

Vaisakh News Letter



HAMSA SIVA SOHAM



Aries 2025 Mesha

Letter No. 12 / Cycle 38 — 20th March until 19th April 2025

The World Teacher Trust - Global



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 EK



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Dr Sri K. Parvathi Kumar was President of the 'World Teacher Trust' and Founder of the 'Vaisakh Newsletter'. The teachings given in the name of the Masters are seed thoughts expressed by them. They are elaborated and described for easier comprehension of an average group member.

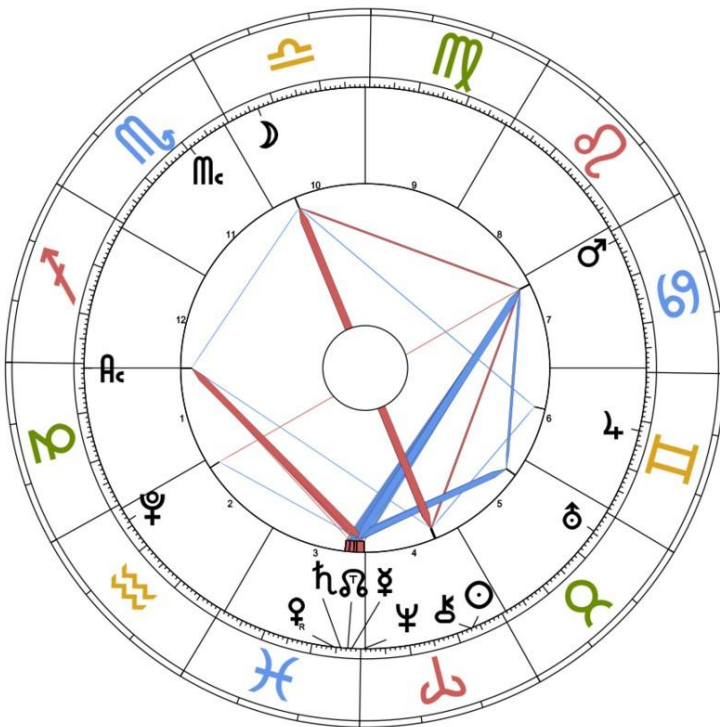
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Prayer of the Year 2025-2026

To whose temple the Arch is starlit,
 In whose temple the Sun is the image of God, To whose temple the Moon
 goes every month And brings the message out every full moon,
 And whose message the Moon sings as a word of sixteen letters,
 His religion I belong to;
 His temple I visit; His name I utter; His glory I live in.
 To Him I offer the lotus of my day, To Him I offer the lotus of my night.

Occult Meditation 20



Full Moon of Aries, 13 April 2025, 2:23 am CEST (UTC + 2)

Message of the Year 2025-2026

Hearty fraternal wishes and new year greetings to the brothers and sisters. We are entering into the new solar year 2025-26 and my best wishes to all the aspirants on the path. A new solar year brings in new energies through its 12 dimensions. These energies can be experienced when we are oriented to them. If the aspirant is busy in his rigmarole of daily life, he fails to orient and therefore misses the splendour. There is nothing new in a new solar year to us unless we orient to it and attune.

When we orient to it, there is the possibility of attuning ourselves to the Plan and its manifestation. This year Neptune enters Aries. It is entering Aries on 30th March 2025. Neptune is beginning yet again a new cycle of about 165 years by entering Aries.

Neptune, which is at home in Pisces, a mutable watery house at 12, now enters the cardinal fire of Aries in the 1st house which is ruled by Mars. This movement will cause many adjustments at the world level and at the individual level as well. Many authoritative, centralised systems will give way to harmony of decentralisation. Decentralisation can be chaotic as well. Efforts should be made to ensure harmony. In the previous cycle when Neptune entered Aries, the world witnessed the American Civil War. Equality was upheld over dark years of slavery and many other changes were brought about.

Even at individual level, an aspirant would do well to understand the change that is in the air and attune to it. He needs to work with it, such that the old patterns that are hindering the progress of the aspirant are loosened just as a serpent loosens and sheds its old skin. This will make way to the new patterns which will bring in all round development.

Further, we will also witness Saturn-Neptune conjunction at zero degrees in Aries in Feb, 2026. This conjunction and its effects would last about 3 years. The positive aspect could be expression of spirituality and mysticism of Neptune through the systems and structures of Saturn. For an aspirant, the influence of Neptune can cause a blur to the boundaries and limitations of Saturn. The more an aspirant dwells upon these changes that are happening, the more he will grasp and attune.

In the Vedic Tradition the year 2025-26 is called Viswaavasu. The ruler for the year is Sun. The year will witness wars and conflicts, rise in prices and particularly so with cereals. The aspirant will do well to orient to the Sun and

offer prayers.

At individual level Sun is the consciousness. The more we invoke the Light from beyond that Sun radiates to us, the more our consciousness expands and we will be able to stabilise ourselves in the planes of higher mind: the vantage point from which we will be able to witness the changes that time is bringing in. That is the immediate best place to be able to attune to and act according to the Plan of Love & Light. More particularly so, since Neptune-Saturn conjunction can cause a blur to the reality and cause confusion.

My best wishes to all the brothers and sisters on the occasion of dawn of a new solar year 2025-26.

K. C. S. Guru Prasad

Full Moon and New Moon Formula Year Vishwaavasu, Aries 2025 - Pisces 2026

Step 1 OM (7 times, 5 minutes silence)

Step 2 Gurur Brahma, Gurur Vishnuhu, Gurur Devo Maheshwaraha,
Gurur Sakshat Parambrahma Tasmai Sri Gurave Namaha

Namaskarams Master
Namaskarams Master KPK
Namaskarams Master EK
Namaskarams Master MN
Namaskarams Master CVV
Namaskarams Master CVV
Namaskarams Master CVV to your lotus-feet.
(15 minutes silence)

Step 3 *Utter the below prayer for three times and meditate:*

To whose temple the Arch is starlit,
In whose temple the Sun is the image of God,
To whose temple the Moon goes every month
And brings the message out every full moon,
And whose message the Moon sings as a word of sixteen letters,
His religion I belong to; His temple I visit;
His name I utter; His glory I live in.
To Him I offer the lotus of my day, To Him I offer the lotus of my night.

Occult Meditation 20

Step 4 OM Satyam Param Dhimahi (24 times)

Step 5 Loka Samastha Sukhino Bhavantu (3 times)
OM Shanti Shanti Shantihi

Step 6 (optional)
Ekkirala Kulam Bodhi
Vidumananda Rupinam
Anantharya Tano Jatam
Krisnam Vande Jagadgurum
Sri Krishnamacharya Ananta Putram
Satsa Dhu Mitram Karuna Rdranetram
Gurum Gurunam Piteram Pitrunam
Ananyasesha Seranan Prapadye

Full Moon and New Moon Meditation (PDF):

https://worldteachertrust.org/_media/media/en/fullmoonformula2025.pdf

Mantram: https://worldteachertrust.org/_media/media/audio/om_satyam_param_dhimahi.mp3

Ekkirala Kulam Bodhi...:

http://worldteachertrust.org/_media/media/audio/ekkirala_kulambodhi.mp3

Message of the month of Aries ூ

Gate of Aries - Making All Things New and the Spring Triangle

The gate of Aries, sign of “all things made new”, opens wide at Spring Equinox. The spiritual powers of the universe, the primal fiery green force within all life on Earth, rises up and resurrects from the meadows and fields of the earth. This fiery life force is the mystery hidden within the festival of Easter, the Christian resurrection festival. Ancient people believed that at the beginning of creation (time), when the elements first came into being forming the substance (matter, mater, mother) of our cosmos, the Sun was in the fiery sign of Aries.

As the Sun approaches equinox, spring in the northern latitudes, unfolds a creative essence within all of life, within humanity and all Earth’s kingdoms. It is a new life force ascending.

‘Initiate’ is a keyword of Aries. Spring offers a task to humanity. Spring is the time to initiate new things that will bring forth new actions in the world. The spiritual seekers activate plans that will build and create the

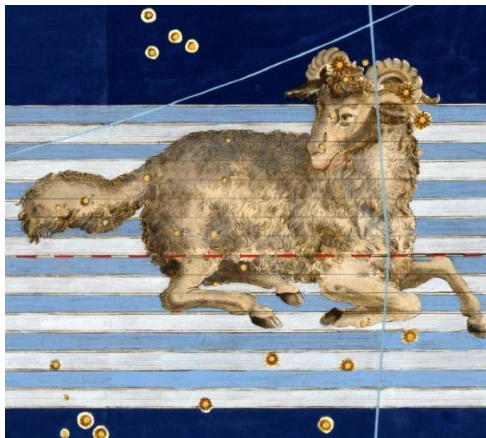
new culture and civilization, the new era of Aquarius.

The three signs of spring, Aries, Taurus and Gemini, are three festivals of Light - Easter/Resurrection, the Aries festival, Wesak, the Buddha festival in Taurus, and the festival of humanity, the Gemini festival. These three signs are also a triangle of force that prepares humanity for the following nine zodiacal signs - from Cancer to Pisces.

Aries initiates new ideas, Taurus stabilizes the new thinking of Aries and Gemini takes the initiating and stabilized ideas of Aries and Taurus and disperses them to humanity. As spring unfolds, we have therefore three elements - initiating Aries (ideas) Fire, stabilizing Taurus (preparing) Earth and dispersing (communicating) Gemini Air. This is the “initiating triangle of force” that forms the template for the rest of the solar year. This triangle is also representative of Rays 1, 2, 3, the three aspects of God - Will, Love/Wisdom and Divine Intelligence.

Following spring, summer arrives and we have the mother calming and soothing, nurturing and tending - Cancer, with the water element, begins our next season that begins the summer season. The rays, signs, stars and planets form the Temple of Light directing humanity towards the Temple of Knowledge.

Composed by Risa D'Angeles



Johann Bayer (1572-1620): Aries



Message of the Teacher

Read the life stories of Grand Masters 4

In many stories, if you observe the life of an initiate, they have many problems all around but they never got troubled by them. Troubles are always where there is life. Please note it. As far as they don't trouble you, it is ok. "Let it be" is a mantra. For a while, just turn inside. If you go inside, you are reinforced by the light and by the teacher. Otherwise, you will only be at fight and it is a losing fight because you have no solutions to flight.

The elephant, however strong it might be, it is weak in the waters. The world is the waters. The elephant got stuck in the waters for 1000 years. When you enter into the world and do not know how to relate to it, you are caught and the problem is way beyond your strength. It is not enough to overcome your problem. The strength is within. That is why the elephant turned to prayers. You have to turn to prayer. At the point of crisis, the outer ability cannot help you but the ability within you which you do not invoke. It reinforces you when you invoke. It is our ignorance to think that the mind can solve the problems because the mind is itself in problems. There is a slogan, "No bird flies high with its own wings." It is sheer ignorance that mind thinks that it can solve its own problems. The mind is already in the problem. It should keep itself above the problems to solve the problems. For that prayers are required.

Compiled by Ludger Philips

Utterances of Lord Krishna



When you find Me in all the beings, you will worship Me as one in all the beings. All are synthesized in Me, and this is the Cosmic Synthesis. Then whatever you do, you do it as a Yogi. Do everything in this world, still you stand as a Yogi in Me.

Then only you can compare others with yourself. Such a comparison keeps you in equality and keeps all in equilibrium in you. Happiness and sorrow are experiences in equilibrium and this is Yoga. (6, 31 - 32)



Krishna statue inaugurated by Master Kumar in Visakhapatnam, India

PRACTICAL WISDOM

The yogi remembers
that everything that happens through him
is happening because of the Divine.



Lord Maitreya
Maitreya Community

Striving

Striving is the boat of the Arhat.
Striving is the manifested unicorn.
Striving is the key to all caves.
Striving is the wing of the eagle.
Striving is the ray of the sun.
Striving is the armor of the heart.
Striving is the lotus blossom.
Striving is the book of the future.
Striving is the world manifest.
Striving is the multitude of stars.

Composed by Srikanth Kaligotla



Arkhip Kuindzhi (1841 - 1910): Elbrus in the daytime

Master Morya
Maruvu Maharshi

A Yogi is neither old nor young



A sorcerer veils in unusualness the most commonplace action. But the yogi brings even the most unusual manifestation within the boundaries of the ordinary, for he knows the goal-fitness of nature.

A yogi is neither old nor young. Not old, because he knows the path of steady ascent. Not young, because he knows the cumulation of previous experiences. A yogi can pass unnoticed through life. A yogi smiles at foolish words and smites ignorance.

"I am the fearsome smiter of the defamation of Truth. I take upon myself the responsibility for the purification of the old world. Unyielding will I be in opposing the onslaught of pettiness. I will assume the courage to oppose the fury of evil!" Thus affirms the yogi. And in the power of this affirmation he tempers his sword of Truth.

Deem it happiness to embark on the path of the Yoga! The past offers its best fruits to him who begins the Yoga, and the future will disclose to him the vast field of action.
(*Agni Yoga*, 1929)

Compiled by Sabine Anliker



Nicholas Roerich: Smiting of the Sword, 1941



Master Koot Hoomi
Devâpi Maharshi

Shambala 83: Manifesting the consciousness

Recollect Shambala, bow down to the Lord Sanat Kumara, and tread the path of Lord Maitreya, the World Teacher.

The twelve signs of the zodiac chiefly function to bring forth the presence of twelve-fold energy of Vasudeva to the planet and planetary beings. The energy of twelve signs is presented by him through the solar system for the uplift of the planet. To accomplish such manifestation on the planet, Lord Sanat Kumara conducts the plan from Shambala as the center. Lord Sanat Kumara, together with the Sun and Vasudeva form a triangle to work out the divine presence for the planet. Manifestation of such states of consciousness happens, through the variety of the twelve signs of the zodiac.

The cardinal signs of Aries, Cancer, Libra and Capricorn are said to be the cross (four arms) relating to Vasudeva. Aries bestows the will for the manifestation of the beings on the planet. Cancer is the gateway for the incoming souls to descend into the layers of body and mind. It thus facilitates involution and manifestation of the beings. While the 'Will' relates to Aries, the beings are embodied in Cancer. The Will embodied thus receives the experiences. To manifest into a physical form is but one dimension. While in the process of experiencing, through ignorance the beings get into a state of self-binding. This is a secondary effect. To liberate from a state of binding, they strive through devotion, knowledge and detachment. This working out for liberation is the third dimension. Having accomplished that which is willed, to transcend the cycles of birth and death and ascend is the final state. These four states are represented by Cancer, Libra, Capricorn and Aries in order. They form the fourfold cross of Vasudeva to be worked out through the year cycle. The inhabitants of Shambala conduct the manifestation of the cardinal cross energies upon the planet. Lord Sanat Kumara is verily the embodiment of Vishnu upon the planet.

Such comprehension enables the uplift of the seekers!

Originally conceived in Telugu by K. P. Kumar; translated into English by Tapovana group.

Message of Master E.K.

Test your progress in yoga



Just as when your spectacles are coloured, you will find everyone through that colour, similarly, when your mind is pleasant with you, you will find everyone around you pleasant. This is the right type of test to test your progress in yoga. And this is the starting point of healing. If you are pleasant in your mind all the twenty-four hours, if you are not irritable and wild with anyone, if you are not nervous with anyone and if you do not experience fear, suspicion, jealousy - then your mind is healed. And that mind heals your body.

So, in your daily practice of yoga, when your body begins to take this change, you will be able to observe it in the form of a beautiful colour also. Mentally you will begin to feel that there is something blue around you or something golden yellow around you. Some harmonious colour will be felt mentally by you when you are doing your work and duty regularly. You will be able to read books continually or do your office work continuously and you do not feel bored. The monotony will not be found by you. Every work is found fresh by you and you will feel every moment fresh in life. This is the result of meditation.

Compiled by Ludger Philips



Master CVV-Yoga

Aphorisms to Disciples 83

- 243- If you are regular and consistent in my prayers, you will quickly reach this thoughtless, fully aware state. Once you are stabilised in this state, you start being in this state even when you are not in prayers. You will enter the Be-ness and will remain there. You will descend into Buddhi and Manas on need basis.
- 244 When you reach that state of Be-ness, time is no more a limitation to you. It will only remain as a measure for your convenience but not a limitation. Be-ness is being in union with yourself. Your consciousness is in union with your soul.
- 245 In Be-ness time expands. In one hour of Be-ness you will experience one week's or even one month's experience or even more.

Composed by Guru Prasad Kambhampati



Mount Shasta

Vidura

Teachings of Wisdom



Intelligence lies in utilization.
There is no waste thing in creation
to the intelligent one.
He knows how to utilize,
and this brings forth
gold from the earth,
work from the lazy,
and service from the selfish.

PRACTICAL WISDOM

The Divine is all permeating
and even stands beyond the creation.
That awareness we should have about God.



Saraswathi

Saraswathi Suktam 10 - 37

The bliss of worship 3

The 7 states of the Word are considered as the 7 sisters, the 7 musical tones. When the 7 sisters are pleased, the 7 tissues of the body are also effectively restructured, this means the transmutation of the body. All yogic and spiritual practices are directed for transmutation of the body, which in turn help the soul's comfortable stay in the body. Musical utterance accomplishes this transmutation and is therefore considered a lovely and lively path of liberation. The hymn thus says in the first part of this suktam: "May the Word be our means of lovely and lively utterance of life in all the 7 planes".

Parallel to the Hierarchy of Yoga there exists a Musical Hierarchy. By fusing with the Word through music, expression becomes metrical and poetical, transmitting profound light of wisdom through simple words. Thus, the scriptures of the ancients were always in the poetic form. The Veda, the Upanishads, the Mahabharata, the Bhagavatam, the Bhagavad Gita and the Ramayana were all conceived by the Seers, in poetry, with the specific meter. These scriptures unfold enormous wisdom and the related Light.

Hanuman

Antiquity of Hanuman and Waves of Life 4



Hanuman belongs to the Lemurian age which lived much before the Atlanteans. Though he lived during the time of Rama, his existence is from times much earlier. During the Lemurian time, all humans were Kama-Rupas. All those mentioned as monkeys in the Ramayana, especially the major ones, whom we call Mahaviras were Kama-Rupi. Kama-Rupi means, they could take to any form, through Yoga. They were 'Vanaras', meaning 'Vishistha Naras', the special ones among the 'Naras' (the indestructible ones). That is what the man of this age wishes to achieve: to have a form of light and be able to take to any shape or form as required.

Lemurians existed on a vast expanse of land. What we call the Indian ocean today, was also a big piece of land at that time. Pacific and Indian ocean together were part of Lemurian land. The western part of USA like California, Mexico etc. were a part of Lemuria. California is therefore, one of the ancient most lands like India. Even today, the land of India vibrates with Lemurian energies.



Hanuman painting in Tibet



On Secret Doctrine

Space - 18: Brahma

Garuda 4

In the Ramayana, Garuda is called “the maternal uncle of Sagara’s 60,000 sons”; and Ansumât, Sagara’s grandson, “the nephew of the 60,000 uncles” reduced to ashes by the look of Kapila, “the Purushottama” (or infinite Spirit), who caused Sagara’s horse for the Aswamedha sacrifice to disappear. Again, Garuda’s son — Garuda being himself the Maha-Kalpa or great cycle — Jâtayu, the king of the feathered tribe, when on the point of being slain by Ravana who carries off Sita — says, speaking of himself :

“It is 60,000 years O King, that I am born,” after which turning his back on the Sun — he dies. Jâtayu is, of course, the cycle of 60,000 years within the great cycle of Garuda; hence he is represented as his son, or nephew, ad libitum, since the whole meaning rests in his being placed on the line of Garuda’s descendants. Then, again, there is Diti — the mother of the Maruts — whose descendants and progeny belonged to the posterity of Hiranyâksha, “whose number was 77 crores (or 770 millions) of men.” (See Padma Purâna.) All such narratives are pronounced meaningless fictions and absurdities. But — Truth is the daughter of Time, verily; and time will show.

* * * * *

1. The Secret Doctrine, precisely brings out the representations of the time cycles in terms of the symbol and allegory.
2. The symbol of Garuda holding the key to mysteries of both the cyclic nature of time, and the periodicities is presented here.
3. The ratio of 60,000 referenced symbolically as the lesser cycle within the greater cycle, Garuda.
4. The puranic relation between Jatayu and Garuda is presented through the ratio of 60,000. Garuda is seen as the great cycle and Jatayu as the lesser and therefore the son or the nephew.

5. In the story of Kasyapa and Garuda and again Garuda and his descendants, lie concealed, the secrets relating to the greater and lesser cycles of time.
6. The 60,000 sons, brutal, vicious, and impious, are the personification of the human passions that a “mere glance of the sage” – the self who represents the highest state of purity that can be reached on earth – reduces to ashes.
7. Thus, 60,000 is seen as a cycle of significance, towards the highest state of purity that can be reached on earth. It is allegorically presented through the symbol of Jatayu.

Compiled by Rama Prasad Joshi



Kapila burns the Sagara Kumaras



Saturn

Sam - The Key to Saturn

Sami 2

Saturn is exalted in Libra. 10th ascending moon phase in Libra is considered annually as the most beneficial day in relation to the ritual of worshipping Sami tree. The

following sloka is recited with devotion while worshipping the tree.

(The fact of the comprehensive success of the Pandavas in their endeavour has been extrapolated to the everyday ventures of the common man today. Even to this day, on the auspicious day of Vijayadasami people exchange Sami leaves and wish each other victory in their own ventures and efforts.

It is said that the Sami tree chosen by the Pandavas stood inside a cremation ground. It was chosen to render detection that much less likely. The Pandavas wrapped their weapons in a white cloth and concealed this on that Sami tree, making the weapons look like a dead body. Arjuna's Gandiva bow was one among them.)

The following shloka is used, sometimes, to signify this:

शमी शमयते पापम् शमी शत्रुविनाशिनी ।
अर्जुनस्य धनुर्धारी रामस्य प्रियदर्शिनी ॥
करिष्यमाणयात्राया यथाकालम् सुखम् मया ।
तत्रनिर्विघ्नकर्त्रीत्वं भव श्रीरामपूजिता ॥

*shamI shamayate paapam shamI shaTruvinaashini |
arjunasya dhanurdhaari raamsya priyadarshini ||
karishyamaaNayaatraayaa yathakaalam sukham mayaa |
tatanirviGnakrtIrIvam bhava shrIraamapUjitaa ||*

O Noble Tree Sami! May the impurity of ignorance be neutralized. May the enemies within and without be destroyed. You are the holder and protector of Arjuna's bow. Your sight is most pleasing to Lord Rama. May you be propitious in all my acts and

movements. May you eliminate all the obstacles from my path. Even the purest one Lord Rama worships you.

The very sight of the tree Sami is deeply purifying. In the entire humankind Rama stands out to be the noblest and the purest one. He is embodiment of Cosmic Fire. He is purity itself. Even such one worships the tree Sami. By this the Sami's purity can be inferred. It protected the fiery bow of Arjuna, when Arjuna and his brothers were incognito during exile. A prayer to Sami instantly neutralizes the impurity of ignorance.

Discipleship

Ideas, inspiration, intuition



Ideas, originating from the vast field of thoughts are in need of a sharp discriminative will that turns into an active and steady co-player in the wielding process of harvesting the golden thoughts and ideas, that often are hidden in the jungle and noise of the thought-forms generated and experienced. Aligning with the Master-Energy regularly, is opening up to this process of creating the necessary vertical energy field to develop the inner tools that help sharpen the inner discriminative senses. To join forces with like-minded people for this purpose is not only more joyful but is simultaneously more powerful in creating a funnel for the needed vertical energy that brings clarity of thought; The Chief Light, the guiding light that does its special magic in group formations.

Composed by Ute and Peter Reichert

PRACTICAL WISDOM

Stand aside from whatever you create.
Then you are fulfilled through it.



Hymns to Agni, the Sacred Fire 1

Starting from the Aries of 2004, till the August edition of 2015, Master K. Parvathi Kumar sent out a few ౠks (verses) each month in the Telugu periodical Navani, glorifying the sacred fire -Agni in its varieties of dimensions. In all, 929 ౠks were given out.

This is now being presented in English with word meanings and a brief meaning without getting into detailed explanations or commentaries. This will aid the student in making further study and contemplations upon the subject.

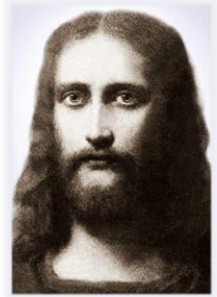
For the first 9 ౠks Master EK has given the meaning and the explanation through the book 'Lessons on Vedic Hymns'. The Introduction given to the first Sukтам by Master EK, is presented in the passage below.

“This Sukтам which contains 9 verses called mantram is in the form of an offering of the self-expression to Lord Agni. The term Agni denotes the spirit of existence. He is the Lord of Consciousness in the highest sense. From Him, there is the outpouring of the universe as space, time, form, concept, life and matter. On the plane of matter, he exists as the Lord of Combustion, whom we call fire. On this plane, he performs the acts of analysing and synthesising the states of matter through transforming one state into another. The intelligence of Agni establishes the chain actions of creation which are cyclic and arranged self-propelled. In the set-up of these actions, the whole universe is worked out in its cosmic, solar and planetary and individual existences”.

Among the intelligences, Agni is the most extolled, in the ౠgveda. The stanzas or the ౠks presented here, are the worship stanzas that the students can avail, to relate to Agni.

Life and Teachings of Master Jesus

Part 11



Joseph continued speaking to John: “Jews strongly believe that an angel would come down to uplift them. They heard from the prophets that the angel would heal the sick, raise the dead, and rerelease them from slavery. They also heard that He would come on a white donkey to the temple of Jerusalem from the eastern hill. Jesus is the angel that the Jews are looking forward to. He would perform all the deeds mentioned by the prophets. I must inform the people of His arrival. People have desires and possessiveness. They surrender to money and positions. Due to the lack of purity of their vital bodies, they often fall sick. You need to inspire them to facilitate the work of Jesus. Give them a way of life, through your teachings, to purify their vital bodies, overcome their possessiveness and encourage them to live a holy life. Motivate them to make themselves worthy of God’s grace. It is your duty to instil some purity in them. With the inspiration coming from your teachings, they would turn towards Divinity. Cleanliness would be observed and desires would be reduced. Jesus would carry on the further process(work). You may face resistance from the clergy. People under their influence, subjected to worry and fear, would portray you as evil and assume you to be a representative of the devil. The Jewish King would not be able to dismiss their opinions. Therefore you should be brave and courageous and try to eradicate the evil practices of the religion and the blind beliefs of the people.

Your training is complete. Do not give up meditation and continue to gain wisdom. The great task of awakening the race now rests on your shoulders. Do your part and may you be successful.”

After reaching the East, Jesus was admitted as a student of Varanasi Vedavidya Peetham. The merchant, who brought him along, entrusted him to a Siddha Purusha and left for Nepal. Jesus was a divine being, who was of unwavering consciousness and could understand everything easily. He had deep devotion for

his parents in his heart and his father was his inspiration. In those days, Varanasi, Pataliputra, Ujjain, and Takshasila were famous universities. There were exchange programs between these universities and the University of Athens in Greece, the University of Constant in Aryan (Iran), the University of Jerusalem, and the universities in Tibet, Nepal, and China. Universal scientific knowledge was imparted. There were no religions then, only principles.

The traditions were practised according to the understandings and experiences of the seers. Respecting each other's traditions, people grew in the tradition most suited to their soul quality. There were no quarrels and conflicts in the name of divine principles. Buddhism and Jainism were ways of life and not religions. Kali Yuga had begun only 2,500 to 3,000 years ago. Religionism was born five hundred years after Jesus Christ left his physical body. Later the religion of Islam was born. Aggression in the name of religion started fifteen hundred years ago when religionism became extremism. Prior to that, religions had no influence of rajas (dynamic nature). As religious extremism spread in the East and West, those who lived according to the principles given by the seers, turned to religionism to quell extremism. Shaivism, Vaishnavism, Sakthi worship etc. were all principles but not religions. However, differences arose as a consequence of rajas. All this was the effect of Kali.

Jesus studied in an environment without such religions and sects. The wisdom of universal scientific knowledge, the formation of microcosm and macrocosm, the eternal laws that form the basis of these formations, the ways of the time, special characteristics of colours, numbers, functionality of shapes, functionalities of the planets and globes, Yoga, medicine, etc. was imparted. There were 64 branches of knowledge. Mathematics and astronomy were also important subjects and Tantra Shastra was significant. Depending on the intelligence of the student, various subjects could be learnt.

Sound



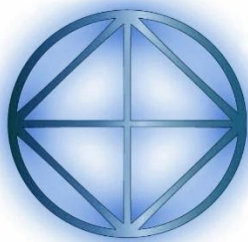
Utilization of the solar and lunar eclipses 2

You realize the best effects of the sound during the time of eclipse. Same is the situation when we are entering into the New Moon, and same is the situation whenever we are ending up a cycle and beginning a new one. It can be a lunar cycle or a solar cycle. It can be the Full moon time, 11th ascending and descending moon phases, 8th ascending and descending moon phases, equinox days, solstices. All these days are propitious to practice sound. Likewise daily, the dawn, the dusk, the noon and the midnight hours are favourable times to practice sound. Initiates make good use of these aspects of time.

When initiates utter, they utter that which is to be. This is because they are responsible in their utterances. Because they are responsible, they utter only that which is to be and by proper utterance only they always maintain the magnetism in them. They are fully aware that if they make an irresponsible utterance, they get demagnetized. To them, utterance is much more valuable than the most valuable currency on the planet.

They do not care for the value of money, but they do at all times care for their utterance, because their utterance is capable of manifesting. They are able to bring things from the state of imperceptibility to the state of perceptibility through utterance.

We are also uttering from imperceptible to perceptible layers, but we are not responsible in uttering and hence our utterances may come true or may not come true. An utterance of an average human being creates more confusion than construction. An utterance of an overcritical person always creates negative manifestations.



OM Namo Narayanaya

Nara and Narayana 3

Among the Naras, there are Manavas. Manavas means ‘men’ or predominantly mind-oriented beings. Mind is a mirror that has the ability to reflect. By this ability, we are functioning in a reflected world. A reflection is not original. To each one of us appears a double when we look into the mirror. When the mirror is broken, our double is broken, but we are not broken. We are habituated to see the death or dissolution or destruction of the reflective world. By this, we cannot conclude that all is destroyed. The original remains. When our image in the mirror is destroyed, we still remain. We the beings gained mind and became men. Having become mind-oriented beings, we started living in the reflected world and consequently lost sight of the original that we are.

Just as the original remains even after destruction of the reflection, we need to know that we do remain even when the layers of our body into which we are reflected meet with death. This knowledge enables us to unfold our original state of be-ness. That we do not die is real when we stop seeing through the mind and start seeing by the self. One has to ponder on this. One has to ponder on this again and again. If one is able to break through this puzzle, one has broken the myth that one has built around oneself.



Mt Kailash with Manasarovar, the symbol of the planetary mind

The World Teacher Trust

Guidelines to Members, 120-122



120. Note that immortality is our immediate destiny. Build as pure a personality as you can, which is the bedrock for the process of immortality.
121. Life can be modelled with the inspiration of the Great Masters until one becomes an excellent copy of purity, cleanliness, open mind and sharp intellect.
122. The Christ (Krishna) principle enters only into a crystal like personality. Until then one remains an aspirant.



Master Mountain, Nilagiris



On Healing

2. The Fundamental Understanding 27

There is a certain method to draw the energy and distribute it. Adoption to the method enables the flow of the energy. It is nothing but adoption to the creation which the healer has to gain. Attunement to nature and its kingdoms causes the necessary harmony and harmony is the status demanded of healer to heal. Our right attitude to the five kingdoms is the first step. Our orientation is the next step and our attunement is the final step. The modern man needs to learn the right attitude towards mineral, plant, animal and human kingdoms, let alone the Deva kingdom. His present attitude in recent centuries is one of exploitation. We exploit everything to our profit. We are commercial and profit oriented. We want to profit from everything around. Since each one of us thinks so we have competition, conflict and quarrel. In nature we find mutuality. One supports the other and thereby gets supported.

We believe in supporting ourselves, hence, we are in juxtaposition to nature. That is our enigma. That is our problem. We need to learn and thereby gain right attitude towards our use of the nature's resources. Just as the mineral, the plant and the animal serve us, we too need to serve them. We mostly kill them for our pleasure, for our fancy and for our pride. It now has a boomeranging effect on us. We are now learning to plant trees, purify rivers and arrest industrial pollution. We are learning from our mistakes. Means we are gaining the right attitude. We learn that we cannot eternally use or exploit others for our profit. There is a point you reach where you have to give back. Meaning, we are learning to be useful to others - not only use others. A healer if intends to be so, needs to learn to be more useful/serviceable to others than to himself.

Sanat Kumara



The fire of knowledge purifies 2

Peace or health or wealth are desired by all. Desiring by itself would not get what we want. There are techniques that one has to adopt to be fit enough to receive what has to be received. The operative knowledge enables us to establish right relationship with one's own body and mind. It enables cooperation between the self and the personality. When such cooperation is worked out, one is said to be a yogi. In the sense, he presides over his personality and does what has to be done. Yoga imparts operative knowledge. It enables a friendly cooperation within oneself. Operative knowledge also extends to imparting knowledge of right relation with the five elements of nature and with the three kingdoms inferior to man. It also gives knowledge of cooperation from mineral, plant, animal and the five elements. The operative knowledge further extends to impart the knowledge on how to gain cooperation of the seven planetary principles as well as the twelve sun signs. It would help further to gain cooperation of the ten directional energies, such as East, West, North, South, Northeast, Southeast, Southwest, Northwest, Above and Below. Operative knowledge also helps to gain cooperation of the Super Soul, called the Universal Soul. The field of operative knowledge is vast.



Seventh Ray and Magic

The incoming of the 7th Ray 30

7th Ray is the best for manifesting God's Will on Earth. It has the potential and capability to bring down the Kingdom of God upon earth. For this, the 7th Ray aspirant has to always deal with the world around him. Work is inevitable. The aspirant's evolution and redemption is possible only with action. The work of bringing down the divine order, starts with himself.

The aspirant has to work with himself with the primary tenets of discipline and rhythm. When he starts to function with discipline and rhythm in his daily activities, gradually an order forms within himself. He tends to be orderly and systematic. Order starts becoming visible in all that he does. Through prolonged functioning in this manner, consistently, gradually, orderly functioning starts building in his personality.

At this point he faces a scenario where the aspirant sees the world as a place of disorder and chaos. The more he interacts with the world he sees more chaos. This is the point which Master DK explains as, the aspirant standing at the Arch of peril. He sees two rooms which are on either side of the Arch. One full of light, stillness and beauty of order. And the other, filled with movement, chaos, noise and objective-less activity.

Composed by Guru Prasad Kambhampati

Enlightening Encounters

Sree Bhaktraj Maharaj 5



Saukumarya invited Sree Baba to his house for a full-moon fire ritual which was scheduled at 6:00 am in the morning. He also informed Baba that the followers of the Master would also participate in the fire ritual and that they can seek the blessings of Baba as-well if Baba comes. Baba agreed but did not come at the scheduled time. He came at 10:00 am and spent time with Saukumarya and family. The host in whose house Baba was residing informed Saukumarya “Baba could not wake up and get ready to come by 6:00 am. Therefore, they were here now at 10:00 am.” Saukumarya said, “But Baba was here, the moment the fire ritual commenced. He was here throughout the ritual and blessed the gathering. If you wish you may ask him in Hindi.” The host asked Baba in Hindi and Sree Baba said, “Yes, I was here. You were all sleeping at home even at 5:30 am. I thought I would visit myself. I came here on my own and sat in the allotted chair. The fire ritual was very engaging. I was here throughout the ritual. As required by Saukumarya I blessed his family and the group. I do not disturb the sleeping ones. I am always awake and do not fall asleep. Once in a way I sleep.” That was a wonder to the host.

Saukumarya took Sree Baba to the places of service where WTT conducts good work ever since the times of Master EK. He also took Baba to the Andhra University and also to the Vice Chancellor's lodge, where a seminar was conducted for the westerners in January 1993.





Uranus The Alchemist of the Age Planets are mediums to Uranus in the New Age 4

Uranus brings the energies of the Central Sun called Savitru via the Sun. The Central Sun constitutes the heart of the Sun of our solar system. Uranus inaugurates the energies of the Central Sun via the Sun. From ancient times the Central Sun Savitru is worshipped with the most popular mantra, Gayatri. It is not by accident that singing Gayatri mantra became global in the 20th century. The worker behind such global singing of Gayatri is Uranus. The solar rays inherently carry the rays of Uranus also. Thus through luminaries of our solar system we regularly experience the impact of Uranus.

When Uranus makes beneficial aspect with Mercury, the speech becomes powerful, in the sense, magnetic and brings out utterances from Higher Circles. The speech flows afresh and is not reproduction of any existing literature. The speeches happen from Uranus to Gemini and from Gemini to Venus and from Venus to Mercury. These planets represent the higher cord of the musical instrument called the human being. The speech is experienced as a song and the listeners are absorbed into it. This work of Mercury is not that of Mercury entirely, it is supported by Jupiter and Uranus. Impressional teachings are done in this manner. And even to the teacher the teaching that he speaks, he too, listens for the first time.



Master EK

Vishnu Sahasranama Stanza 10, 8-10

8. Vyalah. The movement which we call time is described as the divine serpent upon the thousand heads of whom this whole splendour of the universe rests. The winding and unwinding coils, the gliding of the total body without legs visible and the periodical shedding of the scales of skin makes the serpent meditated as the representative of time. Hence, the Lord is the imperceptible movement of the serpent of time.

9. Pratyayah. Faith is the centre which sustains everything of us around itself. It is the functioning nucleus of the very biological and psychological entity which is the unit existence of each of us.

10. Vision is the unity which exists beyond the diversity of what we know. Knowledge pierces the veil of darkness in patches in various positions and locations through various angles until the whole veil is removed revealing the total background of the light beyond. This stage is called darsana or vision in Sanskrit. This exists as intuition in everyone and leads him to the right comprehension through a series of better understandings. It is a fine play of the Lord who exists as the background light.





Paracelsus Health and Healing

Prana - life force, part XI

5. Apana Prana 1

This is the fifth Pranic pulsation whose field of activity is from the navel to the feet. To recapitulate, Vyana is in the upper head region and permeates the whole body. Udana is between the eyebrow centre and the throat. Prana functions in the upper torso. Samana bridges upper and lower torso functioning from heart to navel and Apana functions from navel to the feet. These are the five divisions of the body conceived by Veda and Ayurveda, in which one Pranic flow functions. Functioning of all five Pranic principles in their appropriateness results in optimum health. The disequilibrium when sets into any one of the five, it counter effects the others since all the Pranas are inextricably linked.

The major function of Apana Prana is in the region from navel to anus, while the secondary function extends up to the feet. The effectiveness of the genitals and the anus depends upon the functioning of Apana. Apana also nourishes the foetus. Kidneys also come under its jurisdiction. The potential centre for Kundalini fire is also under its ruler-ship. As far as the human body in relation to its physical effectiveness is concerned, this Prana is of great importance. The formation of the body, its nourishment and care, substantially depend upon the effectiveness of the Apana Prana. In relation to elements, Apana Prana relates to Earth. When this Prana is not strong, body tends to be heavy.

Dr K. Parvathi Kumar - Extract from: Paracelsus - Health and Healing. Website: www.paracelsus-magazin.ch/en



The Female Hierarchy

Part 24

Let us take ourselves as an example. Then only we can correlate well. In our sleep hour there is the nature functioning, which we do not know. That's why we are fresh when we wake up. As you go to sleep, your state of being is different from your state of being when you wake up, you are fresh. From tiredness to freshness you come through in sleep. How did this change happen in us? From last night to this morning, there is a nature in us which has worked it out which is beyond, which we do not know and in the morning we are fresh. Last night we slept with some fever, or some headache, or some discomfort in the body. After a good sleep, you are fresh in the morning. What happened to you? There is nature that worked out, which is beyond our understanding. It is that nature that conducts our pulsation, it is that nature that reorganizes our energies. And in the morning as you wake up, you have pure consciousness. As you wake up, that awakening is the pure state - that is the second state of nature. From that pure state of consciousness, you get the triplicity of "Let us freshen ourselves and get a cup of coffee." This proposal... once the consciousness is awakened, then the will is at work causing the modifications. You are made to get up from the bed, you go to washroom, and then clean yourself. It happens because the will. The nature pushes you. Then with the help of knowledge you conduct it. To do that you have a fivefold body with the five elements made in it. This is Hierarchy which we are trying to explain with the ten Prajapatis and their manifestations. All that is with Prajapatis is with us because man is a micro-cosmos. We can feel the ten Prajapatis in us, we can also feel their nature in us. When we speak of the ten Prajapatis, their nature, and the products that come out of it, then we have a clear understanding of what the female does. The male does nothing, it is only female! It is nature that causes all this. Therefore, the Female Hierarchy has come to be.

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

Stories for Young People

On Service

Service is the true decoration to the being.
Ornamental decoration fades away
in the presence of true Service.

Parables from Shambala 12: The Cowardly and the Brave Warrior

Parables describe the essence of a process or object with the help of another that comes from the listener's realm of experience. Complex questions of human life in the world of opposites were given by the following parables of teachers from the Himalayas and noted by Z. Dushkova.

Life in this body provides us with countless experiences that challenge our choices and determine our future path. It is therefore seen as a battlefield on which we are the warriors fighting against the inertia of matter, the illusion of temptation, the inadequacy of our mind's equipment and the shadows of past wrong decisions. When we take up the fight, we also fulfil our responsibility towards our fellow human beings. Our courage acts as a beacon that carries them along and shows them the way. We have set out to promote life.

But the same life has also been transformed into an abyss where selfish and greedy beings lurk for the prey of death. Indecision, cowardice and inertia constantly feed these friends of chaos and darkness. They weaken the human heart and cut people off from the life force. Doubt, despondency and fear arise and threaten the light-bringing sparks in the human breast. They cause the warrior to extinguish the last spark in order to hide from the enemy. He denies his heart and listens to his mind, whose messages are more familiar to him. The mind fears defeat. It counsels us to save ourselves and invents illusions of our importance and superiority. It is not even the outcome of the battle that determines whether the warrior is brave. It is only whether he has dared to fight and given all. Victory or defeat are fleeting experiences that are constantly changing.

The warrior's courage grows in his heart and is constantly renewed. Successful victories provide experience, but no laurels for the current battle.

In these times, the entire human race is called upon to fight for the light. May the army of the brave multiply and assign each person their place according to their heroism.

Summarised and compiled from: Zinovya Dushkova: Parables from Shambala. The wisdom of the East for everyday life. Translation from the Russian: Markus Maneljuk. 2021 Radiant Book



Nicholas Roerich: Warrior of Light

Window to World Service News & Activities

BELGIUM

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Facebook: <https://www.facebook.com/CSColombe/>

Activities

- Meditations of Full Moon and New Moon regularly in group,
- The following activities are realized by the members of the group:
 - Various translation works of the books Master K.P. Kumar, in French language, as well as the monthly Vaisakh Newsletter and the seminars of Master K.P.K.
 - Regular contact and care of young children
 - Work of support of children and adult through music,
 - Transmission of experience relating to energetic healing to the interested persons of the German WTT Group and harmonization of the auras from a distance, energetic cares and advice according to the demand.

- Regular organization and animation of workshops “Awakening in Consciousness”, on Thursday every 3 weeks. Those workshops have the aim of helping people to find the meaning of their in-carnation, to use better the events of their every-day life as tools of transformation and of knowledge of themselves, to serve and discover the universal love and the Presence of the Divine in them,
- Study of sacred texts on Wednesday every 2 weeks,
- Participation to a project named "Domisum" (I'm Home), a house for 7 adults in great dependency, suffering from mental, physical handicap and psychiatric troubles, in need for a house totally adapted to their needs,
- Participation to an educational project, in Congo, in a popular area of Kinshasa: rising funds, organization of godfatherhood, financial support, supervision of financial administration, and meeting and advising the direction. The Scholar Center of « La Colombe » takes care, today, of 450 children, this for the complete cycle of primary school and kindergarten, 150 poor children in remedial teachings: some prepare the national test of primary education, and others receive professional training in sewing. <https://www.cscolombe.com>
- Teachings and advises in astrology.
- Putting in order of the archives concerning the conferences and of Master EK and Master KPK, in order to be able to download them on KOMBO Cave. All the audio of Master EK are downloaded and the work of downloading the videos of Master KPK is progressing well.
- Implementation of the audio-books activity with representatives for each language: English, German, Spanish and French. Implementation of common procedures for a first pilot experience of the book “Teachings of Sanat Kumara”, by Master KPK.



Picture to the Month Aries - The Urgency of the Time



Now the Solar Angel decides to reorient himself. Earlier he decided to descend into the lower human. From the point of view of the Hierarchy, there is an urgency of time to inform people and thereby allow them to orientate themselves towards spiritual Love and Life. They now have to make their appearance. Whether you are ready or not, the adjustment will come into your being. Either you agree or you do not agree.

The incoming strong impact of the Aquarian Age brings the blossoming of the mind. It is a second crisis. Humanity is being prepared for a second initiation: 'THAT AM I'. The first was individualisation. The Solar Angel transcends the human kingdom to become master of the fifth kingdom of nature.

Dr K. Parvathi Kumar: Notes from the close of the seminar, Visakhapatnam, India, 9 January 2001.

Image composed by Ludger Philips

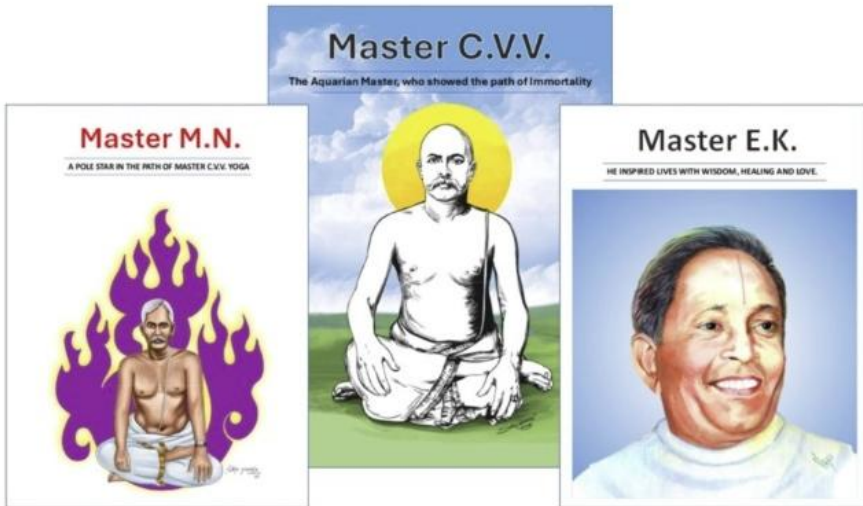
Book Review

Storybooks

The life of Master CVV, Master MN and Master EK are told in cartoon format. The books are available in English, Telugu and Kannada. The books are published online by The World Teacher Trust - Global and will not be published in print.

- Master CVV - The Aquarian Master, who showed the path of Immortality.
- Master MN - A Pole Star in the Path of Master C.V.V. Yoga
- Master EK - He inspired lives with Wisdom, Healing and Love

:: Download the Storybooks in the 3 language versions:
<https://worldteachertrust.org/en/web/publications/storybooks>



Astrological Important Days in March/April 2025

20.03.	10:01	☉ → ♈ / Sun enters Aries	
♀		Spring Equinox: <i>Contemplation upon Shambala, Sanat Kumâra, the six Dhyâni Buddhâs and Master Morÿa.</i>	
		☉ → ♈ from 1° to 14° (till 03.04.):	
		<i>Contemplation upon Master Morÿa and 15 days yogic programme to lay down a good seed for the coming year</i>	
21.03.	23:54	☾ 8 th phase of descending moon starts	☉ 01°34' ♈ / ♎ 25°34' ♎
♀		(End 23.03. at 00:54)	
25.03.	00:35	☾ 11 th phase of descending moon starts	☉ 04°34' ♈ / ♎ 04°34' ♎
♂		<i>Contemplation upon Master Morÿa</i> (End 25.03. at 23:16)	
	23:19	23 rd constellation <i>Dhanishta</i> starts	♎ 17°32' ♎
26.03.	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 26.03. at 21:59)	
28.03.		„Passover Feast“ Easter (Passover: transitional feast), Jesus Christ was crucified on the eve of Passover, on a Friday directly before Aries New Moon (according to lunar calendar)	
♀			
	15:25	Phase of new moon starts	☉ 08°09' ♈ / ♎ 26°09' ♎
		<i>Contemplation upon 'The Pledge'</i>	
29.03.	11:57	● New moon of Aries (Partial Solar eclipse)	☉ 09°00' ♈ / ♎ 09°00' ♈
30.03.		Summer time starts (02:00 h CET → 03:00 h CEST)	
04.04.	16:44	☾ 8 th phase of ascending moon starts	☉ 15°05' ♈ / ♎ 09°05' ♎
♀		<i>Contemplation upon Master Morÿa</i>	
05.04.	15:58	9 th phase of ascending moon starts	☉ 16°02' ♈ / ♎ 22°02' ♎
♂		Birthday of <i>Lord Śrî Râma</i> (End 06.04. at 15:54)	
07.04.	16:31	☾ 11 th phase of ascending moon starts	☉ 18°01' ♈ / ♎ 18°01' ♎
♎		<i>Contemplation upon Master Morÿa</i> (End 08.04. at 17:44)	
10.04.		1755: Birthday of Samuel Hahnemann	
11.04.	23:53	Phase of full moon starts moon starts	☉ 22°15' ♈ / ♎ 10°15' ♎
♀		<i>Contemplation at the head centre upon Shambala, Sanat Kumâra, the six Dhyâni Buddhâs, Râma and Master Morÿa</i>	
13.04.	02:23	☉ Full moon of Aries	☉ 23°20' ♈ / ♎ 23°20' ♎
☉		Shambala-Festival – to connect with Shambala	
19.04.	21:57	☉ → ♉ / Sun enters Taurus	
20.04.	15:32	☾ 8 th phase of descending moon starts	☉ 00°43' ♉ / ♎ 24°43' ♎
☉		(End 21.04. at 15:30)	
22.04.	09:15	23 rd constellation <i>Dhanishta</i> starts	♎ 17°33' ♎
♂	14:44	10 th phase of descending moon starts	☉ 02°38' ♉ / ♎ 20°38' ♎
		Birthday of <i>Hanumân</i>	
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 23.04. at 08:38)	

All times until **30.03.** are in CET (Central European Time)/UTC+1 (Universal Time Coordinated plus 1 hour), later in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);

From: »Astrological Calendar 2025/2026«; www.worldteachertrust.org;

Publisher: The World Teacher Trust – Global, Edition Hier & Jetzt, ISBN 978-3-907676-04-2.



The Great Invocation

Let us form
the circle of good will.
Omnia Vincit Amor.

From the South through
love, which is pure,
from the West through
wisdom, which is true,
from the East through will,
which is noble,
from the North through
silence, which is golden.
May the light make beautiful
our lives.
Oh! Hierophant of our rite,
let his love shine.
Omnia Vincit Amos.

We bow down
in homage and adoration
to the glorious
and mighty hierarchy,
the inner government
of the world,
and to its exquisite jewel,
the star of the sea
- the World Mother.

From the point of light
within the mind of God,
let light stream forth
into the minds of men.
Let light descend on earth.

From the point of love
within the heart of God,
let love stream forth
into the hearts of men.
May the Lord return to
earth.

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

From the centre
which we call
the race of men,
let the plan of love and
light work out,
and may it seal the door
where evil dwells.

From the Avatar
of Synthesis
who is around,
let his energy pour down
in all kingdoms.
May he lift up the earth
to the kings of beauty.

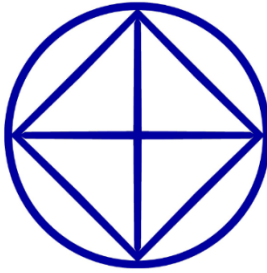
The sons of men are one,
and I am one with them.
I seek to love, not hate.
I seek to serve,
and not exact due service.
I seek to heal, not hurt.

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

Let vision come and
insight. Let the future
stand revealed. Let inner
union demonstrate and
outer cleavages be gone.

Let love prevail.
Let all men love.

Master DK



May we stand in Light and
Perform our obligations and duties
To the surrounding Life to be Enlightened.

May we float in Love and
Share such Love and compassion
With the fellow beings to be fulfilled.

May we tune up to the Will and
Thereby alert our Wills to gaze
The Plan and cause the work of Goodwill.

May the Light, Love and Will
Synthesise our lives into One Life.