

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Gemini 2013 Mithuna

Letter No. 2/ Cycle 27 –20th May 2013 until 21st June 2013

The World Teacher Trust - Global



Invocation

May the light in me be the light before me.
May I learn to see it in all.
May the sound I utter reveal the light in me.
May I listen to it while others speak.

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

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

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

Master EK



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Contents

Master <i>EK</i> • Invocation	2
Prayer for the year	4
Message of the month of Gemini 卐	5
Message of the Teacher	6
Lord Sri Krishna: Gîtâ Upanishad.	7
Message of Lord Maitreya	9
Message of Master Morya - Maruvu Maharshi	10
Message of Master Koot Hoomi - Devâpi - Maharshi	11
Message of Master E.K.	13
Vidura - Wisdom Teachings	14
Shirdi Sai Sayings.	15
Sri Ramakrishna.	16
HPB Speaks.	17
Lay Man's Prayer	19
Discipelship - Occult Meditations – Kapila - Ashram Leaves	20
On Love / On Silence	25
Cow	27
Invocations of the Violet Flame	28
From the Teacher's Pen	29
Agni	30
Vishnu Purana Master EK.	32
The Science of Man.	33
Paracelsus – Health and Healing	37
Children's Section	39
Stories for Young People	40
Window to World Service	41
Picture of the Month of Gemini	43
Book review	44
Astrological Important Days	45
Master <i>DK</i> •Great Invocation	46

Dr. Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh News-Letter'. 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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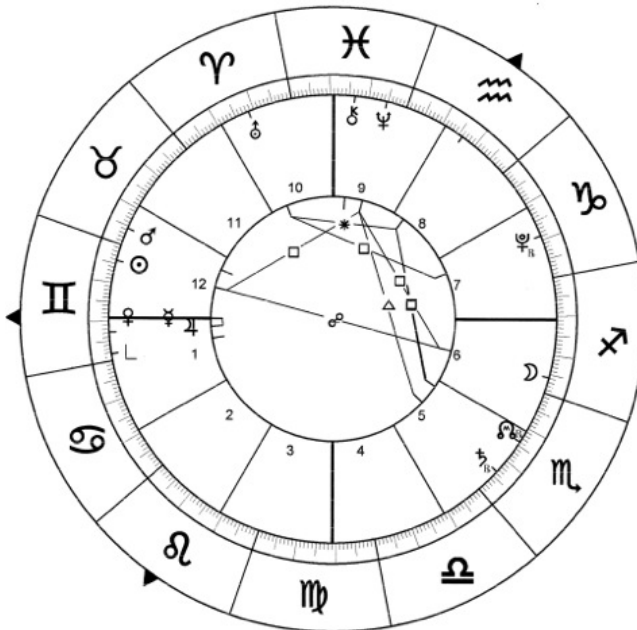
Prayer of the year 2013 / 14

GODS ARE BORN AT SUNRISE, MAN IS BORN AT NOON.

GODS SET IN THE WEST, MAN SETS AT MIDNIGHT.

GODS ARE BORN IN CAPRICORN, MAN IS BORN IN ARIES.

GODS SET IN CANCER, MAN SETS IN LIBRA.



Full Moon of Gemini, 25th of May 2013, 06.25 am MET



Message of the Month of Gemini

No man is complete without woman. No woman is complete without man. By this, understand that in creation there is no exclusive male energy or female energy. It is always together. This is the message of Gemini. It is not enough if male-female is together. It is necessary, that the male-female are equal. This is another message of Gemini. Let not the female in you dominate you. If the female in you dominates, you live in bondages of objectivity. Likewise, let not the male dominate the female in you, in which case, you turn to be lonely and suffer lack of female splendor around you. Male is existence, female is awareness. The god of whom we speak in philosophy or theosophy is a male-female god. In him the male and female find their agreement. Such is the ideal of existence.

Each one has to find the balance of male-female in oneself. Marriage has been conceived as a means of such balancing. Once the energies are well balanced, marriage is not needed. One tends to be androgynous. A true Initiate is an androgynous person.

Gemini speaks of the ideal state of androgynous or hermaphrodite. It is the Ardhanari of the Hindus, Adonai of the Greeks and the male-female God of every classical theosophy.

To think that God is male is ignorance. To think that God is female is also ignorance. God is male-female. Such is the message of the month of Gemini where you find the twins as male-female.

It is but necessary for every disciple to balance in him the positive and the kinetic energies. The proton should balance the electrons that are generated, so that the neutron is in settlement. Let the objective activity and subjective activity be brought to balance to remain in the state of neutrality. It is this neutrality, Yoga demands.

The other name for Yoga is discipleship.

Message of the Teacher



Seekers and Offerers

There are seekers and offerers in the field of discipleship. Those who seek are in seeking for themselves, for their unfoldment, for their upliftment and for their enlightenment. Instead of seeking material wealth they are seeking spiritual wealth. In either case, they stand at the center and they seek from the surroundings. This is self-centeredness. By this, one constricts oneself.

There are offerers, who offer what they have to the surrounding life. They may offer material, they may offer bodily help, they may offer their senses, mind and buddhi for other's benefit. Their attitude is to offer in every possible way to the surrounding life. By such offering, they are released from their self-centeredness. Their offering enables them to live in self-forgetfulness in service. Such ones attain Samadhi. They stay unconditioned, for the energies in them flow from within to the surroundings. While in the case of the seekers, the energies flow from the surroundings into them.

Offering is a process of true unfolding, seeking is not. May the seekers learn to offer.



Gita-Upanishad

Lord Krishna

Stabilising

“STABILIZING ONESELF IN A PURE PLACE, STABILIZING ONE’S CONSCIOUSNESS, SITTING ON A SLIGHTLY ELEVATED SEAT, A YOGI MEDITATES.” (6/11)

Lord Krishna gives certain fundamental regulations for contemplation upon the Self:

1. The place where one contemplates has to be clean. It has to be the same place daily for contemplation. Ensure that the place is pure and clean. You may use natural perfumery and incense to keep the ambience clean. You may have a lamp lighted and flowers decorated around the altar.
2. Take the seat slightly higher than the floor. Let it not be too high and let it not be too low. Let it be as high as to enable a comfortable posture. Let the seat be covered either with a cloth or with any soft material which should also be cleaned and carry sattvic vibrations. A white cloth spread over the seat is preferable.
3. Sit stable. A stable posture is important. A stable posture is possible only when it is comfortable. When it is not comfortable, one cannot stay stable. Each one has to find a posture in which one would not move the limbs of the body. Neither Krishna nor Patanjali or C.V.V. suggested any specific posture. They only suggested that each one should find one’s own comfortable posture in which one is stable. There is an esoteric significance of the above three regulations. The pure place stated in the

first regulation is either the heart lotus or the Ajna lotus. The high place which the second regulation suggests also refers to heart or Ajna which are higher than the normal seat of man which is solar plexus. Stable sitting suggested by regulation three is to sit stable either in the heart or in the Ajna, as for one's own inclinations.

4. Regulation four is to contemplate about the Self. Contemplating upon the Self either in the heart or in Ajna, as a point of a golden light or as resonance of pulsation is recommended. By observing such light or pulsation, one's awareness links to it and stays stable. Such stable contemplation is the fourth regulation.



Message of
Lord Maitreya



A Principle of Brotherhood

Mutuality is the fundamental step of brotherhood. Mutual cooperation builds bridges of fraternity. Let cooperation be established.

Ensure that you cooperate with others, though such cooperation is not set forth (or: is not forced) coming from others. The spirit of cooperation that you demonstrate enables your unfoldment. Don't hold a complaining nature, that others are not cooperative.

If you nourish and develop the sense of cooperation new, you are fit to be a brother. When your sense of cooperation is complete, you join a brotherhood that supports you from the invisible plane. Do not demand for cooperation. Do not command for it. Demonstrate it yourself. As you demonstrate, it builds channels of energy for brotherhood to happen in the surroundings. Let not brotherhood remain an ideal concept. Let it be a manifested reality.



Message of Master Morya

Maruvu Maharshi

Orderly Growth

In discipleship the unfoldment is gradual, orderly and all-round. Haphazard development is hazardous. Our training in discipleship involves setting an order in the physical, emotional, mental and buddhic planes. We impart all the related knowledge in the buddhic plane, which percolates into mind. The disciple receives instructions to gain an orderly mind. An orderly mind functions in an organized manner, vis-à-vis the five senses and speech and also sets up a rhythm for a daily life. By such rhythm, the physical plane activity also falls into an order, if we impart to the students to set the mind in order, so that the mind sets order in relation to the emotional and physical plane. Disorderly mind destroys all good work done at any plane. It is here we impart the importance of the geometrical figures such as a sphere, a pyramid and a cube. Many students hold these symbols in their houses, but do not relate to them to gain the necessary order energetically in them. Students are psoric enough to gather too many profound symbols, but they are not inclined to orient to anyone of them.

Let the student remember, that disorder in any plane is not acceptable for us.

Message of Master Koot Hoomi

Devâpi Maharshi



Comprehending The Teachings

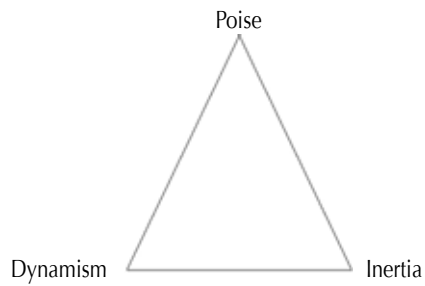
Our teachings seem to be contradictory. Students of lesser mind find too many contradictions in our teaching. Truly speaking they are not contradictory. They are complementary and are many times varied. The student should know the context of a teaching. If one applies a teaching in a different context, it looks to be unworkable. There are teachings, which are of universal order, and there are teachings in relation to the context. The second category of teachings is applicable in relation to certain contexts. When they are applied out of context, the student gets upset.

Students are generally upside down until they gain a stable mind. The stable mind happens through long years of experimentation. Generally, students are affected either by inertia (Tamas) or by hyperactivity. With such tendencies in them, when they receive the teaching, in them the teachings get coloured (distorted). Until the students learn to put themselves to a daily routine and unless they stabilise their routine and their activity, they do not get an unwavering, stable mind. Setting up a rhythm in daily life, and letting out even activity on a daily basis, the needed mind is not gained to truly comprehend the teachings.

For this reason, a good teacher deploys people into work and those who are consistent in the work are given teachings. Giving teachings to those who do not apply the wisdom in their daily work causes constipation and congestion in the minds of the students.

For this reason, in Yoga, rhythmic action stands prior to imparting of knowledge. Even in Bhagavad Gita, the Book of Knowledge succeeds

the Book of Action. May that be so in a student's life. May the students be consistent in their good will work and the consistent ones be taught the knowledge.





Message of Master *EK*

Key to Action

Action binds you not, when you do not cling to the results.
Even acts of good will be carried out clinging not to its fruits.
Engagement in action without clinging to the fruits of action is true in action.
Inaction does not mean not in action.
Even those who do not act are also bound.
Those who act for results are anyway bound.
Those who act but cling not to the fruits of action stand unbound.
Such is the key of action.



Vidura

Wisdom Teachings

Poor is the parent
that depends upon the progeny.
Rich is the parent
that shows the path to the progeny
to live in honour,
and thereafter retires into solitude.

Shirdi Sai Sayings



Beggary

Beggary is not a fundamental right. It requires eligibility. The one who loves not money, cares not fame, holds not family and property is the only one eligible to beg. The one who so begs, relieves others from their conditioning, through begging. A beggar is one who seeks not for himself but seeks for others welfare. I beg to relieve you. I AM relieved when you are relieved.



Message of
Sri Ramakrishna

Be Free

Be free. Live in the world like the banana leaf-plate from which food has been eaten. It is worthless. Who cares to possess it? Who would consent even to touch it? It is blown, now here, now there, before the wind. Even so, today you are placed here. That is well. Remain. But when He takes you away and puts you in a better place, the world and the home will have lost nothing.

HPB Speaks



The Incoming Faith and Its Consequences

The knowledge has never been hidden. It is never kept a secret by the hierophants at any time. The Initiates never hide knowledge, they are transparent and open to reveal, to those who seek. Sacred Scriptures have been protected and guarded since there has been a relentless and forceful attempt to destroy them in the age of Kali. The seekers of Truth are too few. Others, who seek, know not how to seek and where to seek. The days of Constantine were the days that brought about a turning point in human history. This was during 272 to 337 AD, when there was a supreme struggle to establish a religion of Nazarenes through destruction of the knowledge and the Occult Science, as existed at that time. The Western world was throttled with the new religion, and the Occult Doctrines were sought to be burnt or mutilated, wherein contained the Science of Wisdom that proves the existence of a parent doctrine. The secret Wisdom of today was openly taught in the temples of Hierophants. It was known that there was one fountain-head of Wisdom, with ever flowing perennial source, which flew in all directions into various streams and streamlets. The period of Buddha and Pythagoras and that of Neo-Platonists held high this Wisdom, which later withdrew itself into the cave temples, due to the onslaught of the incoming religion with a personified God. The Emperor Constantine was the chief instrument in moulding the new religion to suit his political needs. He therefore conceived with a few Nazarenes, a politically suitable doctrine of God, which is good enough for the masses, who are generally gulli-

ble. The Wisdom Science suffered distortion into a personal faith. Faith apart, the Science of Wisdom exists in relation to Cosmogenesis and Anthropogenesis.



Constantine the Great (272-337)

Lay Man's Prayer



Seers entrust Death to the body
when the hour strikes
and exit gracefully.
Teach us how to entrust
Death to the Body. We Pray.

Discipleship

Steps of Progress in Discipleship

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

A disciple

Occult Meditations

Meditation 78



**THE SOLAR POLE ADVANCES.
DAY INCREASES. NIGHT DECREASES.
THE GODS DANCE. THE VIRGIN SINGS.
HORSES GALLOP. WATERS SPRING.**

Commentary:

As the hunter walks through the higher bridge built from the higher side, the solar pole advances towards him. The soul is experienced in slow degrees. Experiencing the soul in slow degrees is symbolically called "Day increases, night decreases." Night is the shadow; day is the light. Day is the light of the soul that carries darkness as its shadow. The light of the soul has its shadow. Man is the soul. The light of man is the wisdom. The shadow of light (wisdom) is darkness (ignorance).

The night only decreases to its minimum. It is not annihilated. It is like the "high twelve" of Pythagoras. It is like the midday on the Equator on the equinox day. Remember the equinox of Aries, because the hunter is at the forehead. On the Equator during spring equinox at midday (12 noon), the shade of the light of man is just down under the feet. The shade cannot be seen but it is there. It is at its minimum. The personality is at its minimum. The light of the soul is at its maximum.

The Gods rejoice dancing because a prophecy is fulfilled. The son of man has become the Son of God. The Gods are cosmic, solar and planetary. They dance in joy since they find a mini-God through whom they can accomplish God's Plan. The virgin sings, meaning, the subtle nature

is full of joy with the touch of the soul. The virgin is the subtle body of golden or diamond light. The touch of the soul makes these bodies active, agile and enthusiastic. The life force moves unimpeded. The force of life moves like galloping horses. The plexus of the glands secrete at their optimum, which is presented as "Waters spring".

These are the dramatic changes relating to the body, the plexus, the life forces and the centres of light. The centres of light in the body are the Gods. They exist from head to Muladhara in the cosmic, solar and planetary planes. The top of the head is cosmic. From the brow centre to Anahata (heart centre), it is solar. From the diaphragm to the base, it is planetary. The whole body from the head to Muladhara is thus pervaded by Gods with their related centres. They become active. The tissues of the body get purified and they vibrate with virginity. They sing. The plexus of the glands secrete so completely that the life and light move unopposed in the body.

When the soul infuses the personality of man, the above are the romantic changes that can only be experienced and cannot be explained through expression.

Kapila



The Study

The study of the qualities and principles of Nature and the consequent comprehension releases the created beings from the limitation of separativity. It unlocks the riddles in the heart and enables experiencing the One Existence-I Am. Heart eternally echoes-"Here I Am! Here I Am! Here I Am!" through its beat and hence is called Hrid-ayam. The heart that gives this message is the heart principle of which the physical form is the heart physical-just like the brain is the physical apparatus for the mind to function through. When the riddles in the heart are unlocked through the study and comprehension of the work of the World Mother - the Nature - man realises himself in the heart as the self and gets liberated of the apparent separative existence which hitherto has been reality to him. The term "God" hitherto understood as "He", "It", "Self" and "That" is understood as "I Am". The known and the one to be known are realised as One along with the process. The lock at the heart locks out the created being who lives in the triplicity of the knower, the known and the process of knowing viz., knowledge. The one is separated into three and is thus locked out. The unity of the three is realised through the study of the Nature Divine, whereby the riddle of the three is solved as one. That the three are in one and that the one is becoming three is realised. "One is; and three is becoming" is the occult truth realised. The field where it happens is the heart.



Ashram Leaves

The Difference

What is the difference between the man and the Master?
As is the difference between iron rod and Aaron's rod.



Tissot: The Rod of Aaron Devours the Other Rods



On Love

Love is Ecstasy of Existence!

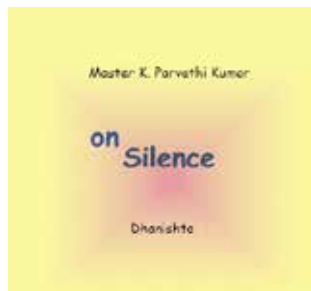
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On Silence

Silence causes
alternation to breath,
of pulsations,
and restores Be-ness.





Cow

The Symbol and its Significance

Among the Cows coffee coloured (almost black) is considered most sacred. These cows are called Kapilas.



Violet Flame Invocations

Men of magic, we are.
Magic Temple, we come from.

Synthesis is our ritual.
Septanate is our symbol.

'Sam' is the sound.
'Kham' is the source.

Saturn is our strength.
Sun is our inspiration.
Jupiter is our preceptor.

Men of magic, we are.
Magic Temple, we come from!

From the Teacher's pen



Questions and Answers

Question: Master, give me one key by which I'm able to internalize and contemplate within.

Answer: : The key for internalization is simple. The modern mind does not accept simple practices. Ensure that your thoughts, speech and action are in alignment. If you take care of this simple aspect in your daily life, it opens three doors to enter into you, to contemplate. Contemplations and meditations are not possible until this fundamental step is achieved. Aligning the mental thought, the vocal speech and the physical action is the basic need of discipleship. Unless all the three are brought into alignment one cannot pass through one's own objective mind.

For the three to get aligned conscious efforts have to be made. Purity has to be observed; chastity is demanded and routine has to be systematized. You may concentrate only upon strengthening your thought, speech and action. Do not let them fall into non-alignment. Unless the three doors are open, one cannot enter into one's own temple.

There is an occult statement: "Let us open the three doors and enter into the first temple". After many practices, aspirants are only to aggrandize themselves, but do not follow this simple key of aligning thought, speech and action. May this be done to enter into the temple which exists in you.



Agni

An Introduction into the Work of Cosmic Fire, 19

The Base Centre and the Transformation of Human Consciousness 1

We shall still have to make some more understanding about the Fire by Friction. Mind you, I am taking you to a very broad understanding. It is far greater in its details. In fact, if we make a proper understanding of the base centre, we will have understood everything. We always think of Ajna, Sahasrara and the gem in the lotus of thousand petals. We are so much concerned about Manu Padme Hum, the gem which remains in the thousand petals of the lotus in the head. But equally important is the base centre, because it also carries the clue relating to covering the bridge. See, the 3 1/2 parts which only cover the matter, can be developed, if we know how to function with all the four petals of the base centre. We have in the base centre a four-fold lotus. So, these four petals carry four sounds, and if we know how to work with three sounds, the fourth sound needs to be learned. And in its centre, there is another sound. And then there is a white elephant in the centre. And upon the white elephant, there is the symbol of the Cosmic Mind called INDRA. And He carries the secret of the sound relating to materialization. And the petals carry a colour, and the sounds which are imprinted on the petals carry a different colour. See, how much is there in a centre or a lotus. It has a shape, it has a number, it has a sound and it has a colour. And it carries its own activity. And this is where to make the fourth petal of the base centre to function, we have to pick up those virtues given in the first Second Steps of Patanjali Yoga: Yama and Niyama. When these steps are well practised, then there is much possibility for gaining the fourth step.

Without practising those virtues given in the steps of Yama and Niyama – if we think of raising the Kundalini to complete the fourth round – it will cause a lot of damage to us. Suppose you have a lotus with four petals, three are unfolded and the fourth is not unfolded. Can you unfold it with the brutal power of your hands? When we do it, it breaks. That is how people who try to raise Kundalini break up. If a particular petal of the lotus has not unfolded, you must understand that it did not receive much light, because unfoldment of lotus is a process that happens when the Solar Ray visits. So, let more Solar Energy visit that petal which is in darkness meaning that part of our behaviour pattern needs to be rectified. So, the ten virtues given in the first steps of Yoga will enable unfolding of all the four petals.

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

Master *EK*

Vishnu Purâna
CHAPTER XII



The Lord Appears before Dhruva

Parasara said: Having heard this, all the Devas bowed down to the Lord and went back to their places. The Lord felt pleased by the absorption of the boy. He appeared before Dhruva with His four arms and said: "Prosperity and welfare to you, my boy. I am really pleased with your penance. I came to grant you whatever boon you ask for."

Having heard these words, the boy opened his eyes and saw the Lord, just like the One whom he meditated within his heart. The conch, the wheel, the club, the bow, the sword and the crown worn by the Lord were all according to the pattern of his meditation. His hair stood and he felt the utmost humility before the Lord. He wanted to offer his prayers but he thought: "In what manner can I offer my prayer? What words can I use before the great Lord? I take refuge in him even to enable me to offer my prayer".

Then he addressed the Lord: "If you are really pleased with my penance, please grant me as a boon the capacity to offer my prayers. I want to chant your prayers wholeheartedly. Even the very Creator, and others who are past masters of the Vedas, stand dumb-fold before you. How can I then utter my prayer? I am only a boy. My mind is replete with your devotion and that is all. But at the same time I have a desire to praise your feet. Give me the wisdom that will enable me to do so."

The Lord then touched the cheek of the boy with the edge of His holy conch.

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 12
August 2001, Visakhapatnam/ India

Responsibility to the Body.

There is a responsibility relating to food, it is in relation to nourishment of the body. If you don't accept the responsibility, the body, instead of giving you health and strength, will condition you with diseases. We want health, but we don't want to follow the regulations relating to health. How is it possible? In nature, freedom is always linked to responsibility. That is why each one has to see what food is agreeable to him and what food is nourishing his body. But people eat whatever they like. If you eat whatever you like, without regard to its nourishment value, without regard to its agreeability to your body, you will only destroy the human equipment and land up in such diseases that you are totally conditioned by the body, and freedom becomes something like an illusion. The goal is found to be farther and farther than nearer and nearer. All plans in life will be wrecked by a wrecked health.

If a ship is wrecked, you are lost in the sea. If the ship is okay, you can sail and reach the goal safely. If the ship is like the Titanic (I am sure all of you must have seen that movie), see the panic that the people had. Everybody is like a ship, an automobile or an aeroplane. It is a vehicle and it should be given the right fuel and right load. You can't give anything other than petrol to a petrol driven vehicle. If you put water into it, because water is pure, the car will not move. Even if you put the costliest alcohol into it, the engine will get spoiled.

Unless you know what is to be given to the body, you don't go long with this body. On the voyage, the boat is broken. So the purposes are not accomplished. In the name of freedom, people are eating anything and everything, drinking anything and everything, and are even eating drugs not knowing that it is self-defeating.

You know, in a football game, I'm supposed to hit the ball into the other

goal. Instead of doing that, if I kick the ball into my own goal which is called self-goal, I break the rules of the game.

People do like this through irresponsibility. You can't be irresponsible relating to food and yet have health. We are all educated. We are all supposed to know what is good for our body, but still we take things which are not good for the body. Can we call ourselves civilized? People are getting incurable diseases due to irresponsible food habits. Today rheumatism and arthritis are so much on the planet, and there is no cure. They can only do some palliative work, i. e. every year, for 15 days, they have to take some spring water bath or some massage, and then they have to come back again.

You know why people get arthritis and rheumatism? The subtle cause for it is lack of discrimination in eating food, excessive eating. We all eat much more than what the body needs. This is our problem. Eating for nourishment is the basic value of food. But to tastefully prepare a food that nourishes is the knowledge, so that it goes through the palate and then the gutter of the throat in a much better manner. Food that has nourishment value and also has taste is easily accepted by the tongue. Taste is added as an attraction to the nourishing food. But slowly, taste dominated nourishment. So, what happened? Eating for taste, not for nourishment! If people suggest nourishing food in preference to tasty food, the tongue does not accept. We need to have tasty food, but it should necessarily be nourishing food. If you take only for taste, and if you eat only because you feel like eating without being hungry, you are doing damage to the life force in the body.

In spite of such an advancement of this humanity, we have lost the basic rhythm and values. That is why our diseases are growing in a geometrical proportion, and the invention of medicines is only in the arithmetical progression. That means, we have ten diseases, and the medical scientists are trying to invent medicines to cure the ten diseases. By the time they succeeded in inventing medicines for ten diseases, we are producing hundred diseases. Before they can find medicines for hundred diseases, we are producing thousand diseases.

There is no way to meet the requirement of the disease unless we change our way of living, that we eat natural food, not stored food. People drink stored milk, stored water, stored vegetables; there is not much life in it.

We are only drinking and eating for the glamour of it.

The pure water that you drink from a stream is much more nourishing and life-giving than the water that is stored in municipal tanks and then supplied to you. You further store it in your house or keep it in a refrigerator, and later drink it. It is more a glamour of water than water. Likewise milk, if you once come to my house in the afternoon, you can see the buffalo being milked at my house which we drink for the day. Next day again, the same buffalo is brought and milked. Today it is a privilege, but in ancient times, it was the common way of living.

We have to think if we are really progressing or regressing. If we regularly drink the milk from the same cow or the same buffalo, in the psychological plane, there is an agreeability established, besides the freshness. We also ensure that the cow or buffalo eats healthy food, that they have good health so that the milk they give is also healthy.

It's a matter of common sense. Today cows and buffalos are fed all kinds of chemicals, and then they develop diseases. So, you eat the meat of it, drink the milk of it, and you get incurable diseases. Can we call this a solution to health on the planet? The civilized ways seem to be leading us more and more to ignorant states. Many things we are doing like this: we don't know what we have to eat, we don't know how much we have to eat, we don't know when to eat, we don't know where to eat. This is science relating to the vital body. When you don't do this, your second chamber is destroyed, which will also destroy the first chamber and will not allow your third chamber to function well.

Every one person in ten, in the West, has depression. Why? Because these chambers are getting destroyed through ignorant ways of living! There is a normal and natural way of living, which would enable you to have better equipment for higher purposes. To prepare our instrument, we should ensure that there is an order in our eating.

This is the fundamental preparation, and I suggest that you read the chapter on food in the book "Mithila". Please read, it is all meant for those who wish to work on a big scale for the benefit of a larger section of community. It may look simple but the truth is always in the simplest things, not in great things. In great things, you find little truth. Where truth is present, there, simplicity is present. So, find this aspect of right food habit as a basis to start with. Please read about food, please also

read about asanas. It would be good to make a collective study, so that it is better understood.

You have to prepare your instrument so well that it is useful. See a violin, the strings shall have to be tight. Then you can play music on it. Otherwise, even if you are an excellent musician, you can't play any music on a violin which is not fit. Seeking for higher knowledge without making the instrument fit, is the work of day dreamers. They just remain dreamers. 95% of people in the spiritual groups are dreamers. I wish that you are in the other five percent. It is an important aspect that we need to take the right discipline, right from the beginning. That gives the right basis for health.

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

Paracelsus Health & Healing

The Double Pyramid



From most ancient times preventive health care strongly insisted upon building pyramids around oneself and meditating or contemplating the solar light, which is the source of health and also the source of healing energies. It requires building a pyramid through imagination. Imagination of the solar ray reaching oneself from East, from West, from North and from South, enables building a fourfold cross with the heart as the center. It is further imagined to link the four arms by their extremes. This creates a field around the heart in the shape of a square. The four corners of the square are further imagined to be linked through lines of light at the top of the head. Then, one settles himself in the pyramid. Thus built, his head, shoulders and upper torso are covered by the light of the pyramid. Similarly yet another pyramid is built by joining the 4 corners of the square down under the feet. This would result in building a pyramid downward, from the heart to down under the feet. Such a double pyramid of light was built through imagination and was filled with solar energy. Staying therein for 24 minutes in the morning dawn hours was considered most beneficial, to insulate the body within and without, with the golden light of the solar disk. Similar practice was also carried out during the dusk hours. It enables reinforcement of health and healing energies which could resist sicknesses.

This double pyramid was later artistically designed as a Shiva Lingam, wherein the sharp angles of the double pyramid are softened. A Shiva Lingam is an oblong shape. In fact, each human has around himself his

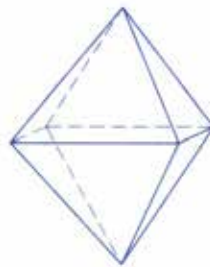
aura, which is made oblong in its shape. Infusion of solar energy during morning and evening hours into the heart and transmitting it all over the body, enables cleansing of his aura. When the aura shines forth, it means there is good health and vitality in the body.

In due course of time people started building pyramids on the earth and healed sicknesses, but the pyramids built daily with the solar energies are much more effective and are eternal and subtle. These sickness preventive methods may have to be made popular.

Dr. K. Parvathi Kumar

Extract from: Paracelsus – Health and Healing

With a subscription you support this important work (€ 84 / year).



Children's Section**On Service****SERVICE BRINGS SALVATION TO SELF
AND TO THE SURROUNDINGS.**

Dear Children

The true human journey through life can be experienced, only when, one prepares a clean heart before 18 or 21 years. A clean heart enables to discern the real from the false. It enables acts of everlasting nature, contrary to ever fleeting life. Learning from the heart enables experience the beauty of life. Learning from the head constricts one and causes congestion to life.

Ignorance is better than head-learning. Seeds of wisdom do not sprout in airless space. Therefore ensure in your early years that you prepare a clean heart.

Answer yourself the following questions:

1. Do you suffer from jealousy?
2. Do you suffer from pride?
3. Do you gather or do you share?
4. Do you cooperate or look for cooperation?
5. Have you inclination to smile and laugh?
6. Are you frequently angry?
7. Do you wish to rule or do you wish to learn?

Answer to yourself sincerely.

K. Parvathi Kumar

Stories For Young People

The Speech of Rukmi

As Krishna married Rukmini, her brother Rukmi, the king of Bhojakata, was furious and Krishna had to defeat him in fight.

Years later: the Pandavas together with Krishna met in their camp and prepared for the Great War. The army of their enemies, the Kauravas, was enormous: 11 squadrons, four squadrons bigger than the army of the Pandavas. In this moment Rukmi arrived at the camp of the Pandavas. He ignored his brother-in-law, Krishna, and addressed Arjuna, the great hero of the Pandava Brothers: "Arjuna, don't be afraid of the Kaurava army. I came along with another big army. I am strong and experienced. You can trust in me. I will help you to win the war, to regain your wealth and the rule of this world."

Arjuna replied: "Thank you for your offer. Nobody of us is anxious about the result of this war. We don't need any other protection than the protection of Krishna. You may stay with us and fight or go; we don't need your help."

Rukmi furiously went to the camp of the Kauravas to tell them the way the Pandavas treated him. But the Kauravas too refused his offer to help them. Nobody trusts in a man whose speech is swollen of ego. His words are greater than his deeds.

From: Mahabharata

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

GERMANY

Name of the group: WTT-Group of Bünde

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Phone: +49 +5223-63539 **E-Mail:** kinderausargentinien@hotmail.de

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Activities

- Hospice work in a hospital in Bielefeld with the related public relation work (lectures, information talks etc.)
- Care for seriously injured children from crisis areas, who are taken care of medically in our local hospital.
- Work with children and youngsters in school, building up of a cafeteria, yoga asanas, Qi Gong, sound massages and mantrams.
- Handing out meals to needy and lonely people
- Setting up a database for homoeopathic remedies which will be made available to all interested persons in the area
- Translation work for the Paracelsus magazine and other WTT activities
- Transcription of different group livings
- Development and fostering of international contacts between young people in Europe
- Support of the association "Children of Argentina".

Furthermore there are regular meetings for meditation, conducting rituals and healing work. After May Call 2011 in Geseke our group was again blessed by the visit of the Master and his wife. For this event many group members were invited, also from Belgium, Spain and Argentina. The

highlight of this visit was the installation of a Krishna statue which the Master gave us as a present. Furthermore the Master and Kumari Garu have blessed a pregnant member of the group, and in October we finally could rejoice about the birth of Linus.



Picture of the Month of Gemini

Pulsation - The Song of Swan



A swan moves in pure waters that are equal to the pure ether. Swan is Hamsa in Sanskrit. Hamsa is the centripetal and centrifugal functioning of pulsation, the double principle of pulsation. The door of pulsation is the heart. The Hamsas (Swans) are the movements in us as pulsation and also as thoughts. The Swans of pulsation have the characteristics of musical notes. They form the bases of musical singing by the beings. The music details into varieties of Ragas (compositions) as per the time of the day and the season. These Swans can muse the mind and the ego onto Pure Consciousness and Existence. This is 'the path of music' for the return of the beings to Samadhi. Such is the work of the Swans of pulsation."

Dr. K. Parvathi Kumar: Saraswathi - The Word

Book review



YOUR BIRTHDAY GIFT

The sun gives the influence of the twelve zodiacal signs differently for those born during the twelve months of the year. Each of the zodiacal signs bestows its characteristic touch to all the aspects of life.

Astrology holds the key to life. It is necessary to get into the secrets of the time relating to one's own life in particular and relating to the humanity in general. "Your Birthday Gift" is the first step towards understanding of Time and also a right

understanding of the human psyche. It is an invaluable gift to all true seekers of truth, coming from Master E.K.

Ekkirala Krishnamacharya: The Mandra Scripture

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



THE GOLDEN STAIRS

Madam Helena Petrovna Blavatsky is as tender as a freshly unfolded white lotus. The tenderness of her being cannot be expressed in any language. In her case incompatibles have become compatibles. She is as fiery as she is tender. Her being is essentially and naturally tender and extremely motherly. But at work she is an embodiment of

fiery Will. She was the chosen darling of the Hierarchy to inaugurate an era of enlightenment.

This book is an outcome of the talks delivered by Master K. Parvathi Kumar in June 2008, at the Theosophical Society in Buenos Aires, Argentina.

Dr. K. Parvathi Kumar: The Aquarian Master

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

Astrological Important Days in May/June 2013

20.05.	18:48	11 th phase of ascending moon starts Day of Nârâyana: For healing, synthesis, and for self-contemplation (End 21.05. at 17:33)	☾ 29°50' 𑌕 / 𑌕 29°50' 𑌕
	23:09	☾ → 𑌕 / Sun enters Gemini	
22.05.	15:34	13 th phase of ascending moon starts Birthday of Narasimha (End 23.05. at 12:58)	☾ 01°37' 𑌕 / 𑌕 25°37' 𑌕
24.05.	09:52	Phase of full moon starts Birthday of Lord Maitreya and Master DK	☾ 03°19' 𑌕 / 𑌕 21°19' 𑌕
25.05.	06:25	☾ Full moon of Gemini (Lunar eclipse)	☾ 04°08' 𑌕 / 𑌕 04°08' 𑌕
29.05.		May Call Day	
30.05.	04:47	23 rd constellation Dhanishta starts	𑌕 17°23' 𑌕
	21:00	Dhanishta- Meditation (Dhanishta-constellation ends on 31.05. at 03:44)	
31.05.	09:32	☾ 8 th phase of descending moon starts (End 01.06. at 08:35)	☾ 10°01' 𑌕 / 𑌕 04°01' 𑌕
03.06.	08:46	11 th phase of descending moon starts Day of Nârâyana, to dedicate oneself to Master DK in thought and in word, to study intensely his teachings and to link up to the disciples of the world in thought. (End 04.06. at 09:49)	☾ 12°52' 𑌕 / 𑌕 12°52' 𑌕
07.06.	15:31	Phase of new moon starts New moon point of Gemini: Contemplation upon 'The Pledge'	☾ 16°58' 𑌕 / 𑌕 04°58' 𑌕
08.06.	17:56	☾ New moon of Gemini	☾ 18°01' 𑌕 / 𑌕 18°01' 𑌕
16.06.	07:16	☾ 8 th phase of ascending moon starts (End 17.06. at 07:20)	☾ 25°14' 𑌕 / 𑌕 19°14' 𑌕
19.06.	05:14	11 th phase of ascending moon starts Day of Nârâyana (End 20.06. at 03:06)	☾ 28°01' 𑌕 / 𑌕 28°01' 𑌕
21.06.	00:20	13 th phase of ascending moon starts Day of Narasimha (End 21.06. um 21:03)	☾ 29°44' 𑌕 / 𑌕 23°44' 𑌕
	07:04	☾ → 𑌕 / Sun enters Cancer: Summer Solstice	
22.06.	17:24	Phase of full moon starts Dedicate to the World Teacher and Vedavyāsa	☾ 01°22' 𑌕 / 𑌕 19°22' 𑌕
23.06.	13:32	☾ Full moon of Cancer	☾ 02°10' 𑌕 / 𑌕 02°10' 𑌕
26.06.	13:32	23 rd constellation Dhanishta starts	𑌕 17°23' 𑌕
	21:00	Dhanishta- Meditation (Dhanishta-constellation ends on 27.06. at 11:44)	
29.06.	18:56	☾ 8 th phase of descending moon starts (End 30.06. at 19:02)	☾ 08°06' 𑌕 / 𑌕 02°06' 𑌕
02.07.	21:26	11 th phase of descending moon starts Contemplation upon the personal Teacher, the Guru (End 03.07. at 23:27)	☾ 11°04' 𑌕 / 𑌕 11°04' 𑌕

All dates are in MEST (middle European summer time)

From: »Astrological Calendar 2013/2014«;

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Great Invocation



Let us form
the circle of good will.
OMNIA VINCIT AMOS.
From the South
through love,
which is pure,
from the West
through wisdom,
which is true,
from the East
through will,
which is noble,
from the North
through silence,
which is golden.
May the light make
beautiful our lives.
Oh! Hierophant of our rite,
let his love shine.
OMNIA VINCIT AMOS.
Let us form the Circle of the
World Servers.

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

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

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

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

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

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

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

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

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

Let love prevail.
Let all men love.

Master DK



*SAHANÂVAVATU
SAHANAUBHUNAKTU
SAHA VIRYAM KARVÂVAHAI
TEJASVI NÂVA DHÎTA MASTU MA VIDVISHÂVAHAI
OM SHANTI SHANTI SHANTIHI*

LET US BE PROTECTED TOGETHER.
LET US SHARE TOGETHER. LET US WORK TOGETHER.
THERE WILL BE NO HINDRANCE TO LIGHT.
LET NOT MALICE PREVAIL.
LET PEACE BE IN ALL THE THREE PLANS.