food cooked by sensuous people make the eaters gradually sensuous. Food cooked by emotional people breeds emotions in those who eat. Likewise food cooked by lovable people breeds love. The food that we eat remains in our body and affects our body for 7 to 14 days. You can improve the quality of your thought by improving the quality of the food and vice versa.

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

BOOK REVIEW

LESSONS ON VEDIC HYMNS



The Vedic seers know "how it is and how it is becoming". The becoming of creation upon the background of "Being" is a process of sound and light. The sound uttered forth in creation resulting in universe was well realised by the seers. If an aspirant regularly listens to and utters the Sookthas, he gets slowly transformed. The Vedic hymns have the system, the rhythm, and the metre to conduct the necessary transformation. Every spiritual aspirant is well benefitted by regular uttering of Sookthas at least 30 to 60 minutes a day. Hence the present booklet is an offering to the aspirants by the W.T.T. brotherhood.

Ekkirala Krishnamacharya: Lessons on Vedic Hymns

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

TIME



However important man may think of himself, his life moves him in time and according to time. The wise ones observe the moving life and adjust their plans and projections accordingly, tuning up to time.

In this booklet you will find a dimension of Time and a practical way of alignment with it. You will also find the fivefold key of time, the importance, characteristics and qualities of constellations, the relationship between the moon and the 27 constellations, the 12 houses, the effect of the planets on us, and how to liberate yourself through meditation.

K. Parvathi Kumar: Time

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

NEWS - REVIEW TOURS OF THE TEACHER

Extracts from the WTT-Europe Annual Report 03/04

37th Intercontinental Tour, 6 -29 September 2003

Tour of Argentina

4. Uspallata (Mendoza) Group Living

18-23 September

The Master along with some members of the WTT Argentina and Europe visited in a guided tour the city of Mendoza to see its colonial past and its present splendour. In a hotel in Uspallata on a widely open valley in the sacred mountain range of Los Andes, a gathering of 150 members took place. "An Approach to Ritualism" was the sublime theme spoken by the Master for the four-day seminar. In this event people from Argentina, Puerto Rico, Santo Domingo, Venezuela, Mexico, Aruba, Miami, as well as from Switzerland, Belgium and Spain participated. Two fire rituals helped to tune the group with the sacred energy available in the region.

The Master advised the group to be in contemplative mood by looking at the beauty of the colours and shapes of the surrounding mountains, a good example of which could be seen at El Cerro de los Siete Colores or Hill of the Seven Colours. To feel the energy of the valley and the majestic peak of the Aconcagua (6959 m.) the group left the seminar place and reached the feet of the Aconcagua to celebrate the Autumn Equinox (Spring in Uspallata) near this "Guardian of the Andes" as this mighty peak is known. At the feet of the peak there was a place called Paso del Inca, with thermal-sulphuric waters, which gave a touch of golden yellow colour to the place. The energy coming from the Pacific is received by this mighty peak of Aconcagua and transmitted to the nearby peak of Penitentes situated in the middle of the valley, from where the whole region receives it. The group was welcomed by the flight of a Condor while entering the sacred valley.

GROUP FORUM NEWS & ACTIVITIES (Inputs welcome)

Group reports: Spain

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

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

Activities of The WTT-Spain in Barcelona City

1. *Vaisakh Newsletter in Spanish.*

The Newsletter that begun 16 years ago in Geneva on May 1987 is constantly being edited, printed & distributed by the WTT Spain.

2. *Six Group Livings:*

- during the 2 equinoxes
- during the 2 solstices
- 2 group livings in the Monastery of Montserrat Holy Mount.

3. *Co-operation with Editorial Dhanishtha*, the Spanish association & publishing house since 1991, dedicated to publishing the books of Master E.K. & Master K.P.K.

- book-keeping & administrative tasks
- selling of books in bookshops & in the Theosophical Society -Barcelona
- legal operations in relation to the Income Tax Office & Ministry of Commerce

4. *Mailing List per Internet.*

We are at the moment 63 members maintaining a mailing list per Internet for the flow of information.

5. *Group Travels Coordination.*

Organization of all WTT group travels abroad, to participate in the seminars of Sri K.Parvathi Kumar Garu, mainly in Switzerland & India.

6. *Group Living with the Master.*

At the hotel Peñíscola Plaza Suites, in Peñíscola (Castellón), organized for over 200 members from the 5th to the 9th June 2003. The seminar has been given the title of "The Fulcrum of Libra".

7. *WTT-Spain Fund for Social Help.*

Financial help through the WTT-Spain Fund for Social Help to various members of the group in need, for a total of € 2.430.

EXTRACTS FROM THE TEACHINGS THE HIGHER ASPECT OF LIBRA, Part VII

Dr. Sri K. Parvathi Kumar

Peñíscola Group Living, Spain, June 2003

People exploit the weak, and the exploiting people take shelter under the law. The exploited has no shelter under the law. Is not the law that we face today also like that? That is why the human awareness has to emerge to such level to see the positive human values than to see the negative superficial social values. Today it is negative, superficial and suits the rich society and that of the powerful. It cannot continue to be so, if this humanity has to rise.

So, Uranus is at work on the tradition, on the passion of sex, and on the law, and also on education.

I shall read out a very good paragraph from the Master as to how the future plan for education is:

"We should carry this awareness and try to expose our children to the new age thought of education.

"The right influence of Libra should be imposed in the childhood along spiritual lines."

I told you the child forms Libra from 7th year onwards, and hence the child should be given discipline on spiritual lines, so that the child would not fall into passion as it forms Libra. That is why before 7th year the child shall have to be initiated into spiritual activity. That is what is conducted in the ancient way of life as *Upanayam*. *Upanayam* means: walking towards the wisdom. Eventually it will result in the opening of the third eye.

The ancient wisdom believes in initiating the child into the path of light by transmitting the light of *Gayatri* which is the light of the universe and enabling the sound to cause right transformation of Libra. This *vedic* ritual which is ancient most enables the child to discipline himself from 7th to 21st year. This is the time when Libra is formed, grown and crystallised. This is the time when the child should not be allowed to fall into comfort. Since this discipline cannot be given by the parents, out of their emotional love for the child, the seven year old child is entrusted to a teacher. The teacher lives away from the city in nature which is full of harmony, and he gives the child a rhythm of life, that is the rhythm of the 7th ray.

The teacher wakes up all the students from 4.30 to 5.00 in the morning and ensures that they take bath. Bath includes brushing the teeth, cleaning

the mouth, and specially cleaning the tongue. By cleaning the tongue, you have cleaned your intestines. Then the children are given two glasses of water, so that the defecation is made easier. Thereafter *Yoga Asanas* are conducted. If *Yoga Asanas* are conducted before the dawn, you receive abundant vital energy from the east. This vital energy is called *Ojas*. Through *Yoga Asanas* the spinal column, which is the very chassis of your body, is kept very elastic and subtle and does not become a rigid stick like a calcium bone. If it is rigid like a calcium bone, it generates a lot of diseases. All the six centres are made active through *Yoga Asanas*. The digestive system is made active, the defecation becomes very regular, the periods of the girls will be very regular, and the body can stand any and every weather. It can resist the environmental diseases and the seasonal diseases.

After *Yoga Asanas* the children again take bath with some herbal soap. By the dawn they are made to orient to the east and take to the right positioning of seating. The child must be made to sit in the lotus posture. All joints should remain subtle, so that there is a good transmission of energies throughout the body. That is why squatting and chanting *Gayatri* is done at the dawn hours. It is followed by chanting for one hour, because chanting the sacred hymns, the *mantras*, worship and prayers strengthen the throat centre, and consequently strengthen its polar opposite, the sacral centre.

All this is done by half past seven. Then the children can relax until 8 o'clock to take breakfast. At 9 o'clock they come to the class for education. Education includes the education relating to objectivity which is also taught today and education relating to the very constitution of man. The science of man is also taught. As the children should not become slaves of taste, they are not given delicious food. They receive nourishing food with or without taste, because the indulgence is through our sense activity. The education is complete by aligning with the mid-noon, where there is a utterance of OM. So, the education was holistic.

After 1 o'clock they are given lunch, and they are allowed to relax. During relaxation they are expected to be silent. Thereafter they are suggested to study till 4 o'clock. From 4 till the sunset hours they are taught various games including martial arts. Before the sunset again there is shower, and around sunset the prayer is again carried out. Thereafter they are given dinner and are exposed to the arts, like painting, drawing, music and dance. In the night they sleep on a hard floor with a blanket only.

This discipline goes on from 7th to 21st year. In these 14 years the teacher gives education to the children according to their soul quality. Some are given the ability to work with hands and with the body, because they show those tendencies from the beginning. Some are very good with mechanics, some are very good with thinking, some are very good in martial arts. They are given all the laws relating to protection. Some are known for their ability to exchange

values and communication. The teacher observes them and accordingly gives advanced education during the later years relating to their nature. So, the activity that they will take up in life is in tune with their nature. It is not contrary to their nature, and hence they do not have conflict while working with it. That is how a training of 14 years is intended to be, so that each young boy or girl carries with him/her the spiritual values. No activity of boy friends and girl friends, no night clubs, no discos, no dancing, no alcohol, no impure food, no impure speeches, and no undisciplined way of living!

This is how the programme is given for the child and the youth, so that by 28th year the man or lady are settled for social usefulness. They serve the society, build a family and grow children. By the age of 49 till 56 they start finding through their work the right people to whom they can hand over their values, and by 56 or 63 they slowly hand over their values to people who are willing to receive them. Sometimes, their children receive them, but if the children do not have the right attitude towards such values and are pursuing other values, they will hand over to those who are willing to receive. From the age of 63 there will be more and more contemplation. However, throughout the life there should be regular study, meditation and also service.

This triangle should never be abandoned, even after leaving school.

to be continued



Blessing of children after the Upanayanam ceremony at the Guru Pooja, January 2005



PARACELSUS HEALTH AND HEALING

DISEASE AND CURE

Healers, natural practitioners, and physicians may ponder over the following with open-mindedness:

- Disease is purifying in effect. The health system within the human constitution naturally throws out the discomfort, which is seen as sickness. Symptoms of sickness are only messages of the effort of the inner auto-healing mechanism. The cure shall have to be assistance to this auto-healing system.
- Cure and healing are peculiar to humanity. Humanity contacts more diseases than the plant and the animal. This is because sickness has its origin in mind, which is the speciality of man. Therefore the cure has to be more psychological than physical. This needs greater attention from health helpers.
- Disease is a process of liberation from the static state of energy. This statement needs to be thought over. Disease makes energy dynamic. A disturbance to the static state would bring in a new balance when the disturbance is met with. Many times, after cure, the patient looks more tender and radiant. The seers see disease as a means of liberation.
- Disease is the state of disharmony and absence of alignment. Such disharmony exists all over. But man has to find harmony in conflict. This is gained through right understanding, right attitude and right action.
- Man's approach to disease should be positive. He should cause right understanding of disease and even of death. Ignorant fight with disease is not wisdom. Fighting with disease can energize the disease.
- Disease should be cured more from the psychological and emotional angles than from the symptomatic angles.
- Cure has to be attempted more from the inner side of man than from the outer side. From within outwards, from more important limbs to less important limbs, from above downwards, are some of the deeper cures,

than the other way round. From this angle, curing skin diseases requires keen attention.

Dr. K. Parvathi Kumar

Extract from:

Paracelsus - Health and Healing

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

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

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

Contact: Paracelsus-Center Ruopigenplatz 2 CH-6015 Reussbühl Tel. & Fax: +41 - (0)41 250 82 84 info@paracelsus-center.ch www.paracelsus-center.ch

Astrological Important Days in March/April 2005

20.03.	13:33	☉ ⇒ ♈ / Sun enters Aries	
☉		Spring Equinox: Contemplation upon Shambala, Sanat Kumāra and the 6 Dhyāni Buddhās	
		☉ in ♈ – 1 st – 14 th phase of ascending moon:	
		Contemplation upon Master Morya and 15 days yogic programme for the senses to lay down a good seed for the coming year	
	14:21	11 th phase of ascending moon starts	☉ 00°02'♈ / ☽ 00°02' ♏
		Contemplation upon Master Morya (End 16:40 on 21.03.)	
24.03.	21:22	Phase of full moon starts	☉ 04°17'♈ / ☽ 22°17' ♏
♈		Contemplation upon Shambala, Sanat Kumāra, the 6 Dhyāni Buddhās, Rāma and Master Morya at the Head Centre	
25.03.	21:58	☉ Full moon of Aries	☉ 05°18'♈ / ☽ 05°18' ♏
♀		(Shambala-full moon)	
27.03.		Summerime starts (02:00 o'clock MEZ ⇒ 03:00 o'clock MESZ)	
☉			
01.04.	15:54	☾ 8 th phase of descending moon starts	☉ 11°56'♈ / ☽ 05°56' ♏
♀		(End 13:44 on 02.04.)	
04.04.	08:59	11 th phase of descending moon starts	☉ 14°36'♈ / ☽ 14°36' ♏
♏		Contemplation upon Master Morya (End 06:33 on 05.04.)	
	13:26	23 rd constellation Dhanishtha starts	☽ 17°16' ♏
	21:00	Dhanishtha-Meditation (Dhanishtha-constellation ends at 11:45 on 05.04.)	
08.04.	00:04	Phase of new moon starts	☉ 18°11'♈ / ☽ 06°11' ♏
♀		New moon point of Aries: Contemplation upon 'The Pledge'	
	22:32	● New moon of Aries	☉ 19°06'♈ / ☽ 19°06' ♏
16.04.	17:45	☉ 8 th phase of ascending moon starts	☉ 26°10'♈ / ☽ 20°10' ♏
♏			
17.04.	05:50	9 th phase of ascending moon starts	☉ 27°14'♈ / ☽ 03°14' ♏
☉		Day of descent of the solar King Rāma (End 08:10 on 18.04.)	
19.04.	10:12	11 th phase of ascending moon starts	☉ 29°22'♈ / ☽ 29°22' ♏
♈		Contemplation upon Master Morya (End 11:48 on 20.04.)	
20.04.	01:37	☉ ⇒ ♉ / Sun enters Taurus	
♀			
23.04.	12:56	Phase of full moon starts	☉ 03°23'♉ / ☽ 21°23' ♏
♏		Birthday of Vedavyāsa, Contemplation upon the Hierarchy with the World Teacher presiding over the groups of disciples	
24.04.	12:06	☉ Full moon of Aries (Vaisikh-Festival)	☉ 04°20'♈ / ☽ 04°20' ♏
☉			

All times until 27.03. are in MET (middle european time) thereafter in MEST (middle european summertime).
From: «Astrological Calendar 2005/06»

Publisher: The World Teacher Trust, Paracelsus-Center, CH-6015 Rueschlikon/Luzern

Website of The World Teacher Trust

The WTT-website with the new address www.worldteachertrust.org has been launched on Thursday 10th February 2005, on the 3rd ascending moon phase of Aquarius. Dr. K. Parvathi Kumar gave the motto of the website for the coming time: "7 Times 7 the Wheel Rotates". This relates to the perfect man and to the WTT who works for this purpose.

The website is in 4 languages, English, French, German and Spanish. It also contains an online version of the Vaisakh Newsletter in all 4 languages.

For requests coming in via the website the e-mail address info@worldteachertrust.org has been opened, and it is operated regularly.

Sri Ram Mantra Booklets

SRI RAM is an age-old mantra related to fire. The sound is uttered and written repeatedly to burn up the impurities, it has the power to purify, protect and direct. Booklets with a short explanation and space for writing the mantra are distributed at the address indicated below. There the booklets for the West are collected, when completed, for an appropriate installation in chosen places to emanate protection to the surrounding:

H. Ross, Bahnhofstrasse 46, D-48607 Ochtrup, Germany, rossheike24@yahoo.de

Aries Full Moon on 25th Mar. 05, 9.58 PM MET (Placidus for 7°13' E and 51°08' N)



GREAT INVOCATION

Let us form the Circle of Good Will.

OMNIA VINCIT AMOS

From the South through Love
which is pure.

From the West through Wisdom
which is true.

From the East through Will
which is noble.

From the North through Silence
which is golden.

May the Light make beautiful
our lives.

O Hierophant of our Rite
Let his love shine.

OMNIA VINCIT AMOS

Let us form the Circle of the World Servers

We bow down in homage
and adoration

To the Glorious and Mighty Hierarchy,
The Inner Government of The World,
and to its Exquisite Jewel,
The Star of the Sea -
The World Mother.

From the point of Light
within the Mind of God
let Light stream forth
into the minds of men.
Let light descend on Earth.

From the point of Love
within the Heart of God
let love stream forth
into the hearts of men.
May Christ return to Earth.

From the centre where the
Will of God is known
let purpose guide the little wills of men,
the purpose, which the Masters
know and serve.

From the centre which we call

The race of men

Let the Plan of Love and Light
work out

And may it seal the door
where evil dwells.

From the Avatar of Synthesis
Who is to come

let His energy pour down
in all kingdoms.

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

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

I seek to love, not hate.

I seek to serve and not exact
due service.

I seek to heal, not hurt.

Let pain bring due reward
of light and love.

Let the soul control the outer form
and life and all events,
and bring to light the love
which underlies the happenings
of the time.

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

Let inner union demonstrate
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K.



As you learn to work with OM
you learn the movement of Prana in you.

You also know the Path of Prana
of the surroundings into you
and the Path of Prana out of your body.

Linking with the Prana
you know to depart from the body
and enter again into the body.

OM is the key to immortality.

Utter therefore OM
and continue to exist consciously.

K. Parvathi Kumar