

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Leo 2015 Simha

Letter No. 4 / Cycle 29 - 23rd July until 23rd August 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.4/Cycle 29 – 23 July until 23 August 2015 ௐ

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

Vaisakh Newsletter in German: wtt@kulapati.de, in Spanish (WTT Argentina):

wtt@wttargentina.org, (WTT Spain): wtt.spain@gmail.com

The English Vaisakh Newsletter: Please contact:

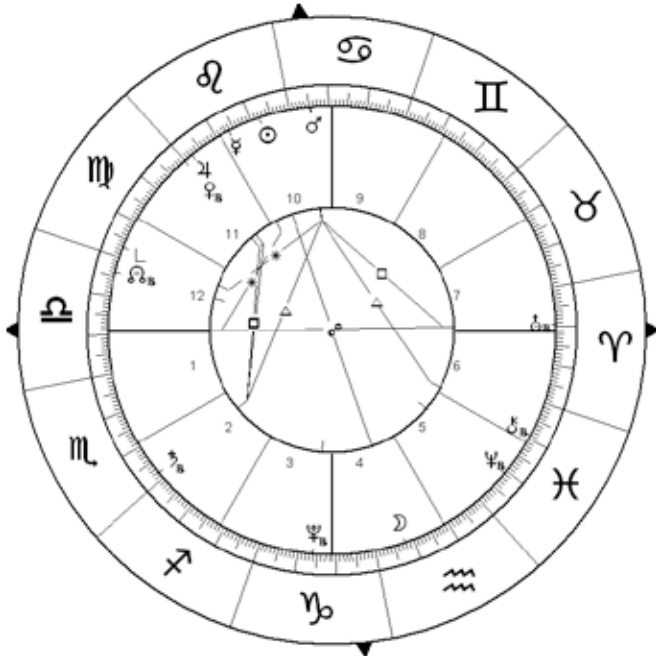
The World Teacher Trust - Global

The Vaisakh Newsletter, Büelstrasse 17, CH-6052 Hergiswil, Switzerland

E-mail: info@worldteachertrust.org Website: www.worldteachertrust.org

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 Leo, 31st of July, 2015, 12.43 am



Message of the Month of Leo

In the order of descent, Leo stands for I AM consciousness, self-consciousness. Individualization of souls was a great task in creation. Having individualized, the soul gains the related intellect, mind, senses and body settles as an individual entity. It is a process of crystallization. The purpose of such individualization is to experience the creation in tune with the law. The Sun of our system itself is an individualized state and developed the solar system. Though individualized, the Sun followed the Plan and therefore shines forth.

Leo has tendency for individuality, tendency to be independent and yet rule others. They are natural leaders, yet they are highly individualistic. They can be a menace unless they follow the Plan, as the Sun does. Julius Cesar, a leonine person, met with his death due to this ignorance of the law of collectivity and togetherness.

The crisis of Leo is, "I know". The inherent confidence in themselves pushes them to believe that they know all. "The king is always right", is their attitude. Unless the I AM consciousness of Leo associates with THAT, Leo suffers the limitation of individuality. The Sun relates to the central Sun to stay tuned. The individualistic men need to associate with THAT and experience THAT I AM to mellow down the personality of I AM.

I AM is but a temporary state, like an ice-block, which has an apparent existence, floating in water. An ice-block is but water, crystallized for a temporary purpose. I AM by itself is a state of imprisoned mind. I AM should be necessarily replaced by THAT I AM. The Lion of Leo is called Simha. It can cause Himsa (menace), unless it associates with So Ham (THAT I AM). THAT I AM transformed is called Hamsa. The steps of evolution for ego-consciousness are from Himsa to So Ham and So Ham to Hamsa. The path of respiration, pulsation and the source of pulsation is the path of Leo.



Message of the Teacher

Understand the Beauty of Creation

From the standpoint of Maya (illusion), as one observes, the beauty of creation is better understood.

The beings with hands eat the handless beings as food. The handless beings eat the legless trees. Stronger animals, like lion and tiger, eat the weaker animals like deer and zebra. The cat eats frog, while the cat itself is food for a more powerful animal. In essence, the weak is the food for the strong. The strong is the food for the stronger. All is food for the fire.

The seer, who stands beyond illusion, eats THAT; it is One who multiplies itself as the consumer and the consumed. He eats of himself and remains the self at all times. He comes down as food. He comes down as vigour and hunger. He eats THAT which has come down as food. It is a self-rejoicing phenomenon. The rejoicing-one is called the Iswara, the Master. The school of illusion thus sees all in One, and only One exists. The manyness is illusion.

Gita-Upanishad - Lord Sri Krishna -

Forming a Stable Observer



*ASAMYATATMANA YOGO DUSPRAPA ITI ME MATIH
VASYATMANA TU YATATA SAKYO 'VAPTUM UPAYATAH*

"In my view, the state of Yoga is impossible for those who do not hold a stable mind. The stable mind is possible only through this practice stated here before" (6/36)

The practice is observing the thoughts emerging from the self. Thoughts emerge as waves. By attempting to observe them, enables the birth of an observer, who stands aside the thoughts, to observe the thoughts. As long as the observer is, thoughts do not emerge. When the observer is not alert enough, thoughts kidnap even the observer. Nevertheless, as one knows that he is kidnapped by the thought, he stands once again an observer. This is the game of patience. To be an observer has to be regularly practiced. Through long years of regular practice, a stable observer is formed within the self. As the observer is stabilized, the thoughts do not keep happening. The mind then stays like a still-water lake, like a cloudless-sky in which the light of the Self is reflected and is experienced. The monkey-mind thus gets trained and tamed to stay quiet. It is utilized for action and at other times made to stay put. Stable mind is the platform upon which the activity of light can be sensed and even experienced.



Message of Lord Maitreya

Labour - The Key of Life

Labour is the key of life. Labour is the Nature's Plan. All beings are set upon a machine of labour, which is in rotation. These beings cannot but be in one labour or the other. Labour is unavoidable in nature. An attitude to escape from labour opens the doors of misery in life. The creation is a field of action called the Kurukshetra. In the field of action every being is necessarily set to act. To feel that it is his action is illusion. It is nature's action through him. The nature exists within and outside. Within, it exists as three qualities. The beings are set upon the machine of the eightfold nature. As long as the being entertains the feeling of doing, he is worn out. He can remain a being, witnessing the action happening through him. Only then he can rejoice the ride of life.

Message of Master Morya - Maruvu Maharshi -



Thirst for Gold

Man's avarice is endless. He is over-ambitious. His glamour for gold led him to atrocious acts. Till today, the thirst for gold is unsatiated. Man keeps on digging for gold. The gold within the earth represents the vitality of the earth. The planet's vitality is usurped by men who are enslaved by the thought of gold.

Man did not limit it with the fellow men for the yearning gold. The digging for gold is akin to the striking the branch of the tree upon which he resides. As much as gold is extracted, so much the accidents by fire keep happening. The enflaming of forests in California is but the consequence of inhuman exploitation of that golden land. Man needs to realize the subtle consequences of his atrocities. The science of tomorrow will eventually attribute the wildfire to the imbalance of the area.

To wear gold upon the body helps to vitalize the wearer, but to extract it only to transform it into biscuits and bricks and store it in the strongrooms of lockers is an act of utter ignorance. The gold stored is neither used by humanity nor is it available for earth's vitality. Man cannot bear the outrage of fire as is prophesied. To prevent such an outrage there has to be a review. Let reason prevail.



Master Koot Hoomi
- *Devâpi Maharshi* -

Guarding the Solar Plexus

Guarding the solar plexus was known to Aryans. Solar plexus is the means of man to move into objectivity. Objectivity is the field around oneself with which one relates and experiences. In such act of relating to objectivity, discriminative will shall have to be appropriately exercised. If not, man is lost into objectivity; he gets imprisoned in the objective world. Solar plexus is the gateway from within to without and also from without to within. It requires to be guarded.

The ancient Aryans always covered the solar plexus with a golden waist belt. The belt carried a round shield that protects the solar plexus. The touch of gold not only gives the needed vitality but also supplements the discriminative will of the person. The waist-belt was used by men and women alike. The navel was always under the protection of the golden vibration. It was never left open to the winds.

To display the navel is but a bohemian act of high ignorance. It was considered an act of shame to show of one's own navel. Today men wear pants below the navel and women also do so showing-up the navel. They least realize that they have exposed to the winds of Kali by leaving the navel-centre unguarded. Civilized ways are ignored. Uncivilized and barbaric ways have come to be. The new-age civility is but incivility. Ignorance pretends as knowledge today. May not the aspirants fall into shameless lustfulness of exposing their navel!

Message of Master *EK*

Yoga - An Act of Balance



When one settles in the state of yoga, there is no assurance that one remains forever in that state. The deeds that enabled him to be in yogic state shall have to be continued, without change of vibration, to stay in that balanced state.

Yoga is an act of balance. The one on the bicycle remains on the bicycle, only as long as one bicycles. If he stops bicycling, he leans either to right or to left.

The state of yoga is attained through relinquishment of self-proposals and denouncement of the fruits of action. To remain a yogi, one should continue to be in that state of relinquishment and balancing.



Vidura

Wisdom Teachings

Sickness is the real ill-luck.
It causes continuous worry.
It does not enable enjoyment
of wealth.
It grows averse to wisdom.
Sickness is avoidable
through right behaviour.

Shirdi Sai Sayings

The Fire



Look at the flame and contemplate upon the fire. The fire bums up all your thoughts, emotions and even the pride of separativity.



Message of Sri Ramakrishna

Bhakti

Dive deep into the sea of Divine Love.
Fear not.
It is the sea of Immortality,
Filled with the waters of Everlasting Life.

On Secret Doctrine

How to Pray



A prayer unless pronounced with intent (with mind) in silence and in solitude would have disastrous results than beneficial results. To produce good effects, prayer must be uttered while 'One who knows how to make himself heard in Silence.' Such prayers work as command.

Surely, every praying man would love to be seen praying by people. He would like to be known as a devotee, as a believer. But such instinct to be known is but hypocrisy. One tends to be a liar when his mind is oriented for public recognition.

Prayers done by masses are more often ineffective and even affect them. It is better that he who knows to be silent and he who knows how to make himself in silence utters forth prayers.

The absence of occult knowledge makes the prayers of the beginners more confusing than fulfilling. Esoteric science teaches that every sound in the visible world awakens its corresponding sounds in the invisible realms and arouses action, some force or the other on the occult side of Nature. Moreover, every sound corresponds to a colour and a number and to a sensation on physical, psychical or spiritual plane. All these find an echo in everyone of the so-far developed elements and even on the terrestrial plane, in the lives that swarm in the terrene atmosphere, thus prompting them to action.

The best protection for the praying one is a clear conscience and a firm desire to benefit Humanity.



Lay Man's Prayer

We, the Mankind,
are Self-conscious Beings.
We are conscious of right and wrong.
Yet we are weak to succumb.
Prayer, we realise,
is the means to strengthen.
We Pray.
Transform us to be strong and righteous.

Discipleship

Evaluate Your Associates

People rejoice, when there are associates that always move around, praising and gossiping in their life. Such ones are not available at times of need. Every aspirant should try to evaluate the worthiness of the associates. If they are just gossip-mongers and personality-worshippers, they spoil the aspirants. Such associates should slowly be transformed into co-workers and helpers that cooperate in the work of service.

Aspirants should always make sure not to associate with gossip mongers, flatterers, gamblers and those who have weakness for three W's, namely wealth, wine and woman. The feeble flame of aspiration extinguishes in the presence of such ones. The people that indulge in sense-objects and in activities of amusement waste away their life. Aspiration is contrary to it. The fire of aspiration enables continuous service. The presence of fire necessarily causes the needed flames.

A disciple



The Teacher 9. Akalmascham*

Devoid of Sin

The Teacher is devoid of sinful action. Sinful actions emerge out of accumulated impurities that blur the knowledge. Impurities cause a veil on the knowledge. When knowledge is veiled, the impurities lead to manipulative, destructive, diabolic actions which lead one to sin. Sin has dire consequences. They are manipulative and destructive actions consciously done. The doors open for sinful actions when one allows the accumulation of impurities in oneself. Therefore purity remains the most essential requisite to approach the Teacher. When the sinful ones approach the Teacher, he scorches them. When the virtuous ones approach the Teacher, he upholds them. In every student there are virtues and also sins emerging from ignorance. The Teacher upholds the former and scorches the latter. For this reason all are welcome into the ashram of the Teacher. The virtuous and the vicious, neither of them can affect him, neither of them can influence him. Ignorant are those who think so, namely: to influence the Teacher, to suggest to the Teacher, to give directions to the Teacher. When such things are done, the Teacher rejoices and gently and subtly puts them to their rightful place for sadhana (practice of discipleship).

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 4



Space and Time

From the state of Inertia of Model 1 (static consciousness) the sound principle emerges. From this principle the Akasha (the Ethereal formation) is born. From Akasha the ability to hear is born and from Akasha the other four elements (air, fire, water and matter) are also born. Akasha thus becomes the abode of the other four elements. It also gives birth to interior and exterior existence. It becomes the abode of the soul, the life and the sensations.

The time causes the movement. Consequently, the four models gradually come out of the one Akasha.



Ashram Leaves The Cowherd Boy

"I" have seen 'a cowherd boy' who moves even multi-dimensionally. He never falters in his movements. He alternately unfolds and refolds. He lives weaving within the fabric of creation.



Sculpture by Alexei Leonov



On Love

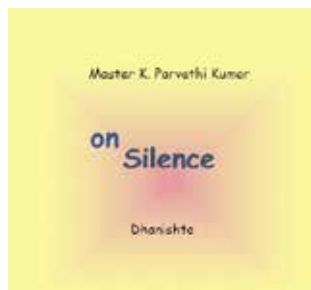
Love raises the dead to life.
Power cannot.

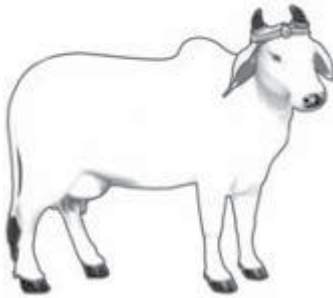




On Silence

Silence pleases!
Silence please!!





Cow

Daily after morning shower looking at the Cow, touching its hind and sprinkling the dust from the Cow feet upon oneself causes instant purification. Such purification is equivalent to taking bath in all the sacred rivers.



Violet Flame Invocations

Co-operation,
co-ordination,
co-relation,
cordiality,
concurrence,
commitment,
courage and convictions,
are the key notes to the candidate
for progress in the Temple.

Violet Flame

From the Teacher's Pen

Questions and Answers



Question: Master, why are we (the aspirants) so weak and are incomplete generally?

Answer: Generally the humans are split persons. They are split between what they know and what they do. They know that indulgences through senses cause imprisonment. Knowledge stands as fear and the related restraint to indulge completely. At the same time, their weakness of indulgences does not let them get away from indulgences. The weakness pulls them towards indulgences. The knowledge imposes fear to indulge. They are neither completely non-indulgent nor completely indulgent. They are split between their knowledge and their weakness. It is a very peculiar state. They are incomplete either way. An indulgent person has no conflict and has no weakness, though he may be ignorant. Likewise a completely knowledgeable one has no weakness for indulgences and he has no conflict and weakness. Those “in between” are neither here or nor there. They suffer the pull and push. They are the prey of their knowledge and weakness.

The solution for them is to relate to the ones, who are out of such pull and push.



Agni

An Introduction into the
Work of Cosmic Fire, 45

4. The Solar Fire

The Mind and the Descent of the Manasa Devas

So, the Agni Shvattas are those who have put off the fire to procreate. They do not procreate, but they give their presence to enable the mental unit to procreate. It is also explained as the presence of light in a dark room. The light by itself does not arrange the room. It gives clarity and better sight to the person to make better arrangement of the room. So, the five Kumaras function as illumination for the mental, astral and physical units of the human beings. And then, as they interact with the mental unit of the human being which is shown as a quaternary, you see the influence of the five-pointed star and its light upon the mental unit. And that what we call manas or mind is formed. So, the formation of manas is the appearance of Kumaras in the proximity of the mental unit. And slowly man gains control over matter due to the presence of the Kumaras. And he slowly and gradually evolves from individuality to personality. When that is happening, the 4th triangle in the egoic lotus forms into a triangle of light.

There is a triangle of light. That triangle of light interacts with the light of the five Kumaras which form the Manas, and also interacts with the mental unit of the human being. So, there is another triangular activity developed, after man gains the level of personality. When once man enters into the layers of personality, the three form into an activity of fire.

It is a triangular activity between the triangle of fire which is called the flame. This flame emits out of the interior triangle, that is triangle number 4, that means, it is still not open. In the beginning, the whole nine petals of the lotus were also a tightly closed bud, and as man gains control over individuality, the outer layer unfolds. And as he learns to work with virtues, the 2nd triangle unfolds. When man is convinced that living virtues is much better than any other type of living, when he gets concerned about other beings, where he is concerned about humanity and other kingdoms on the planet, the 3rd triangle is unfolded. So, a human being is formed out of an animal.

That is why the scriptures say: "Man is a descent from heaven" – not an ascent from matter, because without this evolution, man is equal to a beast. When man reaches a state where all the nine petals are unfolded, then the flame which is concealed in the most interior triangle of petals, they keep emitting light – and that light falls on the mind and the body. So, the flame of the fourth triangle and the manasic permanent atom and the mental unit consisting of the four sub-planes of the mental plane, the four sub-planes of the astral plane and the four subplanes of the physical plane – all these form into one unit, that is called mental unit.

So, a triangular activity commences with the flame working upon the manasic permanent atom and the mental unit. It is then that there is the beginning of the formation of the causal body. Man is said to be complete when the causal body starts constructing itself. It is the body of light. When man is evolved enough, the flame starts functioning with the manas and the three-fold vehicle. Then, man is said to have been formed. So, the descent of the fire relating to the 2nd Logos, namely the triangle of flame and the manas into the mental unit is called 'the birth of man'.

The science explains that man is evolved from matter. Since there are investigations into matter, they found the evolution of matter and the human body is the culmination of the evolution of matter. So, the science partly explains the manifestation of man, but it is not a complete explanation, because it explains the formation of man up to the fourth sub-plane of the mental plane. The rest of it in man is the descent of the fire once again.

See, fire by friction involves the subtle matter into gross, and then slowly evolves through the process of vitalization. And hence, there is the evo-

lution of matter by fire by friction. That is the activity of the third fire, or fire by friction, or third ray activity, or the Logos of Intelligent Activity. Then its work is complete. It develops enough magnetism in the matter through the functioning of the Agni Suryans. Then the matter demands some more dosage of fire. It is invocation of some more fire from the centre. This is how the magnetic aspect of the matter demands the descent of the fire once again. And hence, the formation of planet is primary to the formation of man. First the planet is prepared, and the matter of the planet is evolved. And then the Heavenly Man descends into the body, because He found good forms which are useful for experiencing.

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Master *EK*

Vishnu Purâna
CHAPTER XVII

The Greatness of Prahlada 1



Among them Prahlada was the most glorious, the most pious and the most devoted to Vishnu. As he kept the Lord in his heart through meditation, he could not be burnt by the fire of spite that emerged from his father. When the boy was tied down with ropes the whole earth quivered along with the very bowels of the ocean. As the body of the boy was crushed with weapons of unparalleled fury in the hands of the most frightful giants, it remained unaffected, since the boy's mind was filled with the presence of the Lord who knows no fall. The deadliest poison and the blasting flame caused by the giants could not bring about the end of the boy, who stood always with greater brilliance. As he was dashed down from mountain cliffs he continued to remember the Lord of all Lords. Life did not leave his body since his teeth had the grip of the meditation of the Lord. When he was thrown down from a mountain cliff by the King of the giants with all might the earth caught him tenderly. When his father ordered the wind god to dry up his life, the wind god lost himself in him, who had the Lord in his mind. As the eight elephants of the eight directions were asked to crush the boy down, they had their tusks broken on the boy's chest since the Lord was in his heart. As the priests of the Demon King produced deadly furies they could not find the end of the boy, whose mind played with the Lord. Just as the thousandfold magic of the giant magician Sambara was made to disappear in an instant by the whirl of the chakra of the Lord, the poison sent by his father and which he drank did not disturb his consciousness, which was with the Lord.

Prahlada lived long and enjoyed a life of equality towards all. He treated others as he treated his own children and himself. He lived as a friend of all. He followed the law and the truth and he lived unpolluted. He lived as the abode of every virtue and as an example for all those who want to live a good and glorious life.

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 33
August 2001, Visakhapatnam/ India

The Techniques for a Brilliant Mind

In this process, all the techniques of helping the mind to become strong are given. Mind is related to fire. The emotional body is related to water. The physical body is related to matter. The methods conceived are to ensure that the fire is put to more and more enflaming. The more there is the fire coming to the mind, the more the mind shines forth.

There are ways to make the mind brilliant in terms of fire. One way is Pranayama. It is deep respiration. The higher element to fire is air, and air permeates. Air can help fire to spread. If there is no air at all, the fire cannot enflame. If we arrest the air, the fire will be put off also. That's what you do when you put off the candle. When the flame does not receive oxygen from the surrounding, it disappears. We have the system of airing the body – that is respiration.

The ancient have found that by regular deep respiration the mind can be made brilliant, very receptive and quickly grasping. Some minds are very late in grasping. It means that the material of the mind has more density of matter in it and less of fire. If respiration is done regularly, it will supply abundant oxygen to the mind causing the filament of the mind to become brilliant.

Respiration

Before I give you the practice of respiration, I will tell you how these techniques have come to be. The deep inhalation results in bringing more and more oxygen into you. The oxygen is a combustible gas, so it causes heat. The more and more you breathe in, the more and more heat is generated. It does two things. It cleanses the emotional body and gives better vitality. It also cleanses the mind and makes it a little more brilliant than what it is.

Sound

The second aspect is sound. It has an impact on the mind. If certain sounds are uttered in a certain fashion and the mind is made to listen to them, then the mind is put to the related fire coming from the sounds. I spoke to you about the varieties of sounds, especially about RAM. If you regularly utter certain sounds, it is found that the necessary fire will be enflamed. These are the higher aspects of the mind, actually. The air is subtler than fire, among the elements, from matter, to water, and from water to fire, and from fire to air.

When you speak of sound, you speak of the characteristics of ether, which is the fifth super-fine element. The manifestation of elements is from ether to air, and from air to fire, from fire to water, and from water to matter. So, we are helping the fire with the help of air and with the power of sound. That's how varieties of sacred sounds to transform the material of mind were conceived.

Colour

There are colours which are more brilliant than orange colour. The colour of the physical body is brown. It is almost earth mixed with red. That is called brown. Then there is the colour of the emotional body which is considered as rose. Not the red rose, the normal rose, like the original rose flower. This is the colour of the pure emotional body. Between brown and rose, the difference is that the red is more manifest in a clarified manner.

Then, there is the mental body and its colour is orange where you find a very pleasant expression of the colour of the flame. It is the natural colour of the flame where the matter is much less. The colour of the rose petal is due to the lack of density of matter compared to the earth colour, where the density of matter is more. When you come to the flame, there is not even as much matter as you find in the rose petal. The higher you move, the more the matter loses its density.

We should take this example from nature that we also should shed the density of matter in us. If you are more and more with dense or heavy food, you tend to be denser in your body material. But if you take to such habits of drinking more water, more fruit juices, and eating light green

vegetables, some cereals and pulses, it will also contribute to shed the density of matter.

We are already in the Aquarian Age where man's body is tending to be more towards the element air. Through dense food, however, we are working out the contrary. Hence, the diseases also grow. By avoiding tendencies towards density of things, the mind also tends to be less and less dense. Air being subtler than fire, when it is introduced to help the mind, it helps to enflame the mind and also helps to burn up the densities.

People who regularly do respiration, they resist diseases, and they also arrest age. Their brains gain better capacities to comprehend and also better capacity to retain what is comprehended. There is very little scope for forgetfulness. There are persons who, if they read a book once, they remember many things from the book. There are some others who read a few times to retain the knowledge relating to that book. There are still others, any number of times they read, nothing gets into the mind and even if it is pushed in, it is very easily pushed out.

The ability to retain in the mind depends upon the subtlety of the mind's material. In the childhood, we are taught to memorize and repeat for three hours. You see when we do rituals, we don't look to the book and read the ritual. When we sing, we don't look to the book and sing. Indian musicians don't look to the paper to conduct the music. Three hours, four hours, five hours, with the most complicated tunes, they just do it, they don't have to look to a paper for it. This is because the ability to retain is given even in the young age. A weak mind loses what it gains. A weak mind is the mind where the density of matter is more.

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Paracelsus

Health & Healing

The Impact of Joyful Psyche



It is known to all that under normal and natural conditions the human organism can successfully overcome diseases. But it is essential to know which conditions are the best. Many people are content with the basic sanitary measures, but they overlook the foundations of life.

People go to sanatoriums, health clubs and spas to improve their health. They ignore the fact, that in those centers they will be closely associated with the random company of sick people. They seldom realize that they are in the company of the sick, while in society there may not be such concentration of sick people. In such an environment of health clubs, sanatoriums, etc. one can hardly find a positive effect. Association with people whose attention is focused upon ill health rather than health can only intensify the disease. There is more aggravation than amelioration.

There are people who prefer to live in mobile homes or in tents. But a collection of many tents or mobile houses is only a replication of urban conditions in an inferior way. There is much less sanitation in such places than in a city. People who look out for health when gathered in one place, their preoccupation and anxiety for health itself bring ill health. Thoughts are contagious. In the name of health mostly ill health is thought out. Generally health is thought due to fear of ill health. The fear of ill health subtly promotes and spreads among people who gather for health. This is not generally understood.

People are in quest of health. They want to change the unhealthy conditions around them. The very thought itself is unhealthy. If it is persistently entertained a longing for natural and normal living should be combined

with psychic joy. Otherwise seekers of health will begin to complain and even weep for every little discomfort. They are like people who weep at rainfall. In a country of rains like England, rain is bound to happen any time. A joyful approach to rain is much more helpful than living in complaint. Joy turns things to the normal. A joyful psychic energy can insulate a lot of external agencies of ill health. The human organism can normally fight the diseases without outside help when the human psyche is kept joyful.

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

**FULFILMENT OF OBLIGATIONS IS NOT SERVICE.
BUT A LIFE OF SERVICE ENABLES
FULFILMENT OF PERSONAL OBLIGATIONS ALSO.**

Dear children,

For healthy growth of the body and its cooperation with the senses and mind, the best exercise is to relate to and strengthen the respiration. 24 minutes of slow, soft, deep and uniform respiration is much more effective to the body than any other strenuous exercise. It is much more propitious if it is done twice daily in the morning and evening hours.

Learn to squat on a mat or a carpet with the back upright. Conduct conscious breathing. Ensure that the breathing is slow, deep and uniform. Also ensure that it does not make noise neither during inhalation nor exhalation. Such breathing vitalizes the respiratory tract, which in turn strengthens the vital body. A strong vital body resists sicknesses. It also arrests ageing and arrests hair fall. Seasonal sicknesses do not occur. Food assimilation would be far better. The intake also improves.

The activity of respiration is happening within us. Mind you, we are not doing it. By relating to it and by improving it functionally, health is assured and sickness is kept at a distance.

K. Parvathi Kumar

(from the editorial of Dr. K. Kumar on the website: www.jugendforum-mithila.de)

From the editorial of Dr. K. Kumar on the website: www.jugendforum-mithila.de

Stories For Young People

The Two Brothers

Ravana, the king of Rakshasas, was alarmed. An army of monkeys and bears was marching towards his capital. An old prophecy told him evil coming from these animals. He called for his Ministers in the council hall. His two brothers Kumbhakarna and Vibishana rushed to the spot.

The ministers tried to please Ravana and ensured him he would overcome his enemies easily. The speech of his brothers was different. They told the king, he had done the wrong by kidnapping Sita, the wife of Rama. The husband of Sita seemed to be an incarnation of the Lord. Monkeys and bears would not help an ordinary man. Sure they came to destroy the capital and the race of the Rakshasas.

Ravana was angry with his brothers. Kumbhakarna, full of laziness, saw he could not convince his brother, shook his head and went to sleep. The character of Vibishana was poise. He followed Ravana and proposed him to set Sita free and send her to her husband. This way the consequences of the evil deed could be avoided. Ravana refused. Vibhishana left his brother and joined the army of the Lord. Kumbhakarna was killed by Lord Rama on the battlefield. Vibhishana helped Lord Rama to win the war and reigned Lanka after the death of Ravana.

A lot of courage is needed for assessing a situation clearly, more to speak frankly of an unwelcoming truth; the most courageous man is the one who takes the consequences from out of his insight for himself.

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 presence and future.

WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

UNITED STATES OF AMERICA

Name of the group : The World Teacher Trust – United States of America
/ Pushyami

Contact: Rosy Diaz-Duque

Address: 7300 SW 114 Place, Miami, Fl 33173

Email : rosydd@bellsouth.net

Phone: ++1-305-595-7752 ; **Fax :** ++1-305-595-4993

Activities

Under Master KPK guidance, The World Teacher Trust United States of America was funded with the purpose of advancing education and learning in general and in particular in the fields of comparative religion, philosophy, science and art; to relieve human suffering and promote mental and moral improvement in the human race; to promote the advancement of spiritualism on a non-sectarian basis; and to promote social service activities for the general welfare.

Besides the regular group meetings of meditation and study, the Miami, Florida group is engaged in disseminating the books, the mailings and the audio recordings of The World Teacher Trust to other groups in North and South America and the Caribbean. Various group members are engaged in the translation and correction of different work of the World Teacher Trust and the Circle of Good Will. Some group members work with the recording of Master Kumar's lectures.

The members do service by donating funds to a needy cause in India and some donate their time to share profits of sales and crafts as a fundraiser. Many of the members have been organized under a non-for-profit organization called Gift of Life, created to raise funds for the purpose of organ transplant awareness.

All members conduct their daily chores with the awareness and intention

to serve others, in an attempt to complete The World Teacher Trust's triangular work of meditation, study, and service.

A WTT-USA member from Fremont, California has created a webpage called Master's Call. Following are the different purposes for this page:

- Master's Call website hosts archives of discourses from WTT as well as live broadcast of WTT events and Master's discourses.
- Archives are hosted at <http://www.masters-call.net> and live broadcast is presently done using <http://www.wiziq.com> as an interim service provider.
- Efforts are being made to collect all the available audio tracks of Master's discourses and are archived onto Master's Call website for free online streaming and downloads to the interested people.
- Master's Call website is the central host for live broadcasting of all WTT seminars from all over the world.

Another member from Corvallis, Oregon has created the mail list for WTT-USA members in an effort to keep all informed and to eliminate duplicate correspondence.

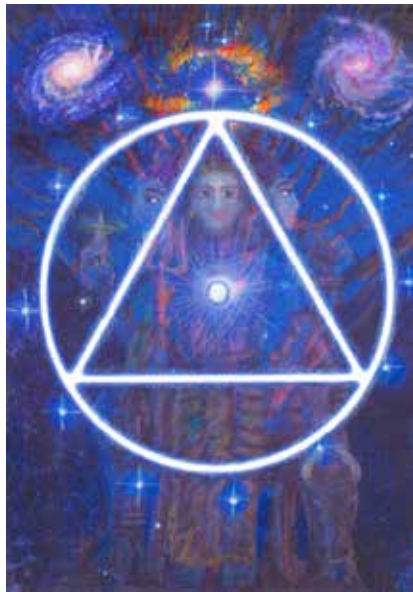
M. KPK and M. EK's books are presently being sold in Amazon.com, an online sales company, and shipped from Fremont, California and soon from Miami, Florida.

In Denver, Colorado, another organization was formed for goodwill work under the tutelage of a WTT brother, who is additionally very active in the translation from Telugu to English of the life broadcasting of Master's discourses for the benefit of all.

Members of The World Teacher Trust were blessed with M. KPK's visit on September 2014. He was accompanied by our beloved Kumari Garu, Ramana, Sabine and Anna.

Picture of the Month of Leo :

Leo - The Tree of the Universe and the Cosmic Teaching Principle



The *Puranas* speak of an innumerable number of space globes containing infinite number of physical suns emerging and merging. They compare these globes to the banyan fruits and the suns of each globe to the seeds in a fruit. The path to the garden of God is supposed to have many roads all lined by such trees on either side.

The universe is the form of Sri Guru Datta (Dattatreya). Sri Guru Datta permeates the whole creation as a teaching principle and is the backbone of the Hierarchies of various planetary and solar systems. Dattatreya is the Grand Teacher or "Guru principle" in the universe. The teachers in various planes are the manifestation of the one teaching principle who is referred to in the ancient Indian wisdom as Dattatreya.

Extracts from: Dr. E. Krishnamacharya: *Spiritual Astrology*; Dr. K. Parvathi Kumar: *Sri Dattatreya*

Book review



Narayana Kavacham

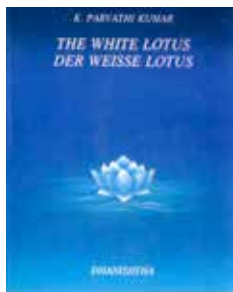
Many people who suffer from misfortune, diseases and the onslaught of the social and planetary influences stimulated by the experience of their past deeds, are in search of spiritual help. Many discover with the Narayana Kavacham (protective shield) stunning results both from the mundane and the spiritual point of view. It is considered to be one of the most powerful Mantric formulae.

Dr. Ekkirala Krishnamacharya, known as Master EK among his followers, gave the "Narayana Kavacham" and his commentary as a spiritual practice to experience the One.

Ekkirala Krishnamacharya: Science of Symbolism

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

Download PDF : http://www.worldteachertrust.org/_media/pdf/en/ek/narayana_kavacham.pdf



The White Lotus

The booklet speaks of the symbolism of the Lotus. The Lotus is a profound Vedic symbol that enchants the student of symbolism. A lotus lives in all the three worlds. It has its roots in the earth, its stalk in the waters, and the flower above the waters just like human being. We are also living in the world of matter, force and consciousness.

So, we are like a lotus, but with a difference. The lotus is neck deep in waters, but it still shows its beauty to others.

The white lotus can give us so many messages if only we keep looking at it, even if it is only a picture.

The booklet is a spontaneous talk flowing through the author.

K. Parvathi Kumar: The White Lotus

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

Astrological Important Days in July/August 2015

23.07.	05:30	☉ → འ / Sun enters Leo	
ལ		☉ in འ – every Tuesday (28.07., 04.08., 11.08, 18.08.):	
		<i>Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmi</i>	
		☉ in འ – every Friday (24.07., 31.07., 07.08., 14.08, 21.08.):	
		<i>Contemplation upon the World Mother in the Heart Center</i>	
	17:00	☾ 8 th phase of ascending moon starts	☉ 00°27' འ / ཏ 24°27' འ
		(End 24.07. at 18:59)	
26.07.	20:55	11 th phase of ascending moon starts	☉ 03°29' འ / ཏ 03°29' འ
☉		<i>Contempl. upon Lord Maitreya in the Heart Center</i> (End 27.07. at 20:40)	
30.07.	15:31	Phase of full moon starts	☉ 07°05' འ / ཏ 25°05' འ
ལ		The New Vaiśākh Festival: <i>Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumāra and Lord Maitreya</i>	
31.07.	12:43	☉ Full moon of Leo	☉ 07°56' འ / ཏ 07°56' འ
01.08.	04:10	23 rd constellation <i>Dhanishta</i> starts	ཏ 17°24' འ
ཨ	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 02.08. at 01:48)	
04.08.		Birthday of Master CVV	
06.08.	16:54	☾ 8 th phase of descending moon starts	☉ 13°50' འ / ཏ 07°50' འ
ལ		(End 07.08. at 15:18)	
09.08.	13:29	11 th phase of descending moon starts	☉ 16°35' འ / ཏ 16°35' འ
☉		<i>Contempl. upon Lord Maitreya in the Heart Center</i> (End 10.08. at 13:15)	
11.08.		Birthday of Master EK	
12.08.		Birthday of Madame Blavatsky	
13.08.	15:19	Phase of new moon starts	☉ 20°29' འ / ཏ 08°29' འ
ལ		New moon point of Leo: <i>Contemplation upon the World Mother in the Heart Center and Contemplation upon 'The Pledge'</i>	
14.08.	16:53	● New moon of Leo	☉ 21°31' འ / ཏ 21°31' འ
15.08.		Birthday of Śrī Aurobindo	
22.08.	08:54	☾ 8 th phase of ascending moon starts	☉ 28°53' འ / ཏ 22°53' འ
ཨ		(End 23.08. at 09:56)	
23.08.	12:37	☉ → ཏ / Sun enters Virgo	
☉		☉ in ཏ – 1 st to 14 th descending moon phases: <i>Contempl. upon the Pitris</i>	
25.08.		Birthday of Master MN	
ཏ	09:35	11 th phase of ascending moon starts	☉ 01°48' ཏ / ཏ 01°48' འ
		<i>Contemplation upon Gāyatrī, the World Mother with a rainbow hallow around the head</i> (End 26.08. at 08:10)	
28.08.	14:36	23 rd constellation <i>Dhanishta</i> starts	ཏ 17°24' འ

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.