

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Gemini 2015 Mithuna

Letter No. 2 / Cycle 29 - 21st May until 21st June 2015

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



Letter No.2/Cycle 29 – 21 May until 21 June 2015 卐

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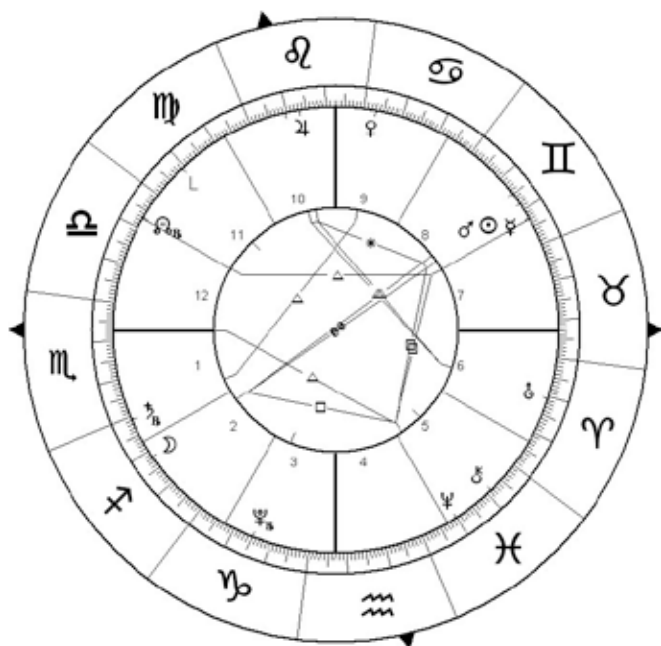
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Prayer of the year 2015/16

WASH KARMA IN SPACE.
ON THE DEEP BLUE SLATE PAINT EVER-ELEVATING COLOURS,
EVER AT THE FEET OF THE MASTER
IN THE VAISAKHA VALLEY.



Full Moon of Gemini, 02 June, 2015, 18.19 CEST (GMT +2)



Message of the Month of Gemini

Man is a self-conscious entity. He can afford to be self-introspective. Self-introspection is the means to set oneself to zero error. Man has to regularly introspect and inspect the patterns of his thoughts, speech and action. He has to evaluate their quality, their precision, and their usefulness to the surrounding life. He needs to fine-tune this triple activity, which constitutes his personality. His personality is but his double. He and his personality should live in mutual agreement, cooperation and friendliness. This is the message of the sign of Gemini. The two vertical lines are but equals. So also the man and the personality. One cannot dominate the other. In friendliness, there is no domination. Man, the soul and his personality shall have to work out friendliness. No one shall ever think of dominating the other.

Religions taught dominating the personality by the soul. When one dominates the other, the other tries to find appropriate time and place to ditch the dominating one. The vanquished, always looks for an opportunity to topple the victor. Wining is a bad habit. Every win creates a loser. A loser always plans to revenge the loss. If knowledge of winning has to be replaced, the knowledge of wining and dominance shall have to be replaced by the knowledge of friendliness and love.

Friendliness with one's own personality is the first step to gain harmony within. Extending such friendliness to every surrounding being is the true theme of Yoga. Through friendliness union is possible. Unity is possible. Oneness is possible. Togetherness is possible. Such unity brings forth the joy of life. A true yogi is one, who unites with the plant, animal, human and devas through friendliness. The spirit of friendliness demands an attitude of equality. The spirit of Gemini is the goal for humanity, when human feels, "The other is no other but a brother". Maitreya stands for it. He intends initiating humanity into this principle of brotherliness, whose other name is friendliness.



Message of the Teacher

See That Within and Without

The realized one is the one that realizes the TRUTH. The other name for the TRUTH is THAT. He realizes all is 'That' and that there is no other. He too is also a projection of THAT. He sees THAT within and without, at all times and in all places. To him, the world of forms and names are but labels on THAT. He relates to the content much more than the labels. Even the realized one knows not the entire dimension of THAT. He knows as much as is revealed to him. So was Krishna, whose dimensions were ever unknown and enchanting; as much as He revealed, so much the seers around Him knew. The unrevealed Krishna has always been immeasurable, incomprehensible and bewildering. By the known dimensions, the seers, the celestials, the devotees, the disciples found him to be verily THAT in manifestation. They realized, 'Krishna is ever'. There is neither birth nor death attributable to Him. He manifests and demanifests as per the Plan.

Gita-Upanishad

- Lord Sri Krishna -

Stabilising the Mind



SRI-BHAGAVAN UVACA

ASAMSAYAM MAHA-BAHO MANO DURNIGRAHAM CALAM

ABHYASENA TU KAUNTEYA VAIRAGYENA CA GRHYATE

“The Lord Krishna said to Arjuna, "Doubtless, the mind is restless and hard to control. But it can be controlled by practice, patience and dispassion" (6/35)

Commentary:

Mind is a fast moving principle. Stability is not its strength. It is ever moving. Stabilizing mind is generally a losing game. Even practice does not help, unless it is associated with patience. Practice is suggested by scriptures. But before practice, patience and perseverance have to be picked up. Mind looks for quick results. Patience demands waiting. Modern mind is irritated of waiting. Learning to wait, and waiting to learn are but the needed qualities.

‘Practice with patience’ is Krishna’s advice. Krishna suggests to observe the mind. Observing is the golden key for meditation. It is the golden key to yoga. Observe the thought that occurs. Do not control it but observe it. To control is not the key. To observe enables disassociation with the thought. Observe the thought. The thought emerges from I AM, I AM in you. Each time a thought emerges observe the thought and substitute it with I AM. The thought disappears and I AM remains. Again and again thought emerges. Institute the I AM in emerged thoughts. Let this be a practice. Patience is but the needed quality. Observation is yet another quality. Instituting I AM in the observed thoughts is the practice. This

practice has to be carried out for long years. By this, the new habit of instituting I AM in emerging thoughts takes place. Thus the mind gains the presence of I AM and tends to be I AM. I AM is the stable state of the soul, from whose light thoughts emerge. Now the thoughts merge in the light of the soul and in the soul aspect. I AM remains, while its light shines forth. Mind stands transformed as I AM.



Message of Lord Maitreya



Five Regulations

The community of Maitreya graces those who follow the following five regulations:

1. Let the labor be clean. Let there be no expectation of reward.
2. Let the cooperation be complete. Look not for cooperation. Extend cooperation.
3. Be cordial to the group that you work with. Care not for others' cordiality. Let your nature be cordial, cooperative and industrious.
4. Do not embark upon any work that is foreign to your nature. Let the work be acceptable to your nature. If not, it gives rise to fatigue, irritation and conflict.
5. Let your work be voluntary; your labor be voluntary, your cooperation also be voluntary, and your cordiality be natural. May your nature joyfully function throughout the wakeful hours!

If the above are accomplished, one enters very soon, into the realms of light.



Message of Master Morya

- *Maruvu Maharshi* -

Perceptual Games

The Presence is experienced generally when one is alone. The sound of silence which is called NAGA, is better heard in aloneness. It is heard within and also without. It is therefore beneficial for a student to be in a place of silence. In silence, listening is improved. It enables listening soundless sound. In silence, the touch works better. The touch of Presence is much better experienced in the hours of loneliness. The subtle touch of Presence and the subtle Presence of sound enable birth and growth of Antahkarana.

In all old traditions, there is a children game. A child is blind-folded and is asked to go around, to feel the presence of others, to recognize them by their voice and also to recognize them by touch. Recognition by sound and recognition by touch are better perceptions than recognition by sight. Developing subtle perceptions should be brought down into group games. Otherwise students remain with a gross understanding of sight. "Seeing is believing" is a poor state of comprehension.

Master Koot Hoomi

- Devâpi Maharshi -

Electrical Manifestations



The sky around us is electrical. Whenever there is a lightening there is the corresponding thought. Only seers comprehend the thought emerging from a lightening. They make a concerted effort to translate their thought into action to benefit humanity.

Every lightening has its related disturbance, which in turn causes a rearrangement through its ripple effect. There is a change of chemistry with every electrical manifestation. The world today is put to much chemistry through continued electrical manifestations in a subtle manner in the sky around. Those who are stable in meditation are able to perceive the ever-changing chemistry in the world.

The nature is benevolent to churn the world substance, so that the buried problems find their surficial expression. When the problems are thus brought to surface, they can be attended to and cleared.

Crisis after crisis nature is in a cleaning process by bringing the hidden, the buried and the unadjusted problems of the past.



Message of Master *EK*

The State of Yoga

How does one know, if one is in a state of Yoga? Is it because, his teacher said so? Is it because, his colleagues say so? Is it because, the society says so?

It's not the right measure. When one is in action, and has no cause for such action, and when such action benefits the surroundings, one is said to be in Yoga.

Vidura



Wisdom Teachings

One cannot straighten the rainbow,
nor can he bend the sunray.
Likewise, Righteousness cannot be
manipulated.



Shirdi Sai Sayings

Poor Worship

The one who sincerely worships Me, need not look for his own requirements. Poor are those who look for their requirements even after the worship. Such worship lacks faith.

Message of *Sri Ramakrishna*

God's Will



If one acquires the conviction that everything is done by God's will, then one becomes only an instrument in the hands of God, one is free even in this life. „Thou dost Thy work, O Lord, but people say, ‚I do it‘.“
He who can resign himself to the will of the Almighty with simple faith and guileless love, realises God very quickly.



On Secret Doctrine

Ancestry of Magic

It may humbly be submitted, that science can never solve the problem of the origin of man. If it rejects the evidence of the oldest records in the world, and refuses them from the hand of legitimate guardians of the Mysteries of nature. It is but infancy to laugh at the ancient simple-mindedness and superstition. The key to universal symbolism is hidden in the simple fables of tradition and of superstition. The so-called symbolists have failed to trace the magic of its origin due to lack of simple mindedness and bias two words the superstitious believes. Building their own hypothesis they say that magic emanated some seventy years B.C. in Scandinavian countries. There are others who say, that it was much before, through Zoroaster. But yet others say, that Zoroaster himself was not the founder of magic and was a magical reformer, and that he borrowed magic from Chaldeans and Egyptians. At any rate he cannot be considered to be the founder of magic. But then who, which institution founded magic? It is still a mystery to the modern mind, which refuses the simplicity of the institution of magic, which existed at all times right from the origin of man. "As pupils arrived on the planet, the teachers too arrived". The institution of teachers that teach the secrets of Life, imparting the needed discipline and way of life, have emerged from the same source from where the humanity emerged. In the meanwhile, there would be many self-proclaimed orientalist and symbolists, who make mockery of sublime Truths, out of their arrogance, which is but a product of ignorance. To say that the king's chamber in a pyramid is but a corn-bin and that the pyramid is a granary, if not a wine-cellar, speaks of the dwarfed brains of modern researchers.

Modern society on the authority of some men of science, calls magic a

charlatanry. But magic continues to be. The whole ancient world, with its scholars and philosophers, its sages and prophets, believed in it. There is no country, where magic was not practiced, regardless the claims of the men of science and the members of modern society.

The Mexicans had their initiates, their priest-hierophants and magicians under crypts of initiation. Two statues exhumed from Pacific States, represented a Mexican adept in the posture prescribed for the Hindu ascetic and an Aztec priestess in the head-gear of a Hindu goddess. The connections of Mexico via the Pacific to Ancient India will be the future knowledge. The Tree of Knowledge that is exhibited by Guatemalan metal, with its hundreds of eyes, ears, symbolic of seeing and hearing, and encircled by the Serpent of Wisdom whispering into the ear of the sacred bird, represented migration of magic from place to place, as human civilization moved from place to place. The pyramids of Egypt, built by the Pharaohs, and the pyramids of the Aztecs have much in common; they are in tune in terms of the canon of proportion. Is it the Mexicans who copied from the Egyptians or is it otherwise? Or both of them have their common ancestor? It is quite likely that the two civilizations have their common ancestors. Just like the two legs of the compass have but one source.



The Mayan Tree of Life



Lay Man's Prayer

As we enter into this world,
we slowly and gradually gather around us,
men and material.

We feel them to be ours.
This feeling is sticky and we are stuck.
We Pray that we may be lifted up
from this sticky stuff.

Discipleship

Four Avenues of Kali

Four are the avenues given for Kali: One is butchery, second is prostitution, third is 'casino' (places of gambling), fourth is alcoholic production, sale and consumption. Kali has been dynamic to cover the entire globe with these four activities. Non-vegetarianism involves killing the animal and it is almost in every habitation. Non-vegetarian food exists almost everywhere, while vegetarianism is an exception. Lord Buddha made an effort to close this avenue of Kali. It had an impact, but a little.

Prostitution is an insult to the femininity. Femininity is the representation of nature. When nature is continuously insulted through wrong understanding and wrong attitude of men towards women and children, not much joy and happiness can be expected on earth. Jesus the Christ spoke of the importance of women and children. The Eastern scriptures hold high the feminine aspect of creation. But man ever insulted women and continues to do so to bring in more and more misfortune, crisis and calamity to oneself. Where women are insulted, there, the society is bound to fall. Man needs to realize this. Gambling is an unlawful means of tending to be wealthy. Gaining wealth is never the objective of human happiness. The law of nature is such that the ones who work shall be plentiful and joyful. Work is meant to be a work of benefitting others. Working for self-gain is a blasphemy. Almost every human is a slave of working for self-gains. Kali sealed the fate of humanity through this blind understanding of the purpose of work. The man grows by expansion of his comprehension and of his consciousness. Alcohol of any form diminishes the light of comprehension. It brings in inertia contrary to dynamism. It causes aversion to many subtle laws of nature. It gives rise to a peculiar logic and anarchism. Alcoholism or narcotics and other herbs and roots that reduce human comprehension are semi-suicidal.

A disciple shall ensure that he clears in himself these 4 corners. Without clearing them, he cannot even dream of the discipleship.

A disciple



The Teacher

7. Aadyam

The Beginning to the Beginning

All beginnings are based on Existence. They begin from Existence. The first impulse is the seeming beginning, but the base for such an impulse is the beginning to the beginning. Beginnings can be perceived, the base of the beginning cannot be perceived. The perceiver himself is the base of that which he perceives. One cannot see oneself except through occult ways. The one who calls himself I AM has to know the base of his thought of I AM. The thought of I AM is a sprout from oneself. The sprout has to retrace its source. The perceiver has to perceive the base of perception. It can only be an occult comprehension. And even that comprehension dissolves as it touches the base; such base when touched, one becomes THAT. He remains THAT and he separates not from THAT. He projects consciously but remains with the base which is the beginning of the beginning. When he has thus become the base, it is said that he joined the background of awareness. When he remains as the background of awareness he is in the state of BE-ness which is like the state of sleep where there is no activity of will, knowledge and action. It is a sleep-like state but not sleep. It is a potential state, potential of will, knowledge and action. This is the natural state of a Yogi or a Teacher. It is from this state the Teacher sends an impulse to his followers and enables them to evolve. This sleeplike state is also called Samadhi. It is from that state of Samadhi he functions. Samadhi is a state which is neither awareness nor Existence but their meeting point, their middle point. Master Morya calls it as the state of diamond consciousness. In that state of diamond consciousness the beginning is as yet. It is a threshold state

between Existence and awareness. Students would do well to ponder on this state which is the natural state of the Teacher.

Very early in the morning I recollect the holy sandals of the Master in the inner chamber of my heart.





Kapila

Four Models of Creation 2

Model 2 - Sankarshana 2 Birth of Mind

This successfully changing consciousness is called Sankarshana from whom the mind and the senses are born which are ever active. This model again, causes separativity. This is a second separativity, if we follow carefully the story of creation. The first separativity is the Universal Essence becoming into Essence within the Egg and outside the Egg. The second separativity is the birth of mind. In terms of popular spiritual terminology the first separation is Spirit becoming soul. The second separation is a soul becoming the mind. This is according to the process of involution in creation. As the consciousness thus tends to separate through matter, there is the gradual loss of it into the matter causing the consequent ignorance and fear.

The mind thus born also undergoes innumerable transformations. To think is the natural quality of mind and thinking is twofold. One is natural and the other is unnatural or out of normal. The first is called Sankalpa and the second is called Vikalpa. For example, when one sees a beautiful thing or a person, or a place, to feel the beauty of it is natural and normal. But the subsequent thoughts about it like how to possess or how to own or how to steal are all thoughts arising out of the first thought which are not natural or normal and are dependent upon individual orientation. If a man sees a beautiful woman and recognises the beauty, it is natural. But if he proceeds further in the matter it leads to acts of distortion or Vikalpa. This is the case with many aspects of man's life. He is not satisfied with the primary experience.

He involves into secondary and illusory thoughts causing the illusory world of his own. All feelings, imaginations, aspirations, projections into the past and the future is thus the illusory world created by man, while the present and the experience of that which is present is natural, normal and real for the moment. To experience that which is presented to us is real. To feel, to think, to imagine about it is illusory. This illusion causes ignorance. It is so with imaginative beings. It is different from the intuition of the scientists and occultists. Intuition is the faculty to see through, and imagination is the faculty to see about but not seeing or seeing through.

The seeing about and thinking about that which is there is feeling, that which is seen about or thought about. The Vikalpa (or distorted) thought of mind drags man into myriad of adventures and drops him into the quicksands of life. "All feeling is glamour" is an occult truth.



Ashram Leaves

The Wisdom of Four

Cross has four arms. The four arms represent the four aspects of the One. Know the four as existence, awareness of existence, wisdom and behaviour. Also know the four as the background consciousness, the will, the love and the light. The four exist as the four Yugas - the Kruta, Treta, Dwapara and Kali. The four exist as four Kumaras (cosmic).

They are the four heads of the Creator. Known the four in every aspect of your life. Everything exists as four and the disciple is expected to realise the four in daily life. The four exist even in day to day life as the four cardinal points of the day - the midnight, the dawn, the noon and the evening. Understand that your own life exists as four - childhood, youth, manhood and old age.

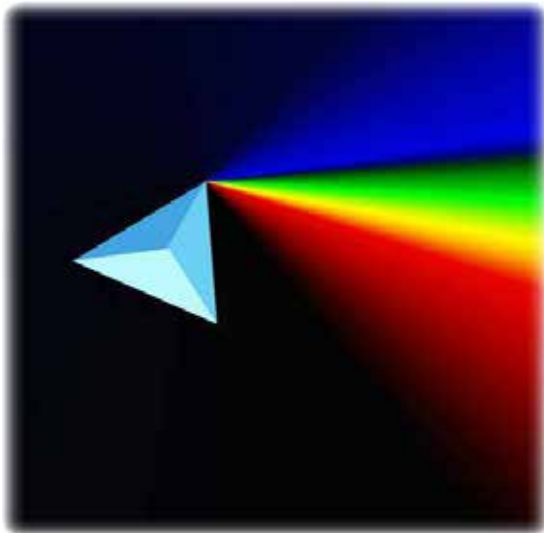
Around the four is formed the square as the boundary. This square is the result of the radiance of arms from the centre. The centre is essentially a lotus in principle ever unfolding. Four is the expression of the fourfold word manifest through four transformations.

Only the four which is manifest is known and the other three are concealed in the cave of imperceptibility. The first of the three imperceptibles is the most imperceptible and is symbolised by the empty chair. This is space and is understood as located in the north. This is the midnight time or the fourth house - Cancer. It is covered by the Lord of Gandharavas, Soma.

The four faces of Brahma (Creator) are the four triangles. Each is threefold in its significance as is symbolised by the zodiac.

During the travel of the Ray of Self-expression through this threefold activity of the universe, the pure white Ray of Objectivity is refracted and

made into seven coloured phenomena upon which the whole world exists. These are the seven circles in the three imperceptible layers of the universe. Each ray produces its number, colour, atom and consciousness. The result is the total phenomena of evolution in seven groups.





On Love

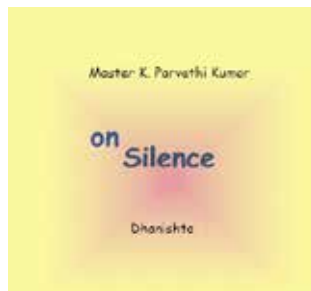
Love pulsates Life, vibrates Sound (OM)
and radiates Light!

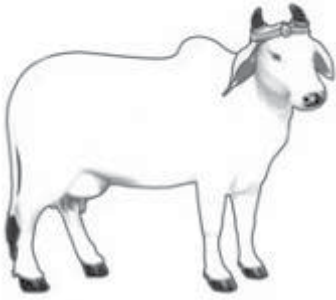


On Silence



Practice therefore vocal, emotional, mental
Silence daily, weekly, monthly and annually.
Find sufficient time for it. 72 minutes at a time
is considered most beneficial!





Cow

Inhalation of the smell of Cow dung
would neutralise the poison
caused by scorpion bite and snake bite.

Violet Flame Invocations



Seven are the chambers of the Temple.
Seven are the Sounds.
Seven are the Colours.
Seven are the regular Steps.
Seven are the Seers.
Seven are the Poles of Light.
Seven are the Directions –
East, West, South, North, above, below, centre.
Seven are the Initiations.

Seven Times Seven the Wheel Rotates!



From the Teacher's Pen

Questions and Answers

Question: Master, why do we lose those who follow us and assist us in profession, in family and in the group?

Answer: Dear brother, it requires self-searching, whenever we lose those who follow us, or cooperate with us.

Firstly, one is to search within, if one's abilities have the tinge of manipulation. If the senior is manipulating, the junior sees it and notes it as a danger point.

Secondly, one should see, if he is grateful for the cooperation that is received and if one is expressive enough of the related gratitude. If one is not appreciative of the good work of the junior, one stands to lose them. Many seniors are over-critical and much suspicious.

Thirdly, one should feel within if there is excessive interaction beyond the acceptable limit. There are subtle frontier lines within personalities which should never be overstepped. Let not the junior be stepped upon. Friends become enemies when the border lines are crossed.

Ensure the above and there would be a long-standing relation.

Agni

An Introduction into the
Work of Cosmic Fire, 43



4. The Solar Fire

The Unfoldment of the Egoic Lotus 2

There is a state in man's life where he behaves like that with his intelligence. With his extra intelligence, he exploits the co-beings. Don't we find such people? Don't we read about such people? Did not history show such people to us? All these grades do exist in human beings. So, the love, the sacrifice and the knowledge are more a pretension, as it is for others. And there is something to be gained through that which is much more substantial. So, many people show themselves up as men of virtues, while they are not virtuous inside. And all is for one's own self. This is what we call individuality, and when he is practising virtues in this manner, he gains more and more like the tiger: less effort, more result.

But in the process, nature has another design. The Kumaras who live in us have another design to the same process, another plan. See, the more and more we are gaining in the process of practising virtues, we practise more virtues. In the beginning, man works for himself selfishly, and later he learns, if he is a little bit virtuous, he gains more. So, unwittingly he practises virtues. His objective is to gain more and more through virtues, but the Kumaras have another view of the matter. It does not matter, even if he is working selfishly, he is practising virtues. They see the positive side of things. Slowly as virtues are practised for the sake of gaining more and more, then practice of virtues becomes a habit. Later, the man can-

not overcome the habit of a virtue.

So, anything you practise continuously, it establishes in you a habit. If you make continuously a healthy action, it establishes a healthy habit. So is the case, when you practise an unhealthy habit like drinking coffee. The power of habit is the same and is impersonal in both ways. That is why Patanjali says: "Don't bother about your bad habits. Pick up some new good habits and keep working with it." The good habit also settles like the bad habit. So, the more and more good habits or virtues keep settling with us, we have no time for the other activities. That is how man enters into a little more light, where he gains personality consciousness. In the beginning, he is a bit Bohemian meaning he is just not bothered about others' discomforts and comforts. He is only concerned about his own comfort. (Here, Bohemian is used not as a noun, but as an adjective, because I do not know why Englishmen have used this word. There may be some Bohemians who are evolved, and Bohemian-like Englishmen. In German do you have the word Bohemian?) So, when we are brutally selfish and are unconcerned about others' comforts and discomforts, it is called Bohemian. So, from the state of being brutally selfish, we get to the state of being a bit concerned about others. And then, in that state, we get a bit concerned about others. And we find that if we are concerned about others, others are also much concerned about us. So, we get more and more and more concerned about others with a view to receive more and more and more concern from others. In the process, without knowing, we settle with virtues. There are some people among us who cannot help but getting up before the dawn. By practice, it becomes a habit with them, they cannot but get up in the morning. So, it settles as a habit, and you cannot come out of it. Even if you sleep after midnight, you will get up before dawn, when it becomes a habit. So, in that situation, love is meant for give and take. Sacrifice is meant for give and take. That means we sacrifice to receive a little more. To conduct rituals of sacrifice on a public platform, so that many people know that I am a big giver and see that the press and the TV are also present in one corner, but nevertheless I am giving. So, love, sacrifice and knowledge is understood to be given and to be taken. From taking, we have stepped into giving and taking.

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

Master *EK*

Vishnu Purâna

CHAPTER XVI

Daksha 4



The son of Dhruva (the Pole) is Lokaloka, the one who merges beings into space and vice-versa.

Soma, the Lord of the Moon, gave birth to Varchus (brilliance), who gave birth to Varchaswi (the brilliant one).

Dharma, or the law, gave birth to Dravina (wealth), who carried out the combustions of the ablutions.

Manohara, one of the 60 daughters of Daksha, was given in marriage to Sisira (winter). Siva was married to the wind god, whose son was Purojava (Speed).

Another son of the wind god is Abhignatha (the imperceptible movement).

Agni gave birth to Kumara by Sarasthambha (the stalk of the Sara grass).

Kumara gave birth to Sakha (branching) and Visakha (its subdivisions), and also Nigamesha (the flow of the rituals).

The son of Kritika is called Kartikeya. Prathyusha gave birth to Devala, the sage.

Devala had two sons, who were wise and forbearing.

Bruhaspathi had a sister who was a celibate of very high birth. She went round the earth quite detached, and her name was Yoga-siddha. Later she became the wife of Prabhasa, the 8th Vasu. She gave birth to Viswakarma, the progenitor.

Viswakarma is the sculptor of thousands of patterns and multiplied the gods by threes and tens. He is an artificer of gold and various jewels and was the greatest of all goldsmiths. It is he who made and designed all air-

ships of the gods. Even the human beings make their livelihood through his sculpture.

Viswakarma gave birth to four sons:

- Aja, the one-footed,
- Ahirbudhni,
- Twasta and
- Rudra.

Twasta gave birth to Viswarupa, who made great penance.

Kasyapa married the following girls: Adithi, Danu, Arishta, Surasa, Kasha, Surabhi, Vinatha, Natha or Thamra, who is always angry, Ila, and Kadru, and they had their own generations.

The following eleven are the Rudras born to the Creator: Hara, Bahurupa, Thryambaka, Ushakapi, Shambhu, Kaparehi, Ryvatha, Mrugayvada, Sarva, Kamapali, Aparajita. They were made the lords of the three worlds.



The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 34
August 2001, Visakhapatnam/ India

Development of the Will 2

All those Masters who have given knowledge, they have themselves gone through the process and they gave out their experience as teachings. It is their life message and life experience, it is not just theory. Any Master's teaching which has a scientific approach would be helpful to you to unfold the comprehension. To work in the third chamber of the mind, you need to do daily contemplation and self-study. You have to find time for it, if you wish to have the fruits of the knowledge, if you wish to move into the fourth chamber of knowledge.

Many people have interest in it, but they are casual, they are not focussed. If you associate the daily contemplation and self-study with an attitude to be helpful, though not now, but in future, then you are developing the capabilities. Until you gain the capabilities, you cannot be really, effectively useful. Now the stage in which you are in life demands more and more disciplined study and contemplation about what you wish to do and what is happening around you. When you engage like this, you don't have time for your negative tendencies. They will gradually fall off, because you are not giving any energy to them.

That should be the basis to link the third sub-chamber of mind with the fourth chamber of knowledge. This decision is to be made by yourself, others don't make it for you. If I try to decide for you, you may not listen to me. But if you decide for yourself, it is your decision, and you have to respect your decision. This decision-making shall have to happen which each one by himself. If a horse is thirsty, it will go by itself to the water pond. The need should be felt inside. Otherwise, nothing can be done. To progress and to be useful to the community is a decision that one has to make for himself. The freedom is his to make it or not, but either way, he should accept the consequences.

People want the best things in life without doing even normal things in life. They are the dreamers and they find themselves totally lost by the time they get to thirty, thirty-five years, and it will be late to develop the will at that time.

I will give you one example relating to this. In 1990, when I was giving a conference at the Theosophical Society in Barcelona, a devotee of Satya Sai Baba came. She sat in the front row listening to what I spoke. After the talk, she sought an interview with me, and in the interview she wept. I asked her what is the matter. She said her two children are not doing well. They drink alcohol and are taking drugs. She was worried. Naturally, every parent would be worried. When she was at sleep, I believe she had a dream. Her Master, Satya Sai Baba, appeared to her in the dream and told her to meet an Indian who is giving teachings in the Theosophical Society. So, she came and she found me. She said, "It is my Master's direction that I should come to you, please help my children." I said, "If your children are not willing to help themselves, I cannot help them."

I spoke to you about the doctor who wanted help from me to come out of his habit of drinking alcohol. Because he wanted to come out of it, I could help him. So, I told that lady that if I give any Mantra or Tantra, they won't help her children. What is important is that they should have the impulse to progress in life.

She said: "They don't listen to me."

I told her: "Tell them that there is an Indian who is very interesting. It would be nice, if they came and meet me. Don't tell the children that I am a Swami, a preacher, or a religious man. If you can bring them to me, I will try, if I can do something."

People often don't define me well. I don't want to be defined. I am just living a very normal and natural life. I don't need any particular titles.

So the lady told her children that there is an Indian who is giving very good teachings, and it would be very nice if they met him. The first question they asked their mother was: "Is he like the one whom you worship daily? Is he another Baba?"

She said: "No, he is not a Baba."

Because I know, those children don't have the orientation to Baba. That's why I cautioned her: "Don't tell them anything about me, just bring

them, if you can." But she could not resist and said: "He is a Teacher of wisdom, a man of great knowledge. I'll be happy, if you meet him." They said: "Sorry, we don't come, we don't want to meet Babas and Saints." Then she pleaded with them, and the children said: "Okay, we will come."

After two days, when they came and met me, I was contrary to what they pictured about me in their minds. They were expecting some orange robe, a barb, and a dress like that of a priest, but all that was not there, and they felt the initial comfort. The mother introduced them to me and I introduced myself to them. Then I spoke to them what games they play. They said they play football, they play tennis. I spoke to them about Maradona, Manuel Santana, and they were delighted.

"How do you know about Manuel Santana, how do you know about Maradona?"

"I am also like you, I keep seeing television, I keep reading papers." Then I spoke to them about Olympics. How many medals according to them, Spain would gain? They found me talking to them something which they did not expect. Now they felt comfortable.

"Why do you have come here and what do you do?"

I briefly told them that I am a house holder, that I have children of their age, that I am a professional in the field of business consultancy, that I do out of my resources some service activities, and people feel that I have some knowledge which they wish to know. So I shared my knowledge with them. They wanted to know more, and I gave complete detail.

They were surprised and said,

"How is it that one man could do so many things?"

"You can also do it. There is nothing that is not possible to man. What I am doing is very little compared to the very great men of the globe."

"Do you think we can also be like you? Would you like to see our astrological chart?"

It seemed that the mother was dumping all these astrology and other things on them.

"I don't need to look to astrology, what is important is that if you wish to do, you can do.

"Tell us what we have to do!"

"I don't tell you what you have to do. You should decide what you have

to do. Think well and decide what you have to do. I don't come to the West or to any place to tell people what they have to do. I only give information. It is for them to do whatever they like with it. So you too, think about it."

"We will think and come to a decision and come back to you."

"You are welcome."

After another five days, they came back and said that one would like to be a doctor and the other one a teacher. I smiled and said,

"Now it is you who decided, you should respect your decision. You should focus to become a teacher and a doctor. If you don't do this, you are insulting yourself. You have set very noble goals. It is not enough, if you set high goals. You should organize your time, your energy, focus on it and accomplish it without wasting time".

They have understood and said,

"We know what you are telling us. You don't want us to go for alcohol, you don't want us to go to disco, you don't want us to waste time, you want us to focus on the Path."

"I don't want anything. If you want to be a doctor or if you want to be a teacher, you have to do what is necessary for it. Do only that and don't do other things, if you wish to accomplish. I am not here to give you morals. If you make a decision, you try to respect it and follow it."

"Yes, that is how it should be."

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

Paracelsus

Health & Healing

Stress and Relaxation



Stress at work is a common stress. It has its own contribution to health. Stress is not avoidable by the human, but intermittent rest during times of work is highly advisable. A couple of minutes to relax in-between stress and work are recommended. A sip of coffee or tea or infusion can be seen as a good relaxation. Such kind of relaxation should not, however, lead one to gossip. It should also not lead to idleness. A wise relaxation sharpens the forces of work. When great tasks are worked out such little relaxation is always important. It gives rise to renewed psychic energy that helps greater attention to work.

When one feels stress at work the above mentioned relaxation is the way out to come back fresh. If one continues in stress, one develops a feeling of hopelessness/helplessness. Hopelessness and helplessness should never be let into work. They lead to despair and weaken resolute attitude and decisive functioning and decrease the strength; therefore the caution to relax. Care should be taken of one's health through such small tips. Sometimes small tips are of greater help to avert ill-health than long procedures of medical treatment. This needs to be induced through education to prevent a breakdown of health at later states of life.

It is said that it is always difficult to find space for useful small articles when packing a trunk. Packing a trunk, small articles here and there can fit in, which are useful for the journey. People pack their trunks so full that often there is no space left over even for the smallest object. Likewise when performing tasks of life certain details like relaxation go unnoticed. Such an attitude brings leakages into the health system.

Intermittent relaxations are as useful as work. They are like tonics or chocolates that help to renew oneself and work with vigour.

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**

**TRUE SERVICE ALIGNS
ATMA, BUDDHI, MANAS
– SOUL, HEART AND MIND.**

Dear children,

Life is worth living, when it holds on to dignity and decency. When these two are wanting, life is one of misery.

Let not your life loose decency and dignity in your endeavor to earn money. Stoop not to make money. Even criminals make money. Money does not give true dignity and bestow decency in life.

Lose not dignity and decency in gaining cherished things of life. Men of lust and of intense desire lose their decency and dignity in seeking what they cherish most. Let it not happen with you. The quality of your work brings the needed things of nobility and of value. Orienting to work is better than orienting to desires.

A life is considered decent and dignified as one tends to offer through work his skills and energies to the surrounding life. A begging hand is indecent and is undignified. Gain skills to be master of your life. Never be a beggar of things in life. Useful years are meant for such transformation.

K. Parvathi Kumar

Stories For Young People

Rama Takes the Prize

Lord Rama was a 16 years old boy when he won his first battle by protecting the ritual of the sage Vishvamitra. The sage asked Rama for a trip to Mithila, the capital of King Janaka. Rama agreed.

The whole city of Mithila was decorated and the citizens were excited in expectation of some wonderful event. King Janaka gave the travelers a hearty welcome. Rama was not known by anybody and he himself did not know anyone. He was just a companion of Vishvamitra. The sage told Rama that the great bow of Lord Mahadeva was honored by a festival. By the chance he asked the boy, if he would have a look at this frightening armor. Rama was eager to see it.

The mighty bow was brought on a cart, dragged by thousand men. Rama got the permission of Janaka to lift the bow and string it. Many eyes were watching, as Rama lifted the bow like a toy. When he stringed it, the bow broke into two pieces.

A noise like thunder arose from the spectators. King Janaka told the boy that he won a prize: the hand of his beloved daughter Sita. The childless King Janaka had found the little girl and adopted her. He guessed that she was divine. He was sure of her divine origin, when the three years old girl pushed away the chest containing the bow with her tiny hands. Janaka decided to give her in marriage to a hero. So he proclaimed a competition: Sita will be given to the one who would lift and string the bow of Mahadeva.

The only wife Rama knew was his mother. He had no idea of woman, especially not of a spouse. He was not aware of a competition and a prize. The divine took care of him and choose a lady perfectly fitting in qualities to him.

The stories of this series are taken from the oldest poem of mankind, the venerable Ramayana. Master K.P. Kumar told many of them in his books and lectures. They are inspiring to those, who can extract the information contained for present and future.

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

SWEDEN

Name of the group : WTT Gothenburg

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Activities

A group in Patanjali Raja Yoga has been running each second Sunday for four semesters. The last two we have used Master EK's two wonderful books on Patanjali Raja Yoga. The group will next semester join the Theosophy Circle in Gothenburg, but also find a way to continue the Patanjali studies.

Help from God

A very poor woman with a small family called-in to a radio station asking for help from God. A non-believer man who was also listening to this radio program decided to make fun of the woman. He got her address, called his secretary and ordered her to buy a large amount of foodstuffs and take it to the woman. However, he sent it with the following instruction: "When the woman asks who sent the food, tell her that it's from the devil."

When the secretary arrived at the woman's house, the woman was so happy and grateful for the help that had been received. She started putting the food inside her small house. The secretary then asked her, "Don't you want to know who sent the food?" The woman replied, "No, I don't even care because when GOD orders, even the devil obeys!"

Picture of the Month of Gemini :

Gemini - The Messenger of Light



Mercury is the compromising principle between the higher and the lower worlds. For this reason, he is called the messenger of gods, the speech of the divine beings and the arbitrator of the angels.

Gemini is the sign of transformation of the lower into the higher. Mercury, as Hermes the great alchemist, is the lord of this sign.

That shade of green which produces blue or which is a half-tone of blue is the colour of Gemini that helps the occultist in his meditation. One can have an idea of this colour from the crystal of copper sulphate.

The occultist can heal his fellow-beings physically, mentally and spiritually by meditating upon the throat-centre with a self-expression attuned to the vibration of the colour of Gemini and then by uttering words of comfort from that plane of consciousness.

Dr. E. Krishnamacharya: Spiritual Astrology

Book review



Message to Aspirants

The booklet contains extracts from letters of Master EK sent to persons in the West and in India. It is meant to inspire aspirants and disciples. The letters contain many instructions and advices of the Master, concerning spiritual practice, everyday living or spiritual questions – a jewel for the seekers.

“Spiritual qualifications do not depend upon social perfection and formality. It is the warmth of the heart that makes us respond to each other from such a distance.”

Ekkirala Krishnamacharya: Messages to Aspirants

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



Sun - That I AM

When we think of Sun we need to think of the very consciousness, which is the basis of our solar system. Each one of us is but a unit of consciousness. Each one of us is a micro Sun. The other name for this consciousness is ‘I Am’. When we speak of Sun we speak of I Am consciousness. In other words we are speaking of ourselves. The self

in you and in me is no different from the self of the Solar Angel. It is but the same consciousness manifested in different dimensions and magnitudes. The essence of the Sun and us is but one and the same. We are no different from our Sun.

K. Parvathi Kumar: Sun – That I Am

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

Astrological Important Days in May/June 2015

21.05.	10:44	☉ → 𑀓 / Sun enters Gemini	
25.05.	06:09	● 8 th phase of ascending moon starts	☉ 03°40' 𑀓 / 27°40' 𑀓
		(End 26.05. at 08:32)	
28.05.	13:31	11 th phase of ascending moon starts	☉ 06°50' 𑀓 / 06°50' 𑀓
	𑀓	<i>Day of Nārāyana: For healing, synthesis, and for self-contemplation</i>	
		(End 29.05. at 15:37)	
29.05.		May Call Day	
30.05.	17:13	13 th phase of ascending moon starts	☉ 08°54' 𑀓 / 02°54' 𑀓
	𑀓	<i>Birthday of Narasimha</i> (End 31.05. at 18:13)	
01.06.	18:34	Phase of full moon starts	☉ 10°52' 𑀓 / 28°52' 𑀓
	𑀓	<i>Birthday of Lord Maitreya and Master DK</i>	
02.06.	18:19	○ Full moon of Gemini	☉ 11°49' 𑀓 / 11°49' 𑀓
07.06.	12:49	23 rd constellation <i>Dhanishta</i> starts	☉ 17°24' 𑀓
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 08.06. at 11:31)	
09.06.	06:46	● 8 th phase of descending moon starts	☉ 18°04' 𑀓 / 12°04' 𑀓
	𑀓	(End 10.06. at 04:37)	
12.06.	00:22	11 th phase of descending moon starts	☉ 20°41' 𑀓 / 20°41' 𑀓
	𑀓	<i>Day of Nārāyana, 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.</i> (End 12.06. at 22:20)	
15.06.	17:11	Phase of new moon starts	☉ 24°13' 𑀓 / 12°13' 𑀓
	𑀓	New moon point of Gemini: Contemplation upon 'The Pledge'	
16.06.	16:05	● New moon of Gemini	☉ 25°07' 𑀓 / 25°07' 𑀓
21.06.	18:38	☉ → 𑀓 / Sun enters Cancer: Summer Solstice	
23.06.	23:46	● 8 th phase of ascending moon starts	☉ 02°07' 𑀓 / 26°07' 𑀓
	𑀓	(End 25.06. at 02:16)	
27.06.	06:12	11 th phase of ascending moon starts	☉ 05°14' 𑀓 / 05°14' 𑀓
	𑀓	<i>Contemplation upon the personal Teacher, the Guru</i> (End 28.06. at 07:15)	
01.07.	06:00	Phase of full moon starts	☉ 09°02' 𑀓 / 27°02' 𑀓
	𑀓	<i>Dedicate to the World Teacher and Vedavyāsa</i>	
02.07.	04:19	○ Full moon of Cancer	☉ 09°55' 𑀓 / 09°55' 𑀓
04.07.	19:25	23 rd constellation <i>Dhanishta</i> starts	☉ 17°24' 𑀓
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 05.07. at 17:36)	
08.07.	11:26	● 8 th phase of descending moon starts	☉ 15°55' 𑀓 / 09°55' 𑀓
	𑀓	(End 09.07. at 09:25)	
11.07.	06:08	11 th phase of descending moon starts	☉ 18°34' 𑀓 / 18°34' 𑀓
	𑀓	<i>Contemplation upon the personal Teacher, the Guru</i> (End 12.07. at 04:53)	

All times in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);

From: »Astrological Calendar 2015/2016«;

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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



HYMN TO AGNI
TAVÂHAMAGNA ŪTHIBHIR
MITRASYA CHA PRAŠASTIBHIHI
DWESHO YUTO SA DURITÂT
URYÂMA MARTYÂNÂM

OH LORD AGNI!
YOU ARE THE FRIEND OF ALL.
BY WORSHIPPING YOU
THE HUMANS SHALL RECEIVE PROTECTION.
MAY THEY GET LIFTED UP FROM THEIR MALICE
AND MALICIOUS THOUGHTS AND ACTIONS
INTO THE KINGDOM OF GLORY.
MAY THAT BE SO.

COMMENTARY

The fire is in all. No one exists without fire within and fire around. Fire protects life from within, but fire outside can destroy life. Anger, hatred, and enmity is the fire that humanity regularly emits through its nature, its thought, and its action. Fire therefore need to be worshipped to burn up the malice in humanity and lift them up into the splendours of life, which is also an aspect of fire. In fact, this is the need of the hour. When as many goodwill workers worship fire with this attitude, the present day crisis can be dissolved.