

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Leo 2013 Simha

Letter No. 4 / Cycle 27 - 22nd July until 23rd August 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



Letter No.4/Cycle 27 –2 March until 20th April 2013 ௐ

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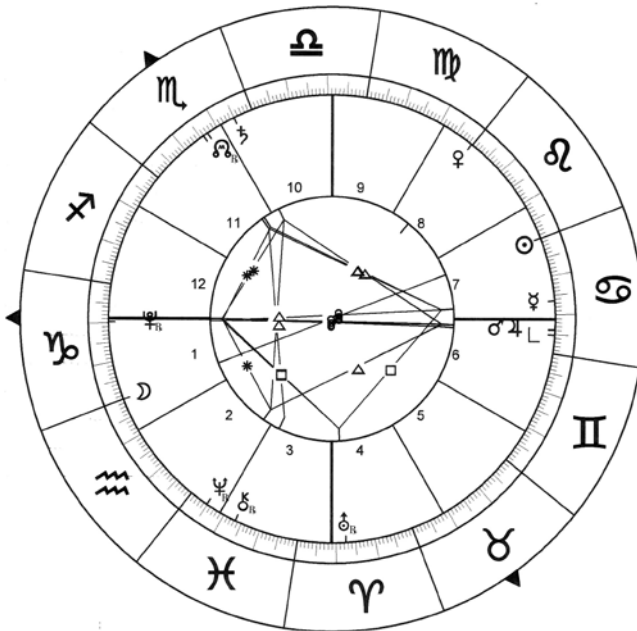
Prayer of the year 2013 / 14

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.

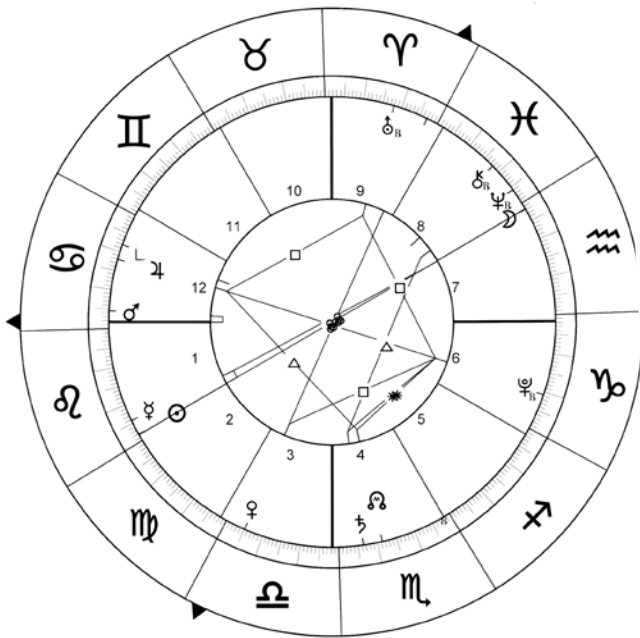
GODS SET IN CANCER, MAN SETS IN LIBRA.



Full Moon of Leo (1), 22nd of July 2013, 08.15 pm MEST

Prayer of the year 2013 / 14

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Full Moon of Leo (2), 21st of August 2013, 03.44 am MEST



Message of the month of Leo

One should celebrate the return of the Sun into Leo. To Sun himself is like coming home. After a long journey when one comes home, one stands relaxed, peaceful and pleasantly disposed. One gains one's equilibrium. Many humans do not feel like going home. This is because they did not build a peaceful home. They may have built a house, but every house is not a home. It can be made into a home by one's own efforts. The home of every soul is the heart center. The heart center for the Sun is in Leo, therefore, the Sun is extremely comfortable being in Leo. The key word for the Soul in the heart or Sun in Leo is I AM. The Soul is pure, effulgent, and is a representation of truth. Its pulsation sings the swan's song SO HAM. By that song, it relates to THAT. THAT I AM is the swan song, it sings staying at home. Blessed are the disciples who can reach home and engage with the swan song relating to the top of the head. The top of the head represents THAT. The center at the heart represents I M. The field of the lion, (I AM or soul) is in between the Sahasrara and the heart.

Every nation, every noble king, selected the symbol of lion as their national or royal symbol. It represents the urge of man to be leonine. A lion is straight forward, transparent, pure, non-manipulative, friendly, fraternal, stable, noble, and righteous.

Disciples need to know that their goal is to reach the heart and cultivate the virtues of the lion. Only then ascent is possible.

Lord Krishna, Master CVV, Sri Aurobindo, Madame Blavatsky, Master MN and Master EK, are some of the lions to be recollected and revered in this context.

Message of the Teacher



Self Check

Self-check if you have adopted the following into your life:

1. Do not exhibit yourself and your skills and abilities without purpose.
2. Be satisfied with what is around you and with you. Do not think of things, persons and placements, which are not with you.
3. Do not involve in discussions
4. Do not join crowds and enter into mass demonstrations.
5. Seek not favour from others. It is considered as beggary.
6. Let not your anger.
7. See the One, listen to the One and serve the One in the surroundings.

If you follow these seven your Master is obliged to give his presence to you.



Gita-Upanishad

- Lord Sri Krishna -

Message of Knowledge

“As you sit for contemplation let your body, neck and head be erect. Let it not gain tension. Let it remain stable and unmoving. Let your vision be focused on the bridge of the nose (brow center). Let not the gaze of your sight flicker.” (6/13)

Lord Krishna gives a methodology to internalize and to focus upon a center of light within oneself. He recommends that the spine, the neck and the head remain in alignment, so that the energy flow happens with ease. It may not be possible in the initial stages of practice to sit erect, but as one regularly practices, it becomes possible. It is important to ensure that one does not feel the tension while one sits erect. It should let the entire body tension-free. When one sits vertical, there is the happy meeting of horizontals for their eventual blend into verticality. Horizontals symbolize life of objectivity, verticals symbolize the subjective life. When vertical is erect and perpendicular, horizontals meet to blend. The mind objective joins the mind subjective. A part of the mind comes back to the eternal part of the man, which is subjective. This is called bringing yourself to yourself, with the help of yourself.

Physical stability contributes to mental stability and vertical sitting is helpful. Stable sitting is important. If the body demands movement, it means it is not comfortable. Therefore, while sitting erect let not the comfort of the body be ignored. If it is not comfortable, it does not let you to be stable.

Once body stability is ensured, the mind objective can be withdrawn towards the mind subjective by contemplating upon the brow center. To stay at that point at the brow center, one may visualize a non-flickering flame or a bud of effulgent white flower. One may stay engaging at that

center of light. By this, the first step of contemplation is accomplished. It enables to look within. Let it be the practice regularly, preferably at the same time daily, over years. It is also advisable to do it at the same place.



Master Kumar at a group living in Sant Feliu, Spain



Message of Lord Maitreya

Inheritance

Every person inherits from his or her parents articles, things, properties, traits, tendencies, thoughts, aptitudes and attitudes. The inheritance can be of positive energies or negative energies. It is but common sense, that what is positive should be retained and what is negative should be dispensed.

If one inherits properties from parents, which caused enough trouble to them, they would also cause problems to oneself. It is better that one rid oneself from them. Likewise, a ring coming from a mother or grandmother or a great-grandmother cannot be held for sentimental reasons, if those mothers were never happy wearing them. Similarly, our predecessors carried certain traits, attitudes and aptitudes. It is important to see dispassionately how the predecessors lived. Did they live righteously or otherwise? Did they promote life in the surroundings or did they suck from the surroundings? Were they joyful or sorrowful? Were they harmonious or were they ever in conflict?

Inheritance can be negative or positive. If it is of positive vibration, it can be entertained around. If it is of negative vibration, rid yourself of them.

Ill-gotten wealth when succeeded to, continues to trouble his owner if not destroy him. Don't you see in the world the children of the rich, whose richness was questionable from the moral and spiritual stand point, get spoilt very soon? What is materially true is energetically true.

Inheritance and legacy has to be accepted on the basis of its quality but not on the basis of its worldly value.

Message of Master Morya

- *Maruvu Maharshi* -



Rest and Relaxation

An aspirant must be a self-responsible one. He cannot afford to be irresponsible in relation to any activity of life. It is his fundamental responsibility to take good care of his health. Responsibility enables self-reliance. Be self-reliant in matters of health. Do not abdicate your responsibility of health into the hands of the doctors. It is your fundamental responsibility to ensure good health to your body. Do not think that it is the doctor's responsibility to maintain your body. (He has his own body to maintain). A doctor is a helper, but you have to help yourself.

If you have a healthy body it contributes to a healthy mind and vice versa. When you have a healthy body and mind you are able to carry out your obligations and works of good will effectively. Until you regularly carry acts of good will and establish a rhythm and regularity, health does not come from higher circles. Many idling aspirants look into the sky for health not doing what is needed to be done by them. We are as helpless as they are to help themselves.

While attention to bodily health is important, it cannot be over-emphasized. One cannot devote one's attention all the time to one's own body. This is another kind of responsibility. In relation to the work, one cannot see what is comfortable to the body. When a work is to be done, bodily considerations cannot come in the way. For example, one needs not to stop the obligatory good will work, just because there is a little headache, a bit of cold, fever and bodily pains.

When sickness is heavy and demands rest, understand that nature wants you to rest. Human beings do not know how to rest. In hours of rest they brood over the past. Rest comes through the means of relaxation.

Relaxation comes through attending to the most cherished aspects of life. Some may get relaxed at the seaside; others may get relaxed by gossip. Yet others may relax by relating to the children. Each has to find his own way to relax. Do not go by advertisements of marketing of the world for relaxation. What cherishes you most, relaxes you most. When you are relaxed, the energies are rearranged. The modern world does not really know how to relax. It promotes programs of exhaustion in the name of relaxation.

Relax, revitalize, and enter the work with renewed vigour.



Nymphaea at the seminar place in Bonn.

Master Koot Hoomi

- Devâpi Maharshi -



Small Can Affect

Our planet Earth is the youngest family member of our solar system. When the youngest member of the family is unwell, the entire family is depleted in their spirit. Likewise, when the planet Earth is heavy with many ills, the solar system itself feels the pull down effect. The ills of the planet may also tend to be contagious to weaken the other members of the solar family.

When a weak limb of the body is affected, it affects the entire body. When an injury to the foot turns septic the whole body stands the danger of death.

This dimension is not seen by many. The seers are concerned of the health of the planet, for it has its impact on others planets. If Earth is allowed to be sickly for long years, it affects the equilibrium of the solar system. In such situations, nature proposes major adjustments to ensure health to the planet and health to the system.

Humanity is walking through a period where major adjustments are the need of the hour.



Message of Master *EK*

The Loop

Yoga is not for self-aggrandizement. Yoga cannot be for glamour. Yoga is not for promoting one's own personality. Yoga is a discipline for self-transformation, transcendence and self-annihilation. The self-individual unites with the self-universal and thereby loses self-identity. All those who promote their identities in the name of Yoga are into the loop-line. Many students are found in the loop, while only a few are found in the path. The loop-line is bigger and wider than the original path.

Vidura
Wisdom Teachings



Let not the overactive,
the forgetful, the liar, the faithless,
the unfriendly,
and the self-praising ones
gather around you.



Shirdi Sai Sayings

Gardening

Gardening is a sacred work. The loving care bestowed on the tender plants respond and reap refreshing fruits and flowers. That which grows, flowers and fruits from you quenches your soul's thirst. Life is gardening.



Message of *Sri Ramakrishna*

The Work

A newly married young woman remains deeply absorbed in the performance of domestic duties so long as no child has been born to her. But as soon as she has a child she begins to neglect the minor details of household work, and does not find much pleasure in them. Instead, she fondles the new-born baby all the day and kisses it, with intense joy. Thus a man in his state of ignorance is ever busy in the performance of all sorts of work; but as soon as he sees in his heart the presence of God, he finds no pleasure in such work. On the contrary, his happiness consists now only in serving God and doing His will. He no longer finds happiness in any other occupation, and he cannot withdraw himself from the ecstasy of that holy communication.

HPB Speaks



Hell Fire - Sun Fire

Pythagoras placed the sphere of purification in the Sun. He located the Sun in the middle of the universe. Symbolically, the Central Spiritual Sun, the Supreme Deity, is meant by such placement. Sun is the centre, be it human constitution or solar system or system of the universe. Offering oneself to the Sun in the centre enables one to purify oneself. Meditation upon the Sun in the heart has been a usual Vedic tradition. As one plunges himself into the depths of his heart, the solar fire burns away the impurities in oneself.

By placing the sphere of visible fire in the middle of the universe, Pythagoras taught the heliocentric system, which pertained to the mysteries and was imparted only in the higher degrees of initiation. To consider the fire spots as hell is ignorance. Fire is meant for purification, and purification enables progression of souls, according to the law of evolution.

Hell fire, as it is frequently called, should also be understood as a place of purification. It is symbolic but not literal.

According to Vedic astrology, Pluto, the Lord of Death, is the son of the Sun. Pluto is not Satan or devil of Christian dogma; he is the Lord of Death. His work is to purify the souls and prepare them to take yet another cycle of incarnation.

In the plan of God, the souls have the opportunity to purify, rectify and to move forward. There is no eternal condemnation to hell.

Lay Man's Prayer



World, it is said, is illusion.
Staying in the world and being with You,
is the game we are asked to play.
It is an engaging, enticing, enchanting
and enriching game for those who know.
For us it is exhausting.
We Pray that we are bestowed with the skills.

Discipleship

May We Seal the Door Where Evil Dwells

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

Ancient philosophers always lit fire in their loneliness and offered thoughts of evil into the fire for their burning up. Anger, jealousy, pride, prejudice, desire, fear, ambition, glamour, illusion and such other undesirable thoughts, were regularly offered into the flames of fire. Lit a fireplace and offer thoughts into the fire, was the practice. The fireplace purifies the ones who gaze at the flame of the fire. There are still more ancient philosophers who offered all their actions, speeches and thoughts of ignorance into the fiery sun-globe. Worship of Sun is not only to receive light, but also to offer one's own limitations into the fire of the sunrays. It works both ways. Morning and evening worships have carried such technique of offering ignorance and receiving enlightenment. In the present world situation this practice at individual level is of immense help.

A disciple

Occult Meditations

Meditation 80



**HUNTER SITS ON THRONE. HUNTER WEARS THE CROWN.
CROWN OF MAGUS GAINED. KINGDOM REGAINED.**

Commentary:

The disciple becomes king of his own kingdom by establishing the law in the surrounding beings, elevating them through the transmission of the light of wisdom and healing of their sicknesses at all the three levels. He rules his subjects with the rod of love, light and law. The power is subscribed to him by his fellow beings. He is offered a throne to sit and to rule his subjects who are willing to follow him in the path of light. Thus, the hunter sits on the throne.

The hunter knows that the throne is offered to him by his fellow beings due to the acts of goodwill conducted for their benefit. He also remembers that the acts of goodwill have become possible by the grace showered on him from the head lotus of a thousand petals. He knows that it is the grace of the Divine that works through him in the three fields of healing, teaching, and establishing the Divine order (the law). He remains linked up to the crown lotus and conducts the work as a servant of God. Eventually, the fellow beings who offered a throne to him, also decorate him with a crown. It is the Lord in the fellow beings that inspires them to offer the crown. The hunter knows that it is the play of the Lord that bestowed on him the rod, the throne and the crown. He knows further that the Lord is glorifying him. He remains humble, grateful and serviceable.

Crown is of Magus. Magus is magic. Magus is Magha. Magha is the ma-

gical ruler. The hunter is King Magus. He is God's representative. Magha (Magus) is the tenth of the twenty-seven constellations. The magical powers of the Divine work through the crown, which the hunter wears.

Magha or Magus is the most renowned of the constellations and is situated in Leo. (For details, please look in *Isis Unveiled* written by Madam Blavatsky.)

God made man in his own image and likeness, to be the king of his life. It is like father crowning the son as the prince. The Son of God falls into the shade of his light and tumbles into the mundane world. The tumbling is complete when he touches the tip of the spine and becomes a son of man. For eons of time, he lives a mundane life and finds its limitedness. He looks for solutions to come out of the limitations. A sincere search starts. He becomes hungry for the truth and for liberation. He seeks light in darkness. It is in this state that the dog meets him. The dog is the Dog Star. The Dog Star is the Teacher for the solar system. He has an army of dogs on Earth to save the souls. The dog is symbolic of the Teacher. The Teacher meets the seeker. The journey starts thereafter.

From Meditation 70 to Meditation 80, they are a poetic, symbolic expression of the Divine Path, which is called the path of Yoga. Presently, it is called the path of discipleship.

When the son of man once again becomes the Son of God, he regains his original kingdom of which he is the prince and the Father is the King.



Lord Dattatreya accompanied by 4 dogs

Kapila

All That, Is Self



Principle of Creation: Three qualities emerge from Nature, namely Iccha (the Will) Jnana (the Love-wisdom) and Kriya (the Active-intelligence). Though they emerge from Nature, they do not belong to Nature. They belong to the Force, in its interaction with Nature. The three qualities of Force move, mutate and transform Nature into form, name and use. For example, gold is transformed into a ring by the application of force. Gold gains the form of ring, it is called (named) as ring and is used as such. All this is non-existent to gold, which remains gold within or without the ring. The qualities of the ring (name, form and use) emerged from the application of force and are not inherent in the gold. Thus the three qualities of Will, Love-wisdom, and Intelligent-activity emanate from force to transform the Root-Matter (Nature) into successive (grosser) states. Fire is the other name for the force.



The Force Triangle

* The three qualities of the fire are also termed respectively as the Electric Fire, Solar Fire and Frictional Fire that correspond to the Will, Love-wisdom and Active- intelligence. The other name for force in scriptures is Sakti and the three aspects are the triple Saktis.



Ashram Leaves

The Music

The cow returns home mooing when it hears the utterance of the calf.
The cow stands superior to the calf, grasping the intention of calf.
Every time the calf utters, there is the musical sound of lightning, arising out of the belled throat-lace.



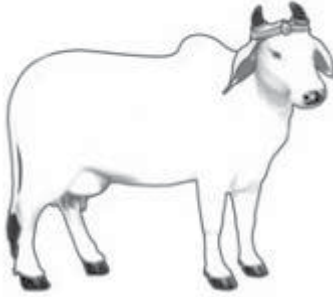
On Love

Love judges not, steals not,
 complaints not, harms not.
It reins the Kingdom of Heart.



On Silence

All thunderous manifestations are
ultimately absorbed into Silence.



Cow

The Symbol and its Significance

The central star of Orion, Aldeberan (Rohini) sends special rays via Taurus through Sun whose embodiment on Earth is Bull. Through Moon the star Rohini sends the rays in Taurus whose embodiment on Earth is the Cow. Likewise, the rays of Rohini via Mercury in Taurus gives birth to Calf.



Violet Flame Invocations

Prana passage is Path of pilgrimage.
Prana passway is Path to the Temple.

Nasal Path leads to King's chamber.
General Path leads to Lion's chamber.

Man is the Pyramid.
Airy way holds the hidden Path.

Equalise, neutralise Kriya
and enter the Temple.

C.S.G.

From the Teacher's pen



Questions and Answers

Question: Master, please give in a simple manner, how to relate to the flame of the candle.

Answer: Imagine the stable non-flickering flame of the candle as the form of God. Understand the light of the flame as divine wisdom. Comprehend the flickering tip of the flame at the top as the crescent moon. Place yourself through visualization into the middle of the flame, which purifies you. The purified self merges into its source, the universal self.

Looking at the flame you can do this work for self-purification and atonement.



Agni

An Introduction into the Work of Cosmic Fire, 21

Involution and Evolution of Matter 1

We have made an understanding yesterday that the interaction of the force called 'fire by friction' with matter makes matter manifest up to its grossest planes. The rotary motion of the fire makes spherical manifestation of the globe and the forms of the globe. This particular motion of fire gathers matter around it. And it is a process of encircling, whereby more and more matter is gathered with fire as its inner content. This is how slow there is the conditioning of the fire within the matter in the grosser planes. And it works for separative existence. The process of involution is a process by which the one consciousness is separative by the material bodies. The more and more there is the involution, the more and more there is the separativity. It is according to the action of this fire, the One becomes Many, the One Light of Cosmos becomes Solar Centres, and the Solar Centres again get into manifold manifestation of the sun-globes. And then each sun manifests its own system which are the planets we see. The same activity continues in relation to the planetary beings. So, the One becoming Many is a process relating to this fire.

The beauty of the creation as understood in its variety is the functional aspect of fire by friction. As it functions, it creates separativity of bodies. With the fire as its content, there is the material formation into many forms. It builds boundaries around the inner content. And each form carrying the fire inside has its own sphere of influence. For instance, our sun which is the centre of our solar system has a sphere of influence. So, within his sphere the planets which are the products of the sun keep

moving. And the planets have again their own sphere of influence. And the beings on the planets also have their own sphere of influence. For instance, each one of us has his own sphere of influence. Our influence is felt by others in a limited way. So is the case with the planet and the sun. This is what is called in the books the 'ring-pass-not'. That means, our influence is not felt beyond that sphere which is called the ring. So each one of us carries his own influence in his own separativity of existence. So is the case with an animal. Lion has its own area of influence. Ant has its own area of influence. So is the case with the tree. Each tree has its own area of influence. The area of influence is the limiting factor which binds the inner being.

And slowly the inter-relationship between beings is realised and interacted. Then the creator has done His job well. His job is to create from the One to Many up to the physical. Then the job is done. That is the work of the Third Logos. He continues to bring many forms out of one source. He continues to bring forms after forms and sees that they perpetuate in the creation.

This is the story of Aries to Scorpio.

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



Master *EK*

Vishnu Purâna
CHAPTER VIII

Dhruva Praising the Lord 2

From your passage between subjectivity and objectivity is born the breath of life. Fire is born out of your mouth. From your navel comes the sky and from the arch of your skull is born the vault of space. The sense of direction is born of your power of hearing. From your feet all this visible world came into physical existence. As you inhale everything into yourself everything exists in its own seed, as its own nature, just as the banyan tree is concealed in its own seed. As the creation begins, it sprouts out from your seed just as the banyan tree sprouts from its seed and grows. We see you as the one not different from your own creation, just as we see the trunk of the banana tree not different from the folds of its own leaves. We observe you enjoying and creating consciousness as only one consciousness pervading in both forms. Though devoid of qualities your consciousness is to us an admixture of happiness and affliction. I bow down to the “manyness” of your unity and I bow down to the power of your becoming beings. Through your manyness you have grown into an infinity of variety and I bow down to that oneness. I bow down to your pervasion of “I AM” among the beings.

You manifest as the primordial substance and as the person who inhabits it. You create yourself, take your own form and get yourself created. Thus you are the creator, the created and the creation. Among the various persons you are perceived as their own essence, the soul. Among the one soul you manifest as the many forms and in each form you exist as its own soul. You will take the shapes and you will know each shape from

within as your own shape separately. Everything comes out of you and you manifest out of everything. To such a one, the All-Soul, I bow down. Since you dwell in every being you are the being in everyone. You dwell in my heart and hence you know what is there in my heart. What is it that I can ask from You? You know the desire of everyone since you pervade the inside and outside of everyone.

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 14
August 2001, Visakhapatnam/ India

The Mouth – the Fire Place 1

You see the container for the fire ritual, in your case, the container for the fire ritual is your mouth. Just like we put material into the fire container, the mouth is the place of fire as far as we are concerned. The fire place should always be kept clean. This is another important aspect. Fire is sacred because it is the conductor of all the system. It has to be given due importance. It has to be kept clean, pure and holy. That is the importance of the mouth of the human being.

The first and foremost thing is to ensure that the mouth does not smell. It is important that you take care of your mouth. A mouth that smells gives the message that there are many impurities in you. A clean mouth is also indicative of a clean digestive system. If the tongue is not tasty to you and is smelling, you have a potential danger with your digestive system. The natural colour of the tongue is rose to orange. You should not allow any coating that happens on the tongue. You shall have to regularly remove the coating on the tongue, once in a day. The body, during sleep hours, makes a lot of excretions. Unless you clean the body, you can't start your morning work. The instruction for those who wish to walk into realms of light is: Do not step out into the world unless you have cleaned

your body, because an impure vehicle is not fit for brilliant work, and much less for the work of light.

The first and fundamental thing in the morning, from the standpoint of discipleship, meaning for the students of light, is to clean the mouth. Don't even talk before you clean the mouth. It is very important. This habit does not exist to people in the West, and you have to bring it back to them.

There is no better way of transmitting this knowledge except through demonstration. Don't talk until you clean your mouth! Don't eat or drink either coffee, milk or whatever it is, until you clean the mouth.

The human is different from the animal in this aspect. For the animal, the first instinct as it gets up is what to eat. That cannot be with the human. If we have that tendency, it means there is the animal tendency in us, strongly functioning. As you wake up, clean your mouth! There is a way to clean the tongue. It is now being accepted by the medical science in the United States. In the East, this knowledge exists from times immemorial. You don't only clean the mouth as you wake up but the eyes with cool water, because even in the corners of the eyes there can be excretes. Then clean the body with a shower. You are lucky if you can also defecate in the very early hours of the morning. Many people do not because they don't have the proper rhythm.

The science of Ayurveda says: "Do not introduce any food until the food of the previous day is digested and the excretes are thrown out." Better drink water until yesterday's food is fully digested and you have defecated it. Don't eat unless the cycle of the previous eating is complete through defecation. The cycle has to be completed. When you cook food in a vessel, don't you clean it when you use it again for the second time? The cycle of intake of food is complete only when the food is digested, the related energy is distributed to the body and then the crap is thrown out. Then you are fit to eat again. This is the understanding of the science of Ayurveda which is the oldest on this planet. The health of any person depends upon his regular defecations. Almost 70 to 80% of people today, especially in civilized places, their problem is constipation. When there is constipation, the stool is within the body. When it is in the body, it produces a lot of toxics. The body gets intoxicated and as a consequence, it spreads anti-life in the body. These are very fundamentals which are not

taught in any school.

So, our way of life is causing more and more poison in us. We are not given the right education about it. When you have some deposits of carbon in the body, they continue to spread its vapour into every part of the system establishing their own deposits everywhere and blocking the flow of life in us. Defecation is as important as shower. Cleaning the tongue in the morning substantially helps defecation. Until you defecate, keep drinking water. So, basically in the morning, there has to be time given for cleansing the body. Don't step out into the world with an unclean body. It's important. One third of your mind is controlled by the cleanliness of your body and hence, even to have a clean mind, you need a clean body.

Coming back to the mouth, ensure that it does not smell. Clean it, if necessary more than once a day. It is not brushing the teeth which is so important. That way, you will only lose the enamel of the teeth. What is important is that you massage the gums. In-between the gum and the teeth, there are secretions; which have to be cleaned. If those secretions are cleaned, your mouth would not smell so much. When you massage the gums, then the gums would hold the teeth strong. When you massage the gums, the excretions are also pushed out.

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



Resisting Sickness

Each person is responsible for his health. He cannot criticize the prevailing social systems and sciences of medicine. Man needs to carry the awareness, that he can daily replenish the life force in him through right understanding of absorption of life force through daily life. Life force is the thread through which the indwelling man is connected to his functional system called the body. The body, I said many times in these editorials, is a fivefold body and the life permeates in all the five folds. From subtle to gross these folds may be described as: 1. creative mind, 2. routine mind, 3. desire mind, 4. emotional mind, 5. body mind. The ability of man to use the fivefold mind can contribute to or disturb the inflowing life force.

At the creative mind level, if one is engaged in noble aspirations relating to the welfare of the surrounding life, such ideations result in necessary inspirations, thereby the life force is uplifted. This is what is called love of all life, contrary to love of personal life. Such love for the wellbeing of all beings opens channels for influx of life into oneself. They are nourished by the nature differently. The servers derive their life energy from the service they offer to life. We find such two servers in all philanthropic movements: Mother Theresa is one of such examples. Mahatma Gandhi has been a great example. He lived for others; therefore his life is taken care of, though he did not follow the rules of nourishment.

Likewise, a routine mind that thinks of daily living, can be developed

in such a manner, that it does not let into oneself thoughts of malice, jealousy, suspicion, pride, prejudice, criticism, etc, etc. These are the windows through which ill health enters into the body, which is seldom realized. Instead, the famous 3-monkeys' symbol needs to be adapted. It enables resisting entry of ill health from the surroundings.

Though man thinks he is civilized, developed and more scientific, he does not yet know what to desire, how to desire, what not to desire, and so on. Man is endowed with the will to discriminate which he does not use generally due to overwhelming emotions. When discrimination prevails, the desire mind can also resist the entry of ill health.

With the information given above along with healthy breathing, one would go a long way to remain healthy and to resist sicknesses.

Apart from this, if one can walk with bare foot in the green pastures during the agreeable times of the day, one also receives life energies from the earth.

Ill-health disturbs uniformity of the life currents in the body. To some, energies are stuck in the head, to others they are stuck in the chest, to still others they are stuck in the stomach. Healthy bending exercises at least for 15 minutes during the beginning and ending of the day would enable proper flow of life energies. These are some of the preventive measures to secure oneself from sickness.

Dr. K. Parvathi Kumar

Extract from: **Paracelsus – Health and Healing**

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

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Children's Section

On Service

**IMPULSIVE AND EMOTIONAL SERVICE
LANDS THE SERVERS
IN SICKNESSES OF VARIETY.**

Dear children,

The most important weapon that you should gain during your childhood is the ability to strive to your wits' end. There is a saying, that hard work paves way for intelligence. Normally in teenage we believe in entertainment, enjoyment to the point of indulgence. You do not strive with your mind towards a noble purpose. By this during the latter life, neither your mind nor your body cooperates with you. Mind gets confused and becomes a victim of duality. Body becomes a harbour of variety of sicknesses. A good discipline given at a young age not only avoids the above calamities but also gives you the ability and the power to execute noble acts. Fear disappears from the striving ones. Do not let away the teenage into indulgences. Note, that it is the golden age and a period of incubation for a beautiful unfoldment of life in posterity.

Teenage offers influx of energies into oneself and one should be attentive enough for appropriate direction of the energies that flow into oneself.

The years 12 to 24 are the years either for construction of a beautiful life or destruction of such possibility. Food, speech, sex, bodily comforts and sensory functions must be brought into regulation to gain the related power and ability in attending to the works of light.

K. Parvathi Kumar

Stories For Young People**Not Servant Of The Ego**

Once, the Master was giving a Homeo seminar in Vijayawada. He was teaching throughout the day, conducting Homeo dispensary till late hours. One day in the evening a well-dressed person came to Master EK and asked him in order of his father-in-law to come to Hyderabad to heal his mother-in-law.

Master EK responded: „I cannot leave. Why don't you bring your mother-in-law to me? Or why does not your father in law does so?"

The son-in-law said: "He is a big industrialist. He wields a lot of power and influence. He can be of great help to you in your work."

Master EK replied: "I seek no help from anyone. Help comes to me unasked. You have come to seek my help and you say that you are in a position to help me. Neither you, nor your father-in-law has such a position to help me. If you need my help, you may bring your mother-in-law here. If your father-in-law wants the medicine for his wife, he should come. That is the minimum responsibility he should demonstrate as an act of love towards his wife. If he is a good business man, he will know that."

The man left and told his father-in-law the result of his mission. Later on, the industrialist seeks profuse from the Master and requested him to treat his wife. Master EK healed her. The industrialist asked Master EK how much he had to pay for the treatment. Master EK told him, that nothing needed to be paid and that he is no one's paid servant. "Help yourself. You are the one who needs it." After a few years the industrialist had many problems and came down the ladder of his social position.

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

GERMANY

Name of the group: WTT Group of Münster

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Phone: ++49 +2501-29882 **E-Mail:** M.Y.Lleicht@web.de

Activities

1. We are a group in which almost all members are medical practitioners or have goodwill activities in the field of healing. The group meets regularly to carry out studies and meditations. At various places we offer guided healing meditations for patients and interested people. This has been gratefully accepted and appreciated.

2. A major theme is the hospice work. A member of the group is the person in charge for giving ambulant grief and mourning counseling. She even accompanies the dying people and, if needed, takes care of the bereaved family.

3. For nearly 12 years, a member supervises self-help groups in pharmacies. It has emerged that the group "Care Meeting", which consists of family members of Alzheimer's and dementia patients, is permanently growing. These people need special assistance to cope with this difficult task. Again, the theme of "death" is of particular importance. Many conversations are held on "death", always with the background that death is not the end, but that the Inherent leaves only his body. On those evenings it becomes clear what a change is taking place among men. Repeatedly it is asked to speak about spirituality, soul, etc. These talks are received with utmost enthusiasm. Recently, we have been asked to demonstrate practical exercises (e. g. to observe inhalation, exhalation).

4. Our tasks also include active participation in the Paracelsus magazine in the area of 'marketing and acquisition'.

We would like to express our deep gratitude to our beloved Master KPK for his teachings and instructions that give us the possibility to be spiritually and socially active, with joy and enthusiasm.

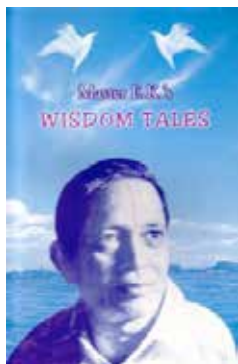
Picture of the Month of Leo The Entry



The cave of heart is called the 'Sanctum Sanctorum'. One can remain peaceful in that sanctorum. It is the place in one's own being where one can experience the divine presence. It is also the spring board to step into the ashram of a Master. Madam H. P. Blavatsky refers to this 'Sanctum Sanctorum' as the 'Holy of the Holies'. It is the 'Golden Temple' relating to oneself. Reaching this temple enables one to reach the ashram.

From the teachings of Sri K. Parvathi Kumar: Ashram. Regulations for Entry.

Book review

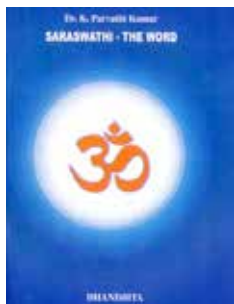


THE WORLD TEACHER. ADVENT OF LORD KRISHNA

The Seers of all times communicated intricate wisdom principles through lucid and simple stories. A good teacher is invariably a good story teller. Master E.K. was known for such story telling. He inspired many into the path of righteousness through his teachings and inevitably there was story telling in every talk that he gave. When he talked on Homoeopathy, the listeners could figure out a patient, from the description of the drug that he used to give. That was his ability. May these stories help the readers to find wisdom clues to enrich their comprehension.

Ekkirala Krishnamacharya: Wisdom Tales

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



SARASWATHI - THE WORD

The seers of old considered the manifestations of consciousness to be the work of the Word. Many filthy words occupy the present languages, and we are even distorting the words. When we express, our quality becomes visible. The knowledge related to utterance is one of the 7 keys to the Truth. For this reason the Hierarchy is interested in

introducing the mantrams and the seed sounds.

In the book "Saraswathi - the Word" Dr. K. Parvathi Kumar explains on the basis of the Saraswathi Hymn, how sounds work out an alchemical transformation in us, when we are listening to them while uttering forth appropriately.

K. Parvathi Kumar: Saraswathi – The Word

Copies: The World Teacher Trust, info@wtt-global.ch

Astrological Important Days in July/August 2013

22.07.	00:02	Phase of full moon starts	☾ 29°17'♊ / ♎ 17°17'♏
♎		The New Vaiśākh Festival: Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumāra and Lord Maitreya	
17:56		☾ → ♌ / Sun enters Leo	
		☾ in ♌ – every Tuesday (23.07., 30.07., 06.08., 13.08., 20.08.): Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmi	
		☾ in ♌ – every Friday (26.07., 02.08., 09.08., 16.08., 23.08.): Contemplation upon the World Mother in the Heart Center	
20:15		☾ Full moon of Leo (1)	☾ 00°06'♌ / ♎00°06' ♏
23.07.	23:49	23 rd constellation Dhanishta starts	♎ 17°23'♏
24.07.	21:00	Dhanishta- Meditation (Dhanishta-constellation ends on 24.07. at 21:32)	
29.07.	07:12	☾ 8 th phase of descending moon starts	☾ 06°16'♌ / ♎00°16' ♏
♎		(End 30.07. at 08:25)	
01.08.	12:32	11 th phase of descending moon starts	☾ 09°20'♌ / ♎09°20' ♏
♏		Contempl. upon Lord Maitreya in the Heart Center (End 02.08. at 15:02)	
04.08.		Birthday of Master CVV	
05.08.	22:03	Phase of new moon starts	☾ 13°33'♌ / ♎ 01°33'♌
♎		New moon point of Leo: Contemplation upon the World Mother in the Heart Center and Contemplation upon 'The Pledge'	
06.08.	23:50	☾ New moon of Leo	☾ 14°35'♌ / ♎ 14°35'♌
11.08.		Birthday of Madame Blavatsky and Master EK	
14.08.	01:39	☾ 8 th phase of ascending moon starts	☾ 21°22'♌ / ♎ 15°22'♏
♏		(End 15.08. at 00:05)	
15.08.		Birthday of Śrī Aurobindo	
16.08.	19:32	11 th phase of ascending moon starts	☾ 24°00'♌ / ♎ 24°00'♏
♀		Contempl. upon Lord Maitreya in the Heart Center (End 17.08. at 16:38)	
20.08.	06:52	Phase of full moon starts	☾ 27°21'♌ / ♎15°21' ♏
♏		The New Vaiśākh Festival: Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumāra and Lord Maitreya	
10:09		23 rd constellation Dhanishta starts	♎ 17°23'♏
21:00		Dhanishta- Meditation (Dhanishta-constellation ends on 21.08. at 07:53)	
21.08.	03:44	☾ Full moon of Leo (2)	☾ 28°11'♌ / ♎28°11' ♏
23.08.	01:02	☾ → ♍ / Sun enters Virgo	
♀		☾ in ♍ – 1 st to 14 th descending moon phases: Contempl. upon the Pitris	
25.08.		Birthday of Master MN	
27.08.	22:36	☾ 8 th phase of descending moon starts	☾ 04°43'♏ / ♎ 28°43'♏

All dates are in MEST (middle European summer time)

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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
SAHANAU BHUNAKTU
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.