

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Libra 2008 Thula

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The World Teacher Trust - Global



Attune to the song of OM in the heart
and attune to the forms of OM around you.

If you do not sing
but look to the form around you,
you fall into the illusion of the form.

Inner recollection of OM
and outer visualization of OM
be the practice to realize
OM.

K. Parvathi Kumar



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 E.K.

Table of Contents

Invocation of Master E.K.	2
Table of Contents.....	3
Prayer for the Year.....	4
Message of the Month of Libra ⇌	5
Message of the Teacher.....	6
Lord Krishna: Gītā Upanishad.....	7
Lord Maitreya	8
Master Morya - Maruvu Maharshi.....	9
Master Kut Humi - Devapi Maharshi.....	10
Message of Master E.K.	11
Vidura Wisdom Teachings.....	12
Shirdi Sai Sayings	13
Sri Ramakrishna.....	14
Lay Man's Prayer.....	15
Discipleship	16
Occult Meditations.....	17
Rudra	19
Ashram Leaves.....	20
On Love	21
On Change.....	22
On Silence	23
Hymns on Agni	24
Violet Flame Invocations	25
From the Teacher's Pen.....	26
Children's Section.....	27
Book Review	28
Master Morya.....	29
Dates of the Next Travels 2008.....	33
Window to World Service	34
Extracts from the Teachings.....	35
Paracelsus – Health and Healing	52
Astrological Important Days	54
Great Invocation	55
OM	56

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The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr. Sri K. Parvathi Kumar for easier comprehension of an average group member.

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Prayer for the Year

The ascent of man is through the eagle.

The descent of man is through the serpent.

The serpent is the coiled coil of time.

The tongues of the serpent are the wings of the eagle.





Message of the Month of Libra

Libra stands for the navel principle. Navel enables externalisation at all levels. For the Absolute to externalise up to the gross physical nature, it takes nine regular steps. The Absolute, which is called the Truth or Pure Existence, externalises as awareness. And awareness externalises in eight steps via three qualities and five elements to make visible the invisible. $5+3+1+1$ is 10. Five are the elements; three are the powers or qualities of Nature. Beyond these eight is the pure light of awareness as the ninth one. The awareness is but externalisation of the Absolute. Thus the seers perceived the one Absolute existence with its nine externalisations.

Nine are the boundaries of Nature. They are also called the nine circumscriptions around the One. The principle of externalisation in its reverse process is also the principle of absorption. Internalisation is from the same centre as externalisation. The entry is from the same door as the exit. Just as there are nine exit points for the existence, nine are again the entry points for the existence. At every step there is the exit point, which is also the entry point.

The circumference of 360 degrees culminates into the centre and the centre leads to a subtle state of awareness, which again is a circumference. It has its own subtler centre into which it culminates again to reach a subtler circumference and the process goes on till absorption happens until the pure state of existence.

The centripetal and centrifugal principle is truly the principle of navel represented by the sign Libra.

The first five steps of Yoga relate to absorption of dualities. The next two steps relate to absorption of the reflection into Original. The former is absorptions of latter. The latter is absorption of verticals into the centre. This needs to be pondered over to experience, "I AM THAT I AM".

The Veda conceives the whole activity of unfoldment and foldment as the activity of awareness which is also called the Divine Mother. Without her grace one cannot gloriously express into objectivity and return back to the Original state. To gain the grace of the Mother, worship of the Mother came to be. Since the nature of the Mother is impermeable without her grace, she is called Durga.



Message of the Teacher

Three Steps of Ascent

An individual becomes self-conscious through definite steps, which are natural. He distinguishes himself from others. This causes individualisation, which makes him to live in a world, which is a bit higher than that of animal world.

The self-conscious individual unfolds into the consciousness of personality. This process is through his experience by means of senses and sensations. He develops his likes and dislikes and his own concepts of good and bad. The personality man finds his expression through mental and emotional relationships and gains his own experience. This gaining of experience is a long process until the intellect is purified.

One with pure intellect finds it unworthy to hang on to motives, opinions and concepts. As one relinquishes these traits the lower centres in him release him into the possession of higher centres. Gradually, the personality consciousness gives way to the soul consciousness.

Gîtâ-Upanishad

- Lord Krishna -



Swadhyaya Yajna

To stay recollected as I AM, Lord suggests four acts of Goodwill. The first three acts of Goodwill are Dravya Yajna, Yoga Yajna and Tapo Yajna. These were already described in the previous month. These were already described in the previous months. The fourth act is self-study. This is called Swadhyaya Yajna. Self-study has the twofold meaning. One is study of oneself. Another is study of scriptures in the presence of teachers to be able to understand better, the nature of self and its phantom non-self (personality).

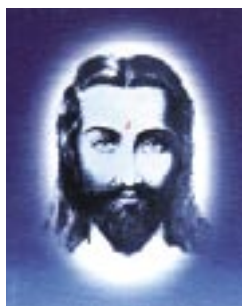
Study of self is an interesting story. It involves self-examination, self-introspection, and self-analysis. As one does this, the consciousness in him grows active and shows from within what is desirable and undesirable within oneself. By contemplating upon the light of consciousness one may make effort to eliminate the undesirable and develop the desirables through which consciousness can manifest for the welfare of the surrounding life. Each person is but a unit of consciousness with its light and shade and the self-study enables to manifest acts of consciousness. Without self-study the acts remain personality acts, coloured by motives and selfishness.

Study of self enables one to realise that he is of infinity and cannot be defined. A person enveloped by personality lives in definitions of himself and of others. The personality-man limits the infinity to the finite and thus limits his life to definitive and judgemental understanding. Essentially each one of us is of infinite nature. To realise this teachers help.

Teachers are those who realised the infinity and who also realised that they are of infinity. They help others who try to grow from finite to infinite. Hence studying and learning in their presence is of help.

The scripture are but findings of teachers of sublime order. They realised the infinity and also the path to infinity and recorded them from time to time. Thus at different times different scripture came into the world. Study of these scriptures with light of understanding coming from teachers is also part of self-study.

Thus self-study is a triple function. Engaging in such function one can stay recollected as I AM.



Lord Maitreya

Teacher - Student

Rejecting the Teacher is rejecting the Hierarchy. The Teacher is the fiery Envoy of the Hierarchy. He represents the fiery Will. Directed by Him, the worldly transcend. He acts consciously. One should be alert to see the consciousness at action. Do not deviate towards the personality of the Teacher. It confuses you. See the Teacher in action. If you are striving towards spirit, see the Teacher as the gift, to strive towards realisation of the spirit. Teachers are rare to be found. This is known. But the Teacher says, "Students are rare to be found". As much as the student of spirit searches for Teacher, the Teachers also search for the fit ones.

Master Morya - Maruvu Maharshi -



A Caution

Distinguish between those who understand and those who merely agree. The one who understands does not delay in applying it to life. The one who merely agrees will simply praise you and extol you of the remarkable wisdom that you teach. Those who follow not the teaching are like the barren trees who neither give shade nor fruit. They are the decaying ones. They decided to decay. Care those who understand the teaching and follow it. These are few. They are like a sponge. They absorb priceless knowledge and clean away evils in and around them. They are the fit ones who are up to reach the goal. See the goal fitness of people around you. Do not gather mass. You will be doomed by the charlatans who only trumpet around you for their benefit. Be incisive in your choice of associates. Let work be the basis of association and no other.



Master Koot Hoomi - Devapi Maharshi -

Beauty of Sound

Learn the beauty of sound. It is available in music. The beauty of music enlivens. From childhood one should be accustomed to assimilate the beauty of sound. Musical faculties need to be imparted in education. In every man the inclination for sound is implanted, unless it is cultivated, it remains dormant. Make it a habit to listen to music.

When the world is raged with competition, jealousy and hatred, it is indispensable that one should make haste to open the ears to music. Pythagoras taught the ability to listen to the spheres. When men are not open to the sound of the wave, the waterfall, the river and of the wind, what subtle melodies can be heard? The best harmonies of sound vanish in the roar of human activity. The ascend from the worldly roar can be accomplished through music. The Brotherhood rejoices in music. You too learn this faculty. A joyous harp sings. A singing heart is joyous.

Message of Master E.K.



Activity and Glamour

Even the advanced disciples fall into glamour of activity as different from the activity, when they deviate from Self-recollection. Daily recollection of the Self is but necessary. Living and moving in that Self enables staying in Light. When Self-recollection happens-not the disciple falls and moves in the wheels of illusion creating a web around himself. He imprisons himself and loses the way.

In such imprisoned situation the only solution is either to recollect or to approach the one who recollects for him. This happens as the grace of the Divine.



Vidura

Wisdom Teachings

Consult your experience,
verify with your knowledge,
enquire from well-wishers,
ascertain yourself,
and infer for yourself,
whenever you launch upon
a long-term association.

Shirdi Sai Sayings



Solve - Salvage

If you feel that you need My presence, read the stories related to Me. Contemplate upon Me in the stories. My presence reaches you instantly. My presence resolves your difficulties and salvage you.



Sri Ramakrishna

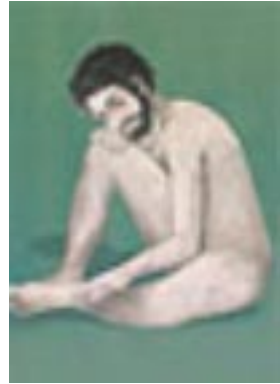
Resignation to God

The young of a monkey clings to its mother tightly when she moves about. The kitten on the other hand does not do so but mews piteously, and the mother grasps it by the neck. If the young of the monkey lets go its hold of its mother, it falls down and gets hurt. This is because it relies upon its own strength. But the kitten runs no such risk, as the mother herself carries it about from place to place. Such is the difference between self-reliance and entire resignation to the will of God.

What are we to do when we are placed in this world? – Give up everything to Him, resign yourself to Him, and there will be no more trouble for you. Then you will come to know that everything is done by His will.

.

Lay Man's Prayer



We see not our tails.
We see others',
we criticise and judge.
We wish, our tails are cut.
But You are compassionate,
You cut not.
Teach us from within at least,
so that our tails behave friendly with us.
We Pray.
You help.

Discipleship

The non-praying - 2

The blessings we receive should lead us to love God with all our Heart, and to express our gratitude in prayer. Success, prosperity, dissolution of problems should not drift us from our prayers. The expression of gratitude is a law that is not to be evaded if we wish His continued care. Be grateful for the wonderful help and protection, for health and security, for your place in God's plan, for all that brings joy. We do not see the love that underlies the happenings of the time. The marvels of God's love manifest in our lives daily, if we but become aware of them.

The conceited individual and the materialist have pride in their own self-sufficiency. They scorn prayer and think they have no need of the Almighty. They attach no importance to their relationship to God. This is a great error for which they pay dearly. Thereby they separate themselves from Him and lose His guidance, help and protection. This loss stops their evolution and progress and leads to error, evil and self-destruction, though it may come only after a long elapse of time. The arrogant and self-sufficient should become aware of this while there is yet time to avoid disaster. Prayer is the great shield and safeguard that no one can afford to reject.

A disciple

Occult Meditations

Meditation 22



*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.*

Commentary:

The time is fourfold. In a day, it is seen as sunrise, noon, sunset and midnight. In the month, it is seen as New Moon, ascending eighth phase of the Moon, Full Moon and descending eighth phase of the Moon. In a year, the fourfold aspect of time is seen as Winter Solstice (December 22), Spring Equinox (March 21), Summer Solstice (June 21) and Autumn Equinox (September 22). In the *Yugas*, time is seen in four aspects, such as *Kali Yuga*, *Dwapara Yuga*, *Treta Yuga* and *Krita Yuga*.

Likewise, the human life also can be seen as infancy, youth, adult, and old age. The Word is also seen in its fourfold aspect as *Para*, *Pasyanthi*, *Madhyama*, and *Vaikhari*. The Lord is also seen as the four-armed one. "All is fourfold in creation," says the *Veda*. Man's existence is also fourfold:

1. Pure (unconscious) existence,
2. Conscious existence,
3. Mental existence, and;
4. Physical existence.

The fourfold division is one of the chief divisions of a circle to comprehend the creation. In the meditation we find Gods emerging at sunrise, meaning, they emerge at the beginning of the second quarter. The first quarter begins at midnight. From midnight

to sunrise, the whole creation was in a nebulous state, which is described as the Cosmic Egg. The Gods were not yet born. Gods mean the Devas. The Devas are born at sunrise and hence the worship of Devas commences from sunrise. Before the Devas, God absolute exists with certain cosmic principles such as Agni (cosmic fire, force), nature, time, pulsation, etc. in the first quarter. It is for this reason that the meditation for self-realisation is generally done between 3 am. to 6 am by the knowers. This is called the time of Brahman, the God absolute. The cosmic consciousness, existing in the first quarter, with the help of force and nature, creates Devas through time, and the birth of Devas is the dawn of the creation.

After dawn up to noon, the Devas, with the help of the cosmic intelligences, prepare the man, and the advent of man is the fulfilment of the creation, which is referred to as noon. Symbolically, the creation happened from midnight to mid-noon to bring forth man. From noon to dusk, it is the growth of man in his duality in the right and left paths. It is only from man that many species came through with light and darkness. The work of Gods is completed by sunset and man completes his work by midnight. The *Devas* started early and hence they conclude early.

The meditation indicates the time for the worship of the God absolute and the *Devas*. Man is supposed to link up to this and do the worship. The time for real good meditation is the hours after midnight and before dawn. The recommended hours are from 3 am to 6 am. The time for the worship of Gods is three to six hours from dawn and three to six hours from dusk. The time for the worship of *Pitris* is from midnight to 3 am.

The meditation also speaks of the significance of the solstice (Capricorn and Cancer) in relation to *Devas* and the equinox (Aries and Libra) in relation to man, which will be dealt with separately elsewhere.

Rudra



24. Pratarana

Pratarana means the liberator. The Lord Rudra as Pratarana lifts up the beings and helps ascent, stage by stage, and settles them in the state of liberation. All lifting-up activity is the work of Rudra. The cranes, lifts, escalators, the ships that remain afloat, etc. are also to be visualised as forms of Rudra.



Ashram Leaves

Point

The point is the first idea which is new as centre and old as circumference. The circumference is but a centre magnified. When the circumference was a centre, it imbedded its centre in the form of a principle.

The tree is born of a seed which imbedded the tree as its principle.

The theory is imbedded in the womb of the practical which is the child of theory. Theory is the son of his mother, practical, or practical is the daughter of her father, theory. Theory is the seed, and practical is the tree.

Idea is the son of mind, and mind is the daughter of idea. Knowledge is the mother of idea, who is the son of knowledge.

Evolution is embedded in the womb of history and history is expressed out of evolution. Thus evolution and history are but the centre and the circumference.

On Love

Love knows no pride.
There is no high and low in Love.
Love knows not discomfort,
disappointment and delay.



On Change

Discipleship is to neutralize
the opposing currents
of conflict.



On Silence

Silence is the best weapon
to answer the critics.





Hymns on Agni

**19. TVAMNO AGNE VARUNASYA VIDVAN
HEDO AVA YASISISTAHA
AJUSTO VAHNI TAMAHA SOSUCHANO
VISWA DVESHANSI PRAMOMUG DRUSYAT**

Meaning:

Oh Lord Agni! You carry the keys to four-fold fulfilment. Ensure that Varuna is inclined towards us for such fulfilment. You are the foremost Lord of the Cosmic ritual. You are the source of strength to all the Devas. Your presence enables the Devas to shine-forth. Please lift us from ignorance. Lift us from impurities and let us into the splendour of your being.

Commentary:

Human life is said to be fulfilled when it experiences four aspects of life. One is desire, second is wealth, third is righteousness and fourth is liberty & freedom. The first two and the fourth are dependent upon the third factor i.e. righteousness (Dharma). The Lord of fire Agni purifies the worshiper and enables him to stand stable in the path of righteousness. When one is righteous, his desires also become righteous and the wealth he gains gives happiness. Many have wealth but their wealth is a problem to them. Such wealth is not seen as righteous wealth. Humans have insatiable desire. When one tends to be righteous he gains the sense of contentment. To the contented one, life is blissful and desires disappear. When wealth gives happiness and desires & ambitions disappear due to righteousness, man stands liberated. Such is the skilful transformation the Lord of fire conducts when worshiped.

When desires are outrageous man experiences anger, fear, jealousy, pride, prejudice, illusions and the like that cause sorrow. These sorrowful experiences are seen as Varuna's disinclination towards the human being. Varuna helps those with right experience who are righteous. So also the Devas. Therefore Agni is worshiped for bestowing such righteousness. Chain of auspicious events happen when the Lord of fire purifies, when righteousness is established.

Violet Flame Invocations



Oh gentle Flame of Violet Hue,
we perceive Your friendly touch of the dawn.

The angelic touch is seen
with flowers and bowers.

The angelic touch is seen
over the mountain and in the valley.

The angelic touch is seen
with the tree and the field.

You touch all at the dawn unfailingly.
You are the early friend of the day!

Thank You!
Thank You!
Thank You!



From the Teacher's Pen

Ethiopia and the River Ethiop

The Ethiopians of Africa, the Caucasians of Europe and the Mongolians of Asia are the first three primitive sub races of Aryans. They carried much ancient Wisdom and lived in Harmony with nature. It is from the Ethiopians, the knowledge flew to Egypt, later to Greece and thereafter to the Greater European continent. These three sub races of Asia, Africa and Europe constitute the first three brothers in that order. The Ethiopians had deeper understanding of Wisdom and were interconnected with the Asians of Iran and the followers of Zoroaster. There was a time, when the Egyptian kingdom extended up to Ethiopia, from where the knowledge of pyramids was secured.

The river Ethiop, the river Nile and the river Indus are but one river that originated from Mount Kailash. It is one of the 7 rivers that originated from the Mount Kailash. The details of which are available in Ramayana. Alexander the great being a King Initiate could realise that the river Nile of Egypt is but continuation of the river Indus. The Indus River flows through the Arabian Sea and finds its expression in Egypt; it further flows sub-terraniously and finds its expression as the river Ethiop. The civilisations that emerged at the banks of these rivers, knew the science of sound, of symbols and astrology. With the help of these three keys they built civilisations in great order. Through time the energy of Wisdom crystallised into the energy of Power resulting in destruction. Such is the human story every time. When humans hug to power of Wisdom, they destroy themselves. It is difficult to stay humble with Wisdom. It is true with individuals, with groups and with nations.

Children's Section

The Doctrine of Ethics

**Purposeless laughter,
expressionless dance,
juiceless mango and
a marriage without orchestra
are lifeless things.**

Dear Children

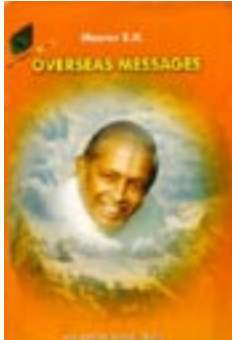
The sun sign Libra is represented by the lady of justice holding a balance. The message of the lady is, "be balanced". One has to balance his passions to experience the beauty of life. People have much passion for food, money, comfort, power and sex. This is but one pan of the balance. The other pan of the balance is passion to be noble, to be knowledgeable, passion for wisdom, passion for self-perfection and passion to be associated with the omnipresent God. The former passions are called the passion for the world; the latter passions are called passion for the Divine. If you balance the two, you will gain the optimum experience of human life. Develop to be in the Divine and to be with the world. Do not just be in the world. It is better to be in God and with World.

K.Parvathi Kumar

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

Book Review

Mystic Mantrams and Master CVV



Dr. Ekkirala Krishnamacharya (Master E.K.) toured the European countries seven times during the period 1972 to 1983. He gave lectures at various places at the request of the groups. Twenty-five such lectures are published together into this volume styled as „Overseas Messages“. Master E.K.’s teachings continue to inspire even years after his departure from the physical. This volume contains a variety of teachings displaying the numerous facets of wisdom. It is presented for the benefit of the seekers of wisdom.

Ekkirala Krishnamacharya: Overseas Messages

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

The Path of Synthesis



The process of learning is to include. As much as we include others, so much we are included by those whom we follow. If we exclude people and then seek inclusion by the ones whom we follow, they also exclude us. You include those who come to you, you are included by those whom you follow. That is how it is with the nature. That is the Path of Synthesis.

This is a talk rendered on 29-05-1995 on the Yoga of Synthesis expounded by Master CVV, at Kirchheim, Germany. It refreshes one’s own thought and enchants one into a state of „presence“.

K. Parvathi Kumar: The Path of Synthesis

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Master Morya



Part 3

The Cooperation of Master Morya with Madame Blavatsky

When Master Morya together with Master Kuthumi initiated the spiritual renewal of humanity in the 19th century, he had already contacted Madame Blavatsky repeatedly in her early childhood. A.P. Sinnett writes: „From her earliest youth a ‘guardian spirit’ appeared to her at times. It was always the same being, his features never changed. Later in her life he appeared to her in a human form. She immediately recognised him, as if she had grown up at his side.“

At the age of twenty Madame Blavatsky met her teacher for the first time in a physical body. This happened in Hyde Park in London in 1851, where the great World-Exposition took place. He was travelling in the company of one of the Indian delegations.

Many years later, when she was working on The Secret Doctrine in Würzburg, she told the countess Konstanze Wachtmeister, with whom she was living together at that time, about this experience, of which the countess later gave the following account:

„One day, during a walk, she saw to her great astonishment a tall

Hindu with some Indian princes coming along the street... She recognised him immediately... At first she wanted to run up to him, but he gave her a sign not to move, and so she remained as if spellbound while he was passing by. On the next day, she went for a walk in Hyde Park; she wanted to be alone and think about her extraordinary adventure without being disturbed. As she looked up, she saw the same figure coming up to her; this time the Master told her, that he had come with the princes to London in an important mission and that he would like to meet her personally, because he needed her cooperation in a matter, which he was just about to start (and the nature of which he outlined). To prepare herself for this important task, ... she would have to spend three years in Tibet.” Life and Work of Helena Blavatsky by S.Cranston, 79 (German edition)

After several journeys through India in the fifties of the 19th century, Madame Blavatsky travelled together with her Master through India and Tibet from 1868 until 1870. She lived in the house of the Mahatma Kuth Humi near Shigatse and was often in contact with her teacher Mahatma Morya. During that time she underwent an intensive training and became absorbed in the very ancient Wisdom Teachings of the East. Master K.H. made her learn Senzar, the ancient language of the priests; he gave her long passages to translate into English and held long conversations to improve her command of English for her future work.

As regards the knowledge of languages of Master Morya, Master K.H. said: „The Master absorbs the knowledge of the Chelas, and in the case of a language, which he doesn't understand, the Master will gain the total linguistic knowledge of the Chela as it is – including the idiomatic particularities and all that sort of things – unless he doesn't bother to check the sentences and form them anew, when he uses them. M. is an example for that, as he doesn't understand English and therefore catches up the language of Olcott or of the O.L. (Old Lady, H.P.B.) or of any other Chela through you, without having the intention to do injustice on you.” The Mahatma Letters vol. 3, 69(German edition)

In one of her letters Madame Blavatsky described the close cooperation with her teacher:

„I see this Hindu every day, just as I see any other living person, with the only difference, that he seems to be more etheric and transparent.

Earlier I kept silence about these appearances, as I thought them to be hallucinations. But in the meantime they have become visible to other people as well. He (the Hindu) appears and advises us how to behave, also with regard to our writing. Obviously he knows everything what is going on, he even knows the thoughts of others and takes care that I do express his knowledge. Sometimes he seems to overshadow my whole being. Like an etheric essence, which permeates my pores and dissolves in me, he just enters into myself. Then we both are able to speak with other people and again I start again to comprehend and recollect sciences and languages – everything that he teaches me, even if he is no more with me.“ Life and Work of Helena Blavatsky by S.Cranston, 194 (German edition)

Her relatives were first irritated by such reports from H.P.B., especially so, when she was talking about planning a “Society of Universal Brotherhood” and that she had started to write a great treatise on the ancient philosophy of the peoples from the East (*Isis Unveiled*). They considered it to be fantasies, and when the book had come out, they wondered, where and when H.P.B. could have studied all this. Her works *Isis unveiled* and *The Secret Doctrine* are full of quotations, even from very rare scriptures. For her writing she also used some books, which she needed and was able to find. Many things, however, were given to her from her teachers on the inner side and she copied the quotations from the ether. To her friend Professor Corson she described, that she was writing down the things as they appeared before her eyes on another plane of existence. She would see the page in the book and the quotation she needed, and would read it and, if necessary, translate it into English. Life and Work of Helena Blavatsky by S. Cranston, 199f(German edition)

When she was writing *Isis Unveiled* - her first great work, in which she gave, on her teacher's request, a first key to the old and new mysteries of science and religion to humanity - she informed her sister: „I write *Isis*, that means, I don't write, but copy and draw what They personally show me... I sit with my eyes open, and everything I see and hear around me seems to be real and true, and yet I see and hear at the same time what I am writing... Slowly century after century, picture after picture is drawing closer from a distance and passes by like in a magic panorama.“

Madame Blavatsky always emphasized that the teachings in her works did not come from her, but from the Great Ones, who transmitted them to her. Once she wrote, that *Isis Unveiled* contained „lots of original and up to now unveiled information on occult matters... I defend the ideas and teachings, which it contains, without fearing of being accused of vanity, as *neither the ideas nor the teachings come from me*, as I have always emphasized. And I am convinced that they are of greatest value for the mystic and the student of Theosophy.“ Life and Work of Helena Blavatsky by S.Cranston, 213 (German edition)

And about the *Secret Doctrine* she said, that others may discover knowledge in it, which she herself does not dispose of - as it comes from Beings, whose knowledge is far more comprehensive than hers.

Madame Blavatsky laboured up to the point of exhaustion for the work, which the Masters had entrusted to her, but the attacks on the Theosophical Society and on her person also pressed very hard on her. Her health was already very damaged, when she started to write her main work *The Secret Doctrine*. In a letter to Paris in 1883 she wrote: „Last year the doctors had already given me up. I suffered from Bright’s kidney disease in the last stage...Well, I went to Sikkim on the border to Tibet, and there my beloved teacher repaired my kidneys and liver, and within three days I was as healthy as ever before. Some say that it has been a miracle. He only gave me a drink from a plant of the Himalayas, which I had to take seven times a day.“ The Mahatma Letters vol. 3, 24 (German edition)

The sojourn had done her very good, and she had enjoyed the time there very much. „Oh, those blessed two days! It was like in old days, when the bear (Master Morya) visited me. A wooden hut, which stands on four pelican legs in the jungle, the same yellow-skinned, silently moving Chelas, the same incessant ‘Gul-gul-gul’ sound coming from the inextinguishable Chelum pipe of my boss; the old familiar and mild voice of her K.H. (whose voice has become even milder and whose face even more transparent and slim) and the same entourage as equipment - skins, cushions stuffed with Yak tails, bowls for salt and tea and so on.“ The Mahatma Letters vol. 3, 25 (German edition)

When 1886 Madame Blavatsky was working on the *Secret Doctrine* in Oostende having very strong pains, her state of health became so critical one day that she temporarily slipped into a coma. The morning after that night, in which she had been near to death and the doctors had already given her up, she sat, to the great astonishment of her friends, on her bed with vivid eyes and said: „The Master was here, he gave me the choice to die and be free, or to live and finish the *Secret Doctrine*. He warned me of further great pains and troubles, if I chose to live. But when I thought of those serious students who are waiting for my help and of the storm-shaken society, for whom the *Secret Doctrine* could be an anchor...” Then she asked for some coffee and her tobacco box.

Let's come back to the end of the seventies and the beginnings of the eighties in the 19th century, when Madame Blavatsky stayed in India for a longer period.

Dates of the Next Travels 2008

Dates

August 23rd – 28th

September 19th – 21st

Sept. 30th – Oct. 9th

October 18th + 19th

November 7th - 9th

November 21st - 24th

December 7th - 9th

December 25th - 26th

December 27th - 29th

January 8th - 24th

Program

25 years WTT-Global – Seminar: Service and the Law of Liberation

Seminar in Toledo, Spain: The Equinox

Durga Poojas at Visakhapatnam

Guru Poojas at Guntur

Guru Poojas at Rajahmundry

Guru Poojas at Bellary, Karnataka State

Guru Poojas at Srikakulam

Guru Poojas at Ananthapur

Guru Poojas at Bangalore

Guru Pooja and Seminar for Westerners at Visakhapatnam

During these dates you won't be able to contact Dr. K.P. Kumar.

You find the updates on: www.worldteachertrust.org/vaisakh15_e.htm

Window to World Service News & Activities

(Inputs welcome)

Group Reports

Name of the group: Group Muditha

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Activities

- We organize group livings, under the indication of our dear Master K.P.Kumar, now we celebrate them in our centre in the solstices and equinoxes.
- We cooperate with Dhanishtha editions, correcting texts, supporting works, and with the distribution, sales and sending by post the related books of Dhanishtha to every place into Spain and also to the centres and specialized bookshops of Valencia, Castellón and Tarragona.
- We collaborate with different organizations that help needed people, contributing with money for the attainment of their objectives.
- Our members contribute to the realization of activities for a better healthy life, and also to develop the relations among groups encouraging the realization of courses that help to achieve these objectives.
- Our members collaborate with organizations that help ill people, we visit and help the ill people and also their families. We also collaborate with the formation of new voluntaries for the activities of the health centres and hospitals.



Course in vegetarian cooking

Extracts from the Teachings

Sri Suktam

The Nature and the Characteristics of the World Mother,

Part XI

Dr. Sri K. Parvathi Kumar

Wengen Group Living, Switzerland, May 2002

Devi – The Mother is called Devi, the aggregate of all lights of the universe. We have Devas which are embodiments and units of that light, big and small. There are Devas of cosmic order, solar order, planetary order, lunar order. They are called Devas, because they are lighted beings. Teachers are called *Guru Devas*, meaning: the lighted Devas that keep teaching others to get enlightened. All these Devas emerge from the *Devi*, because She is the original light, the cosmic light, the light of the world, the light of the universe, the primordial light, called Aditi in Veda. Any light is part of that Light. It is not independent of it, because the Mother is the Light from which various lights emerge. That is why all prayers you make to any lighted being reach her. Even these lighted beings pray her. Remember, the Mother is worshipped in the female form as female energy, because She is herself the first emanation or first transformation of the eternal existence. That is how the Mother worship has come up as a tradition.

The aggregate of the lights of all universes is also Devi. There is not only one universe, there are many universes She presides over. Each universe has its trinity and its subsequent manifestations. Today we try to understand through science that there are other solar systems. The Vedic Seers have seen that there are other universes also. The scientists will find still many things which will be mind-blowing. It is all unlimited. You can't define it. Until we cease to define we cannot be totally knowledgeable. Our basic problem is: we define and we judge. How can we define the infinite? How can we judge not knowing what it is? How can the finite beings can judge the infinite things? We do it out of our own ignorance.

There is a story in the "*Devi Purana*", where the three Logos, the will, the love and the light, they gathered. Then they questioned: "Which of the three is the best?" They could not decide. If you say, "I am greater than you", the others will vote against you, and by majority your proposal is defeated. So, the three Logos could not come to a decision as to who is the greatest, because all the three emerge from the same

source, from the same light. Can you decide among the three rays, the first, second and third, which is greater? It is childish to ask that question. All the three, when they are together, they are great. When they are not together, they are not great. Individually none of the three is great. The three musketeers are great together, not individually.

So, the three Logos could not decide between them, and they said, "Let us go to the Mother and accept whatever She says." They took to their flights: one to a flying bull, the other to a flying bird, and the third to a flying swan. On their way they saw another third Logos of light. Then the other two said to the third Logos, "Hey, there is one more like you, so you are not great." The third Logos was down. But as they had decided to go up to the Mother, they proceeded, and on their way they found another second Logos of knowledge or love, *Vishnu*. Then the other second Logos was depressed. They went further and they found another first Logos. What a surprise! They never knew. They thought they were the only ones, and they were the only chief lieutenants to the Mother for the unique universe. But their universe is not unique, and there is another universe, and that universe seems to be better than this. As they proceeded further, they saw one more, and one more, and one more. They felt so small. "No, don't let us go to the Mother, let us go back and do our jobs."

So, from an electrical bulb to groups of galaxies it is Devi. That is why her dimensions are unknown. We are so small and that which we worship is so grand, that we get fulfilled, and we live in ecstasy of that attunement of consciousness. So, we worship such a Mother *Upahvaye Srîma Devi Jushatam*: "May such Mother favour us, grace us, and awaken us into high awareness." That is the prayer relating to the third hymn.

cont

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



The Sound Narayana and the Ascent and Descent of Waters

Group Life 27th May – 1st June 2008, Foz do Iguazu, Brasil

One day before the beginning of the group life we reached Foz do Iguazu and familiarised ourselves with the place: we saw trees with orange-coloured flowers, Monstera winching on old veteran trees up to the crowns, and Sansevieras forming enormous shrubs. Unknown birds, butterflies in blaze of colours... We were filled with wonder, not only about the things on earth, but also the sky was different. At night the Southern Cross and other alien constellations shone brightly, and in the daytime the sun started its course in the east and went via north to the west.

On 26th June after the evening prayer the Master welcomed us to the group life. He wished us the presence of the Master in order to mould our personalities during this group life and in our lives into an instrument of the soul. The only possibility: the prayer.

Yoga Practice and Pride

‘Yoga and Transcendence’ was chosen by the Master as the subject for our classes, and in the course of his teaching he followed the original text of Patanjali about yoga. The Master cleared our misunderstandings. We feel that we are following the yoga path, but our personalities don’t allow this practice. It is not a matter of individual failure, but in Kali Yuga our human constitution is exposed to strong impacts.

We exist as inner side of the human form and we work with the help of the outer shape. We are universal divine consciousness and we descend into the individual soul (Ahankara or Atman). Our limited consciousness is Buddhi and Chitta (Chaitanya) is the instrument of Buddhi. Chitta is the pure light of Buddhi. In the course of our evolution Chitta accumulates our experiences and our karma. This instrument of the inner man is a triangle consisting of Ahankara, Buddhi, and Chitta and is called Antahkarana.

Man expresses into objectivity by means of his mind, senses, and

body. This triangle of the outer man (Bahirkarana) is connected with the inner man via Chitta. Chitta is reflected in thought and enables the mind to turn towards the outer or inner world.

Our mind is related to the senses and the functioning of our body. Mind is an in-strument, which consists of matter and works for matter. Moreover, mind is surrounded by Chitta, which contains the supermarket of our karma. What kind of chance do we have with this mind? Can it be, in any way, the instrument of our progress on the yoga path?

According to Patanjali five patterns or modifications are active in the memory of Chitta and they obstruct a clear functioning of the mind. The first modification is pride. Pride means to insist on the point that we are a unit of consciousness which is separated from the divine and its phenomena. As a consequence our mind identifies with matter. Man believes that he is a part of this matter. Pride creates a wrong identity. Pride is the root of all diabolic qualities in man.

Pride leads to prejudice (2nd modification). We perceive the reality according to our likes and dislikes. At the same time we mask out everything else, i.e. the truth (3rd modification). We don't attach importance to the sleep (4th modification), because we feel that we are not active during sleep hours. Finally we understand the teachings of the wisdom books according to our own ideas (5th modification). Our mind is imprisoned by these five ruffians. Books and information nourish our pride without causing our transformation. Our good intentions are annihilated through prejudice, tendencies, and preferences. Our mind follows our desires which are oriented to the matter. Hence it cannot be our leading instrument to the upward path.

As many times before, the Master explained us the yoga technics which enable the ascent. The main emphasis of his teaching was: the circumstances which prevent us from following the yoga path. First and foremost it is the pride with its team.

Why is pride so dangerous? In the evolution of the humanity it was a great effort to create the individual consciousness. Initially man was one with the ocean of divine consciousness. He did not know objectivity and he needed strong impulses to arouse his interest for objectivity. Man received the mind. With mind he had the option to turn towards the divine consciousness or towards matter. Since this

moment two ways opened up for man. One way leads to the ascent from the matter up to the divine, the other way leads deeper into the matter. Man received a strong impulse to break away from the divine and to make experiences with matter, and this impulse is reflected in the extent of his pride.

We gathered in South America. Once, the Temple of Ibez was situated in this continent, the centre of knowledge of the Atlanteans. This temple was open to misuse of the immeasurable treasure of knowledge for material purposes. Pride became dangerous for the creation. Hence this temple was closed and the knowledge was lost.

We should understand that our pride is an aberration, and prayer from the bottom of our heart is our first and only refuge.

Hence we should pray ardently that we are allowed to pray. Prayer is a functioning from the heart. It orients our attention to the divine and helps us to overcome our pride. Further we should pray that we are allowed to practice yoga, because yoga gives us technics which lead us to our real identity. It helps us to clean Chitta and to transform it into the brilliant light of Buddhi, and this light is Chitta.

First of all, yoga practice gives us the technic to fix our mind in Buddhi. Buddhi is not located within the power of the thought patterns, because its place is above those patterns. During meditation we practise to anchor our mind in Buddhi. Later on we are able to stay in Buddhi, even in daily life. We make use of our mind to be in loose contact with the world while we stay in Buddhi. This is real non-attachment. According to Patanjali, this requires a stable, continuous practice (viscous like flowing oil) for a long time over many lives.

The Help of Master CVV for Neutralization of our Karma and for Stabilization of our Mind

The 99th return of the May Call Day is a great joy and a special blessing, because double 9 is the number of the Master. In 1910 Master CVV received the Aquarian energy and on 29th May he distributed this energy to the plants, animals, and hu-mans. Every year this process is repeated and each time he gives us another dose of the energy, every time a bit stronger. This energy transforms the matter, lightens it and hence it permits speedier progress of our development. The Master

works with the number of Jupiter, i.e. with number 12. Once we are admitted to his energy, it is possible to have the experience of 12 years within 1 year and to have the experience of 12 lives within 1 life. Even the yoga practice is speeded up. While the traditional yoga takes years and incarnations, it is possible to accomplish the goal of yoga practice within 1 life and it is also possible that our Master appears to us. The requirement is that we work wholeheartedly with the yoga practice of Master CVV.

Master CVV teaches us to stay in Buddhi. After invoking his name it is our task to observe our thoughts and all that is happening in our being. After the prayer we remain observers of all that comes across. Thus we do not become part of the events around us. We are not involved in our surroundings, which are shaped by Kali Yuga, but we gain a stable position in Buddhi. Hence observation is the key of yoga practice. Such practice enables us to understand the connection between our actions and their consequences. Thereby we understand our patterns and neutralize their consequences – the karma. The mountain of our karma is unimaginably big. We would die on the spot, if we could see it. But there is no need to clear this mountain bit by bit. If we understand our patterns, all events that are linked to these actions are dispatched. Karma is neutralised and Chitta is cleaned.

The Sound Narayana and the Ascent and Descent of Waters

We gathered near the waterfalls of Iguazu. They are sacred. They represent the waters of heaven. They descend and become waters of the earth. Through their continuous flow they clean the surroundings. They clean men and gods alike. Where waters are flowing, there we find purer aspirations. When clean waters are flowing constantly, the aspirations are also cleaned constantly.

The waters give also the energy of synthesis. Aquarius represents the waters of heaven. From these waters the creation emerges and returns to them. The waters of heaven are called Nara. The Lord comes down to earth through the descent of these waters. Through the ascent of waters the beings ascend – hence the ascent and descent of waters is called Narayana. Na-ra-ya-na is composed of 4 basic

sounds, which were already known in the Temple of Ibez as the key of all knowledge. These sounds enable manifestation from subtle to matter and dissolution of matter into subtle. Materialisation and dematerialisation are Aquarian actions. Jupiter works with sound and Master Jupiter – Master CVV – works with sound. Through sound he lifts up the humanity, which is stuck in the energies of Libra and the related passions, to the energies of Aquarius.

Humanity is represented by Gemini. Gemini is the throat centre of the planet and it represents the throat centre in man. The sun sign Gemini can transform the throat that utters the sound. Hence initiation of men is made possible in the month of Gemini. Thus the airy signs Aquarius, Gemini, and Libra constitute a triangle of transformation: starting from Libra the humanity is lifted up to Aquarius with the help of Gemini and the sound.

We too have the element of synthesis in us – the water. In our body it keeps all elements together. We have the responsibility to keep this water clean, as well as the water in the surroundings so that we can unfold pure aspirations and ascend.

With the help of the throat we are able to utter sounds, destroy undesirable things in us and manifest desirable things. Hence sound is the key for purification of the inner waters and for our ascent.



Visit of the Falls

In the evening before May Call Day the sky darkened and heavy rains came down. They indicated the descent of the Aquarian energy – this energy was so strong that the mild weather changed into polar chilliness. Next morning we saw hoarfrost on the grass. Group members met also beyond the classes. On the May Call Day we celebrated our joy with dancing and singing. We also had conferences about organisational aspects: a meeting of the board of advisors of WTT-Global, a general assembly, deliberations about the Paracelsus Magazine. So we were busy and could accept the rains as a blessing of the Aquarian energy. We wished for a visit of the falls – but during these torrents of rain it was impossible.

Exactly for this Day Master CVV Sent us Sunshine

Many group members gathered near that impressive part of the falls, which is called ‘devil’s throat’. For a start, the river Iguazu made its waters flow over smaller heights of few metres. It looked like a prologue to prepare the waters. They formed into small white crests and clustered. Then came the deep of 60 metres. Looking on the border of the fall and observing the action of the waters gave a feeling as if the time had stopped: a great moment of sacrifice. The waters formed into groups of cones and rushed into the deep. At the bottom they dashed against the ground. This was their achievement: they arrived and then ascended in a veil of delicate drops to the place from where they came crashing down. Rainbows appeared celebrating this victory. Our eyes drank this picture and the song of the waters established in our ears. Taking photos we tried to preserve this event. But later when we viewed the pictures we were not sure: where is top, where is bottom, in which direction the waters are flowing? Are they falling or raising? Is their fall not an ascent and their ascent not a fall? Do descent and ascent belong together?

We gathered for a healing prayer. We also thought of our old sister Maria Leicht in Herford. Since half a year she tried to depart from her body. Now she was allowed to ascend – one of the numerous miracles of this group life. This we were able to perceive.

OM Namo Narayanaya

B.K.



Summer Solstice
The Known, the Unknown and the Teacher
Group Life at Grosse Ledder /
Wermelskirchen, from 20th to 22nd June, 2008

As a welcome, each group member offered his salutations to the invisible Spiritual Hierarchy and to its visible members, Master, K. Parvathi Kumar and his wife Srimath Krishna Kumari by offering a rose into a silver cup at the feet of the altar. Master Kumar expressed his thanks for this devotional offering towards the Hierarchy and in his introductory speech he gave the purpose and the intention of this meeting.



The Known and the Unknown

We have been meeting again and again to a subtle purpose to experience both, the known and the unknown. To some extent we know why we meet, because we have some good memory. But it is the unknown that attracts us. The knowledge is curious; it always wants to meet the unknown again. That is what we experience every day during the meditation. The knowledge meets the unknown and gets absorbed. When it returns, it is no more the same, it is refreshed.

The Divine is beyond knowledge and ignorance. Through meditation, we can reach the higher dimension of knowledge and ignorance, the known and unknown. In meditation, our individual consciousness can dip deep into the ocean of soul consciousness and again return as individual consciousness.

There are times which are most suitable for meditation, because also in nature there is a meeting point of the known and unknown: Twilight hours of the morning and evening are the chosen hours of the day, where the visible (known) light meets the invisible (unknown) darkness. There is a weekly cycle, when the week concludes on the Friday evening and to recommence on Sunday morning. It is conclusion of the week for a fresh beginning. Other auspicious occasions are the new moons and full moons, the equinoxes and solstices. In the annual cycle, the summer solstice represents the twilight of the evening. Such times enable a communion of the matter and the spirit, which we are. We are an optimum combination of spirit and matter – and the soul experiencing is through such combination. Spirit by itself, it has no experience. To experience it, you have to be out of it.

Experience is not that of the spirit what happens, but the experience of THAT as THAT. For this experience, we keep on meeting, and we find there is a joyful way, a joyful journey of floating in life. The teacher is there, and everybody can make his/her own experiences in a joyful manner.

The Seed of Love: Sun and Moon in Cancer

During that time of the summer solstice, the solar angel visits the sun sign Cancer. The solar angel is the male principle. Cancer is the

house of the mother. It is Moon's own mansion. Moon also stands for mother. Cancer is the gateway to the birth of the souls. Therefore, it can be said that at that point of time, the male joins the female.

Sun stands for the male energy, for activity, for the rational, for knowledge. Moon stands for the female energy, the passive, the faculty to wait, to receive. Both are poles that belong together. No matter which sex we belong to, one of the energies predominates. If we are able to balance it, then the soul can function through the personality; we become sons of God, we become androgynous.

The Sun energy is scientific, analytical, logical, argumentative, tending to discussion. The lunar energy is mystical; it is the unknown. The male energy is attracted to the female, the knowledge to the unknown. Sun is drawn to the lunar energy. As it touches the lunar energy, the solar energy shines forth. When the Sun illumines the Moon, then the magic of the moon light awakens. Moonlight is helpful for magical experiments. Initiations, enlightenments do not happen during daytime, they only happen during the night.

Cancer is the house of the Moon. It invites the Sun to come home, to cool down, and to take rest. Therefore, Cancer is also a good house for meditation. In every meditation, we can have rest by withdrawing into our heart centre. As the sleep refreshes and strengthens us during the night, so the house of the mother regenerates us by balancing our energies. If we are able to stay in the heart centre and to withdraw, as soon as we have finished our work in the objectivity, then we will be in poise. Stillness spreads. All inner activity is oriented to receptivity; the outer activity, the mind, sleeps.

However, the mind has the habit of busily wandering around in the objectivity than to prefer resting at home. We should learn to withdraw our thinking. The means for the withdrawal is respiration. If the mind is focussed upon respiration, it will be drawn back. Observation becomes the most important factor. As in meditation, so it is in life: when we observe, we become a witness. We don't get involved into the events. Observing our problems, we find that they are more distant to us. Hence, it is easier to find solutions.

Cancer is a watery sign. Water cools and synthesises. All watery signs have a cooling effect, also Scorpio and Pisces. They have the power of magic. During Sun's transit through a watery sign, it is possible

to come into close contact with the lunar energy whose quality is to equalise, to give comfort. It makes us softer, and we transform into a peaceful human being. All disharmonic aspects in us will be balanced, and we become moon-like, artistic and poetic in our life. To reach that level, we must learn to be actively engaged with the solar energy and receptive towards the lunar energy.

Each one of us is a Solar Angel – therefore we move with the Sun through the Zodiac. Those who prepare from the entrance of the Sun in Aries would have a good chance to experience the communion happening between the Sun and the Moon in oneself at the summer solstice and to get initiated.

The whole effort of discipleship is to receive the solar angel in the moon house. The Yoga provides us the knowledge how the sun light can be absorbed into the lunar rays. There is the knowledge of the sounds and the knowledge of respiration. Pulsation, respiration and blood circulation are under the rule of Cancer. Right from the beginning of Aries we can visualise the entry of the Sun into our system: from the Ajna centre via the throat centre to the heart centre, where the solar energy is communing with the lunar energy. When Sun reaches the heart, there will be an expansion of consciousness which is the work of Jupiter. Jupiter stands for the expansion of consciousness; it is exalted in Cancer. Jupiter also represents the teacher. The union between Sun and Moon in the heart also symbolises the birth of the teacher in us, who widens our consciousness. According to an ancient tradition, the birth of the teacher is celebrated around the full moon in Cancer.

If we are fully aware of the divine in our heart and cooperate with the divine plan, we do not dwell any longer deep in the objective life, but expand our consciousness. Then something happens, without doing anything. Master CVV sitting in Kumbhakonam expanded without taking to flights, applying for visas. He reached the whole globe. Like Jesus, the Christ, his movements were limited to the Sea of Galilee, but his consciousness expanded all over the glob. Such expansion is a wise expansion, contrary to a brutal expansion. It reaches the heart of the people who invite him to settle in their hearts. It is not the same with a monarch, who con-quers, he cannot conquer the hearts of the men. Nobody wants to live under heteronomy. No one seeks the touch of power, but the seed of love.

The Union of the Energies through the Practice of Yoga

Moon is the Lord of darkness. For the intellect, darkness is impermeable, but not for the knower. To him, darkness is the absolute light. Moon represents the hidden light in darkness, and the light of the intellect is engulfed by the darkness of ignorance. The mind has to make efforts to work out such darkness. Then he can get the 'electric hint', also called initiation. There are many stories where students got initiated, which were blind-folded. So when the intellect gropes into the mystery of Moon, intuition, there can be a happy union. In fact, our mind is always interested in the unknown, in all mystic things. What is known is relegated to the background, the mystic. In objectivity, the mind only gathers. It produces desires which are always changing, and it acquires objects which are only interesting for a short period of time. By that, all our energies get completely exhausted.

Pure intellect is the quality of the sun sign Gemini where you have Mercury as the Lord. The intellect of Gemini shall have to meet the intuition of Cancer. In Cancer, the intuition is more a hunch. It cannot be explained. The women have it more than the men. A woman's mind can feel. But for a Sun mind, there has to be a basis for it, a paper, a number, because it bases on intellect. Moon mind has no logic, no reason, it feels. These are the two sides of the mind within us, the right and the left side of the brain, the male and female mind. In between there is a gap. It has to be bridged. The fusion of the two is the essence of Yoga. As long as it does not happen, we live in bits and pieces.

There are practices to bring both sides together. We have to work with our senses. As far as the sight is concerned, the two eyes are assigned to the left and the right part of the brain. The two eyes have their centre in the third eye, in the brow centre. Therefore meditation on the brow centre is suggested to bridge the two.

Relating to hearing, we have the two ears. One relates to positive sound, uttering, the other to the negative sound, hearing. Both have to be brought together, when we listen to what we speak. That is why we utter the sacred word OM and listen to its sound. At first we can hear how the sound emerges and then, how it gradually disappears into the inaudible sound, into the sound of silence. The sound comes

out of silence and merges again into silence. Both sounds fuse. It is a complete circle and a possibility to get uplifted into the state of a Yogi.

Then we come to the nose. We have two nostrils. In the morning after getting up, we can observe, whether both nostrils are equally functioning well. Then our energies are well balanced. If our right nostril is working more than the left nostril, we try to make alternate breathing by closing one nostril, until both nostrils are well balanced.

In the heart centre, we have the centre of respiration. Inhalation is inviting the divine into us, and exhalation is reaching out to the divine. These two have to be balanced. All these practices enable us to balance the solar and lunar energies within us. If they are brought together and when they stay stable for a while, then we have the presence of Jupiter. That means, presence of the teacher, presence of the divine in a manifest form. The invisible bestows its presence through an agency of the visible. Hence, all these practices lead to a communion of spirit and matter, and this is a gift which Cancer offers, when Sun enters this sun sign.

The mind divides, the heart unites.

The heart has the ability to unite. The mind only separates. Staying in the heart, working from the head is therefore recommended as an optimum situation for a human.

We have performed a marriage. A marriage is an act of unity. It is said to be the most sacred of all the sacraments. The very fulfilment of humanity will come from the principle of yoga or union, but not through a process of locating differences in between the human beings. All gradations of awareness shall have to be seen as the different colours of the rainbow. Rainbow is an excellent arrangement of colours, which nature displays. The one who is fulfilled would have around his head a rainbow, because he is equilibrated on all the seven planes of awareness, not only on the mundane plane; he gives no preference to one or the other plane. It is One Light permeating all the seven colours. With the seven colours, it gives the related harmony and fulfilment.

Like a musician who plays a seven-stringed instrument in order to

produce the related music. Likewise in man, he has 7 planes of awareness - awareness of the physical plane, then awareness of the emotions, awareness of the mental, awareness of the buddhic plane, awareness of the blissful plane, awareness of the self and awareness that of the universal self. The universal self manifests in all these gradations; it has no objection to be on the physical, no reservation to be with the mundane. From the Most High, the Most Sublime, to the densest areas, the aware-ness displays itself. It stands in its absolute-ness and then unfolds all its other 6 planes of activity. That is called synthesis, and that is what is called fulfilment in the science of Yoga. It is not denial in favour of any plane of awareness; and we can bring this awareness into all the planes of existence.

To bring light into a plane of awareness is only possible, when we live in synthesis. We can to bring more light, more awareness, into our surroundings, into every activity that we are exposed to, when we stay in the background of awareness and allow it to function through its seven planes. Like an instrument that has a humming sound as its background, so we find ourselves as a continuous humming sound. With a quietened mind we can experience it. If we understand that all the 7 planes of awareness are together, that they are not disjoined, we need not differentiate between spirit and matter. We can make a difference for purposes of understanding, but where spirit exists, there is matter; and where matter exists, there is also spirit. On the lowest physical plane, there is more visible matter, due to its density. But on the higher planes of awareness it becomes subtler and merges into the spirit. So, from the subtlest matter, the root matter, up to the densest plane there are grades. In evolution matter becomes transparent; in involution matter becomes dense. But there is never a state, where spirit and matter are completely separated. Separation of spirit and matter only exists in the human mind. To make an understanding we divide, and then we take the division as reality into our conscious life – and that is our problem.

We should not take the division deeper into our mind. The whole effort of Yoga practice or discipleship wants to unite. Separation makes us a prisoner, a prisoner of the planet, as Master Djwhal Khul used to say. Who imprisoned us? Nobody, we have imprisoned us by our own definitions. The more we separate, the more we suffocate. The

person who feels very inclusive can move freely. What is important is friendliness and cooperation. Please remember, in the Aquarian Age, there is no drama of initiation. A person who is friendly to the surrounding life, who cooperates and integrates, is considered in the higher circles as initiated. It is not including those people whom we like; we should include and integrate all.

The first step to the free flow of energy into the surrounding life is communication, exchange. We should be communicative, not to be communicative of personality events or diseases, but to information we receive. We should not hold information, but share it with others. If we unconsciously hold the information in us, we are using the energy of power. We are power-oriented. Exchange, communication is the first step to cooperation and friendliness. As much as we allow our energy to flow out, so much we will have the influx of energy into us. There cannot be an influx of energy from higher circles, if you haven't fluxed out the energies into the surroundings. This is the way we are washed by the energies.

Diamonds

We were happy celebrating the summer solstice as last year at Grosse Ledder. The meeting was short – and besides the lectures, there were many other things to be carried out. Hence, we had hardly time to enjoy the beautiful woods and the park of the hotel.

Master Kumar presented to the group the work for global social justice: the “Building of the Diamantine Temple” which started in February of this year.

During the ‘May Call Day’ the books Mantras (2nd edition) in German as well as The Violet Flame, Prayers and Health and Harmony in English were released. The Master explained the purpose of these books and how they came into being.

The WTT Germany used the opportunity for its annual meeting. Master Kumar was present and in his concluding speech he said that the group progressed in cooperating with each other.

At the end, we celebrated a marriage ritual: Sister Andrea and Brother Hajo consented to marry in the presence of the fire, the Master, the mother and the group. Both were clad in the Indian fashion, and

the Master enjoyed it very much. He said that they look very beautiful, and Hajo like a Samurai.

The couple that married last year, Cecilia and Maxim, have received a son in the meantime. A little Jacob descended the big ladder. Another, still nameless soul has announced its appearance at Sister Claudia and Brother Gero. After the ritual, they were all blessed by the group members. Anwar accompanied the blessing ceremony on his violin.



At the end, Master Kumar and Srimath Krishna Kumari received a little good-bye gift, a beautifully cut glass ‘diamond’ with many triangles. It should remind at the work for social justice: the ‘diamantine temple’. It was handed over by Dorle (Germany), Doris (Europe) and Sabine (global) as coordinators of the Global Dia-mantine Network. Then all participants spoke the invocation:

**“We bow down in homage and adoration
to the Glorious and mighty Hierarchy,
the Inner Government of the World,
led by Master CVV, Master Morya and Master CSG,
and to its exquisite Jewel,
The Star of the Sea,
The World Mother –
Omnia Vincit Amos.
OM Shanti, Shanti, Shantihi”**

B.K.



Paracelsus Health and Healing

Holistic Health

The science of medicine and health would be considered great when the whole man could be healed through bringing together all the available knowledge relating to health and healing, in whatever manner it is presently available. The man's need is holistic health. Such a health has 4 dimensions: physical, emotional, mental and spiritual. With the available knowledge that man carries in all the four fields, it should NOT be difficult to attain this. It needs will to join the forces from all four sides.

The physicians and surgeons, the psychologist, neurologists and psychiatrists, the mental healers, new thought workers and lastly the men of Wisdom who know the spiritual dimension of men, can bring together their knowledge and practical experience to serve man.

All these 4 players have their strengths and their limitations. But the limitations of one category can be offset by the strength of the other. They are essentially like the 4 branches of one tree of health. None of the branches can claim to be complete tree, however much they claim to be. The human ignorance and the constituent pride are today engaged in a fight as between the 4 departments (the physical, emotional, mental and spiritual workers). Each one is claiming to be greater than the other forgetting their complementary nature. The attitude to oppose, discern, dis-

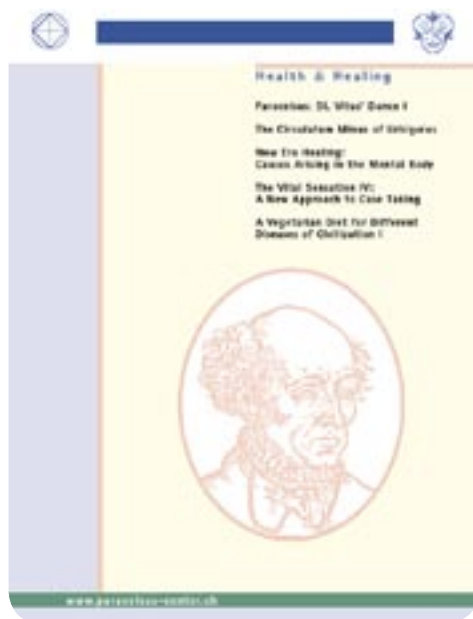
parage and discount the other branches of health science is but ignorance. The time has come and the intelligence of humanity is getting mature demanding openness from all sides. Accommodating other's school of thought to see how it supplements one's own school of thought is emerging in a very small way. It needs to be developed further. This can happen if all health workers at all levels remember that man is more important than their own theories of health and that all that helps to heal man's sickness should be considered as the part of the science of health.

Dr. K. Parvathi Kumar

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

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Astrological Important Days in September/October 2008

- 22.09. 17:44 ☉ in ♎ / Sun enters Libra
 ♎ **Autumn Equinox:** *Contemplation upon the female Hierarchy*
- 24.09. 14:23 11th phase of descending moon starts ☉ 01°49' ♎ / ☽ 01°49' ♎
 ♎ *Contemplation upon Śiva, the cosmic 1st Logos* (End 12:55 on 25.09.)
- 28.09.** 10:19 Phase of new moon starts ☉ 05°35' ♎ / ☽ 23°35' ♎
 ☉ **New moon point of Libra:** Festival of Lights, to dispel the darkness of the darkest new moon; *contemplation upon 'The Pledge'*
- 29.09. 10:12 ● New moon of Libra ☉ 06°33' ♎ / ☽ 06°33' ♎
 ♎ ☉ in ♎ – 1st to 9th ascending moon phases:
Worship the descent of the Lunar Ray through the symbolism of Durgā, the Mother impermeable, and to culminate the worship on the 10th ascending moon phase (Durgā-Festival).
- 06.10. 21:52 ● 8th phase of ascending moon starts ☉ 13°56' ♎ / ☽ 07°56' ♎
 ♎ (End 00:11 on 08.10.)
- 10.10. 03:17 11th phase of ascending moon starts ☉ 17°07' ♎ / ☽ 17°07' ♎
 ♎ *Departure of Shirdi Sai Baba from the physical* (End 03:44 on 11.10.)
- 03:39 23rd constellation *Dhanishtha* starts ☽ 17°18' ♎
 21:00 **Dhanishtha-Meditation** (*Dhanishtha*-constellation ends at 04:42 on 11.10.)
- 14.10. 00:25 Phase of full moon starts ☉ 20°57' ♎ / ☽ 08°57' ♎
 ♂ *Contemplation upon the Mother sitting on the lion*
- 22:02 ○ **Full moon of Libra** ☉ 21°51' ♎ / ☽ 21°51' ♎
- 21.10. 02:47 ● 8th phase of descending moon starts ☉ 28°00' ♎ / ☽ 22°00' ♎
 ♂ (End 01:08 on 22.10.)
- 23.10. 03:08 ☉ in ♏ / Sun enters Scorpio
 ♏ ☉ in ♏ – every evening at the twilight hours:
Light a lamp at the door-front and worship the serpent-power Kunda-linî, that encircles around the stem of the Base Centre
 ☉ in ♏ – every Monday (27.10., 03.11., 10.11., 17.11.):
Contemplation upon Śiva, the cosmic 1st Logos
- 23:10 11th phase of descending moon starts ☉ 00°50' ♏ / ☽ 00°50' ♏
Kontemplation über OM NAMA ŚIVĀYA (End 22:48 on 24.10.)
- 26.10.** End of summertime (MEST 03:00 h ⇒ MET 02:00 h)
- 27.10. 23:03 Phase of new moon starts ☉ 04°51' ♏ / ☽ 22°51' ♎
 ♎ **New moon point of Scorpio:** *Contemplation upon 'The Pledge'*
- 29.10. 00:14 ● New moon of Scorpio ☉ 05°54' ♏ / ☽ 05°54' ♏
- 05.11. 16:09 ● 8th phase of ascending moon starts ☉ 13°35' ♏ / ☽ 07°35' ♎
 ♎ (End 17:48 on 06.11.)

All times until **26.10.** are in MEST (middle european summertime) later in MET (middle european 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.
O 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 Avatar of Synthesis
Who is around
let His energy pour down
in all kingdoms.
May He lift up the Earth to the
Kingdom 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
which 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 D.K.