

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Scorpio 2013 Vrishika

Letter No. 7/ Cycle 27 –23rd October 2013 until 22nd November 2013

The World Teacher Trust - Global



Invocation

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

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

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

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

Master EK



Letter No. 7/ Cycle 27 – 23rd October 2013 until 22nd November 2013 ௐ

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

Vaisakh News-Letter in German: wtt@kulapati.de, in Spanish (WTT Argentina):

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

The English Vaisakh News-Letter: Please contact: **The World Teacher Trust - Global**

The Vaisakh News-Letter, Büelstrasse 17, CH-6052 Hergiswil, Switzerland

E-mail: info@wtt-global.ch Website: www.worldteachertrust.org

Prayer of the year 2013 / 14

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

GODS SET IN THE WEST, MAN SETS AT MIDNIGHT.

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

GODS SET IN CANCER, MAN SETS IN LIBRA.



Full Moon of Scorpio, 17th of November 2013, 04.15 pm MEST



Message of the Month of Scorpio

As Sun enters Scorpio, aspirants have two extreme possibilities. One possibility is to soar into the sky, like an eagle, and the second possibility is to rush into the darkness of subterranean serpent holes. The power of Scorpio is of a double-edged-power; it can cut either way. The power of Mars is in height and in depth as well as in Scorpio. One can be nastiest and one can be noblest. The story of the serpent and the eagle belongs to Scorpio.

The Vedic astrology speaks of a synthesis in Scorpio, which is represented by the icon of Shiva. The countenance of Shiva is ever peaceful and cool. Yet, it carries the third eye that can destroy the whole world. The nature of Shiva is described as the Cosmic Fire and yet he holds a crescent moon on his head. Lord Shiva is said to be the conqueror of death and bestower of immortality (Mrutyunjaya), yet he holds a poisonous cobra around his neck. Shiva is the foremost of the Yogis in the entire creation and yet he has a family. He has two consorts. One is the stable invincible power, which always sits on his left lap, while the other is the ever-flowing energy that springs from the top of his head as Ganges.

The seers presented the seemingly opposing extremities in their synthesis, in the form of Lord Shiva. Lord Shiva is the male-female as Ardhanari, where the seeming opposites of spirit and matter are together. Shiva is considered visible and yet invisible. He is placed in the North East of the creation depicting his visible and invisible nature. Visibility and invisibility are but the two aspects of the one. The rays of Sun in Scorpio enable one to disappear. Disappearance is but a station in the path to discipleship. The caterpillar disappears as a disciple into a cocoon and reappears as a beautiful butterfly. The self-conscious man likewise, disappears into the cave of his heart only to reappear as an Initiate, where self-consciousness is replaced by divine consciousness. Discipleship demands death to personality and birth to Soul. Scorpio opens gates for such Initiation. All initiations are secretive and silent and Scorpio offers the needed secrecy and silence. The mystery of Scorpio is unfathomable

and is therefore of great interest to all seekers of truth. May the eight house of the zodiac bring forth death to the undesirables for a re-birth in desirables.



Shiva le Seigneur

Message of the Teacher



A Loving Understanding "Enemies Beware of Yourself"

As much as one rejects things, places, situations and beings, so much one is inadequate in oneself. Adequacy enables accommodation. What one likes not is also allowed to exist by the divine order. Just because one does not like serpents, cobras, scorpions, cockroaches and mosquitoes, etc, they cannot be eliminated from creation. Just because an aspirant of light denounces darkness, the darkness does not cease to be. The Earth relentlessly tries to orient to the Sun, but at all times half of the Earth globe is always in darkness.

Similarly, if one turns friends into enemies and wants them not to exist around, it does not work. As many dislikes and rejections as one has, so much one is required to learn, to accept and to integrate. Path of discipleship is a path of understanding the dual nature. It is understanding of "how it is"; it is not choosing "how it should be". To observe how it is and to find a neutral way to relate to it is what discipleship teaches us. Discipleship is the discipline relating to the comprehension of the play related to duality. Let high and low, left and right, meet in the disciple.



Gita-Upanishad

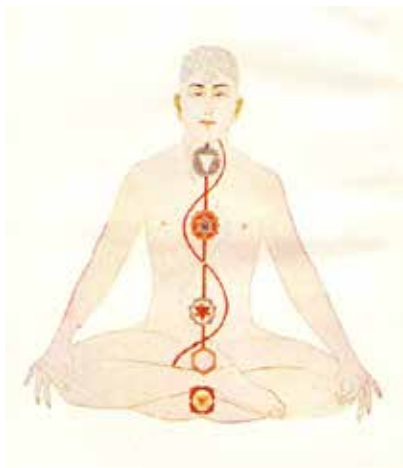
Lord Krishna

Be a Yogi

“MODERATION VIS-À-VIS EVERY ASPECT OF LIFE IS YOGA. A YOGI IS NEVER OUT OF BALANCE.” (6/16)

Yoga is equanimity. Yoga is to be at the center to the left and to the right, to above and to below. A yogic awareness is not too high to be inaccessible; it is not too low to be neglected; it is neither too much inclined towards spirit nor is it bound by matter. A Yogi stays with all. By this he neither rejects nor embraces. He is with matter and yet not bound by matter. He is with spirit and yet not absorbed by spirit. He is with the law unaffected. He is with the high and yet unconquered. He can be with a king and can also be with a beggar with equal equanimity. He can be with a dove and a black serpent. He speaks not too much and he is also not ever silent. Similarly, he does not fast, yet he does not tend to over-eat. He sleeps not much, yet he sleeps. Even at work, he is neither too fast nor too slow. He laughs not, yet smiles. His eyes are half opened. They are neither fully opened nor fully closed. One can multiply in this manner only to show, that the Yogi consciousness is always at the middle point. It is unbound and yet is obedient. He is a Master and yet a willing server. Such is the beauty of a Yogi. A life of a yogi is like a serene stream that flows nourishing the surrounding life. His presence magnetizes. In the strophe Krishna says, that a Yogi does not tend to over-eat or fast, he does not tend to over-sleep and to over-work. At any rate, a Yogi is not a dreamer and an impractical philosopher or a socially useless intelle-

ctual. His hands are at work while his head remains above the sky. For this reason, the best option for man is to be a Yogi. Therefore, Krishna strongly recommends to Arjuna, that he would like Arjuna to be a Yogi.





Message of Lord Maitreya

That I Am

I AM is consciousness in its limitedness. It has its shade, as egoism. I AM is circumscribed by limitation and suffers the rotational movement. I AM is not complete understanding. THAT I AM is complete understanding. I AM by itself being excessively self-conscious tends to separate itself. As one separates oneself, one suffers more. Separation leads one to be an islander surrounded by the waters of ignorance. It constricts itself and suffers through self-separation.

THAT I AM enables integration. As much as one relates to THAT, one sees the brotherhood of beings and the fatherhood of THAT. As much as man is tending towards materialism, he tends to be separative and highly individualistic. He disables himself to live in a group of beings, he turns to be excessively separative and leads himself to loneliness. To reverse this process of loneliness through individuality, group formation, group training and group living is a message. Those who live in the shade of civilization cannot see the beauty of the togetherness of a group and in a group. If one is able to live with a group, in a group, one has to look within the inabilities in oneself. The single factor for this inability is nothing but one's own egoism. Integrating into a group, living for the group, sharing with the group, sharing in the group, working in the group, gives the needed expansion for the ego to brake. Until the ego is broken, I AM cannot be graced by THAT. THAT I AM is popular as a word and is rarely seen as an expression of a being.

THAT I AM is the state that we cherish, we teach and we wait.

Message of Master Morya

Maruvu Maharshi



Never Say "Quits"

When learning is not, experiencing remains static. When experience tends to be static, evolution stops. Life gets wasted. To ensure that life is not wasted away, one needs inspiration. If one has no inspiration, at least one should have enthusiasm. When a life has no enthusiasm, no aspiration and no inspiration, it tends to be inert. In such a situation, one lives only to fulfill the body needs such as eating, mating, wandering and sleeping.

If one observes a tree, one finds that it is ever growing and growing vertically. If one sees an animal, one can find that it has certain aspirations to fulfill its needs. Man has the possibility to grow vertically in consciousness and move around to fulfill noble aspirations. He is a flame of fire and can manifest himself as a rainbow. In him the 7 rays exist, the 7 colors of light exist, the 7 notes of music exist, the 7 seed-sounds exist. He is a treasure by himself. All that he needs it to cultivate himself and continuously evolve himself through continuous learning, working and experiencing. Let not the path of evolution be exited. Once exit happens, it takes long time to re-instep to the appropriate entry.



Message of Master Koot Hoomi

Devâpi Maharshi

Follow Not the Followers

Inspiration is the quality of the heart. Execution is the quality of mind. Inspiration is like a lightening. It causes enlightenment. When the inspiration is translated into a plan of work it establishes light in one's own system.

Do not let your inspiration be put on a round table for a discussion. Just work it out quietly in accordance with the plan of action. Those who find the work interesting to them would join and follow. Do not follow those who follow you. Follow the inspiration. It enables others to follow you. Following the followers is an illusion. As one dedicates oneself more and more to inspiration, the group of followers increases. One may care for them, nurture them, and nourish them and enthuse them. One may not subject oneself to their discussions, arguments, views, judgments, etc. Inspire followers; continue to follow until the inspiration is fulfilled. One's inspiration is one's own leader that one has to follow. Following the followers would lead one into a golden prison.

Message of Master *EK*



Inaction

Inaction is a state of attainment. Inaction does not mean absence of action. While being in action, if you stand detached of the results, action takes to the dimension of inaction. One experiences the action in oneself as a happening, but not as a doing, one experiences to be while one is in action. A major part of him is in Be-ness, while a minor part of him is engaged in action. Experiencing Be-ness while in action is the true state of attainment. It is like being in a travel. When one is in a bus or a train or a flight, he can just be, while the travel happens. He is not conducting the travel, he joins the travel. He can cover ten hundreds and thousands of kilometers just by sitting pretty. Truly speaking, the traveler sits relaxed when he travels and the travel happens. The tiresomeness of the travel is to those who hold in the mind the concept of travel. Be it in travel or at home, it is just sitting. How can travel bring tiresomeness, when man in travel also is in the same state of Be-ness as in sitting in meditation? One feels tiresomeness because one entertains travel in the mind.

Likewise, work tires not unless one entertains in mind the concept of work and the results of work. The Initiates let the work happen and they sit quiet. They may travel, yet they do not feel that they travel. They speak, but do not feel that they speak; they remain observers of the passing thoughts speeches and actions. They demonstrate through their life inaction in action.



Vidura

Wisdom Teachings

The man that regulates
the habit of intake (food)
gains health, longevity,
strength, happiness,
and progeny devoid of sickness.

Shirdi Sai Sayings



The Land of Two Rivers

Do not totter. Let not the mind wander in farther fields. Let it remain in the land of two rivers, 'Ida' and Pingala'. Let it dip deep. You shall be saved from the perplexity of illusion.



Message of
Sri Ramakrishna

Praise and Blame

Men are quick to praise and quick to blame; so pay no heed to what others speak of you.

In living your life of peace and virtue, be indifferent alike to the praise and censure of mankind.

On Secret Doctrine



The Incoming Faith and Its Consequences

Wisdom has always been passed on, either through lending Presence or by vocal communication – from mouth to ear by the Master to the disciple. From times immemorial throughout a long series of ages, the most sacred institutions existed in every land, in which the inner mysteries were imported. What is written or spoken for the public is but general information. What was taught orally by a teacher to his disciple was due to the one-pointed orientation of the disciple. The disciple took the oral teaching as a canon and as a commandment. He did not intellectualize but follows an implicit faith and confidence in the Master. Eventually the canon turned out to be a key, and that key enabled initiation and series of revelations. The uninitiated philosophers and commentators could do no harm to the institution of mystery, for the field of activity of the one was totally different from the field of activity of the other. Even today it remains so. Information to the uninitiated leads an aspirant to be a fiery one, who is drawn nearer to the teacher in terms of presence. Trough presence the teachings happen which is different to the general teaching and discourses.

The expressions and the dialogs of Plato and of the Neo-Platonists were of such order. There were teachings for the general public, there were as well importing of mysteries to students as for the later fitness. Hence, for the gullible there was there was a grey area, leading to a variety of interpretations. It is in this grey field, it is generally believed that Plato and Neo-Platonist have drawn much from the Jewish and the Christian

Scriptures, but the truth is contrary.

They even go to the extent of saying that the Neo-Platonists were inspired by the Holy Ghost or had received wisdom from Moses. But the contrary is the truth. The wisdom of Plato and Neo-Platonists is borrowed into the Jewish wisdom. The original remains silent while the copy makes noise.

Even today there are many spiritual groups, who believe that they belong to the institution of mysteries, and that they are guided by a mysterious Master of Wisdom, but occultism has its own groups, where there is specific occult training. Occult training demands personal offering and personality sacrifice, which is seldom found. The normal spiritual groups function in self-glorification and mutual admiration. They are not better than the social clubs. It is better for individuals and groups to look within their own personality improve its light to consistent enlightenment.



Plato by Raffael

Lay Man's Prayer



In the World of reflections
and of alternating currents,
to stay stable can be only
through a sense of withdrawal –
a detached and dispassionate attitude.

We Pray,
that we may be favoured
with this floating skill!

Discipleship

Steps of Progress in Discipleship

It is important that you relate to the Master and his Ashram during your daily contemplation. The ideas, the purposes and the intentions, which motivate the Hierarchy are transmitted to you by the Master of your daily meditation through his Ashram. The quality of inspiration you receive and register depends upon your orientation and your preparation through your daily life. Diverse are the impressions as they are received by disciples and aspirants, since they have diverse degree of orientation. Similar thoughts are received by disciples of an Ashram, but their fulfillment depends upon the fitness of the disciples. Therefore concentrate more on your meditative thinking and develop the power to reflect upon them. It adds to your development as a whole. They enable you to move forward in your thinking and in your ability to grasp. They constitute the stepping-stones upon which you move forward. Do not let your meditation to be a routine meditation. You are prone to receive impressions if only you care to orient to the Master, with a sense of devotion and with a readiness to receive. The Master is ready to transmit the impressions just as a rain-cloud is ready to shower. The cloud may pass on without showering and showers elsewhere, when your orientations are not adequate to demand your devotion.

A disciple

Occult Meditations

Meditation 83



**LIGHT OF LIFE MEASURED IN DEGREES.
 PAGES OF WISDOM COUNTED IN NUMBERS.
 SPAN OF TIME FILLED IN POT.
 VOLUME OF SPACE MOULDED IN CUBE.
 DEGREES EXPAND.**

Commentary:

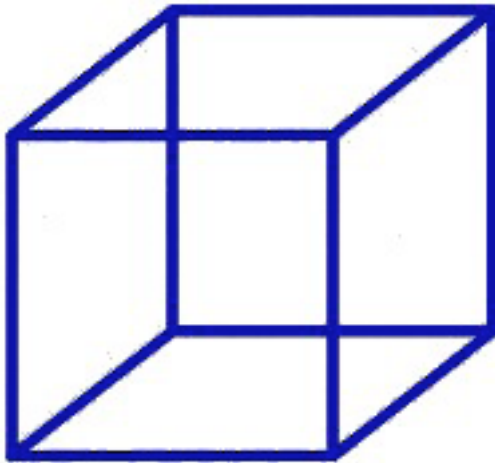
When the mind marries wisdom, the light grows by degrees. The mind glows. The mind becomes light. It becomes Divine mind. It is diamond. The light rays of Divine mind permeate into the senses and into the body. The body becomes radiant, magnetic.

As the mind and the wisdom start becoming one, the Scriptures are comprehended in their true sense; page by page, the revelations happen within. The book of life opens. The Scriptures unveil themselves. The pages of wisdom are revealed through symbols. Numbers are their key.

When the mind associates with wisdom through wedlock, the life span also gets flexible. The predestined hour of death gets postponed since man is reaching immortality through the mind's absorption into wisdom. The serpent of time with its spiralic path gets back into the fullness of light. This is expressed as time getting back into the pot.

When the measure of light increases, covering the mind, senses and body, and when wisdom reveals in its completeness, death disappears into the fullness of the light of wisdom through time. The disciple becomes a space of globe moulded into a cube.

Cube stands for perfect figure. The cube does not suffer inversion. The cube is also indicative of solidarity and stability. The six sides of the cube are equal. They present twenty-four right angles. The twentyfour right angles are the twenty-four lunations of the year and the twenty-four Tatvas (ingredients) of creation. Man is said to be a cube at this stage since the six Chakras in him are transformed as lotuses and the six dimensions of the six lotuses bestow on him the qualities of the cube. The man shines forth in all six directions: east, west, north, south, above and below. The man remains at the centre as the stable one and continues to shine forth in all the six directions. The degrees of light expand from their acute angle to the right angle. Only right angles exist. Wrong angles disappear. Man has become an adept.



Kapila



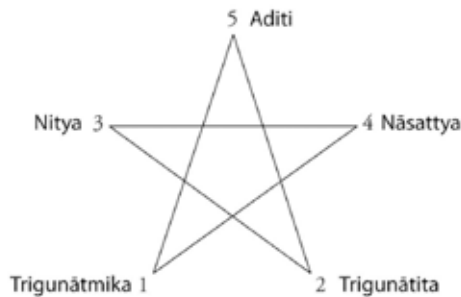
The Folds of Nature 1

The Nature is fivefold

1. The Nature that externalises triangularly through the three qualities.
2. The Nature that remains before such threefold externalisation.
3. The Nature unchangeable.
4. The Nature that "is and is not".
5. The Root Nature called Pradhana.

These five aspects of the Nature are called its five specialities and hence the Nature is called 'Visista' - the Distinguished. Creation is distinguishable through these qualities of the Nature.

From above downwards is the order. The numbering is done from below upwards to lead to reader from the known to the unknown.





Ashram Leaves

The Objective and The Subjective

1. Cosmogony is the objective side of theogony. Matter is the objective side of the subjective self.
2. Mind is both subjective and objective and hence is the middle principle.
3. Change is objective. Death and birth are objective. Concepts of space and time are objective. In fact, all concepts are objective to the conceiver. The conceiver is subjective.
4. The conceiver has no second to him as he is ever subjective and ever singular and is the background of all conception.



On Love

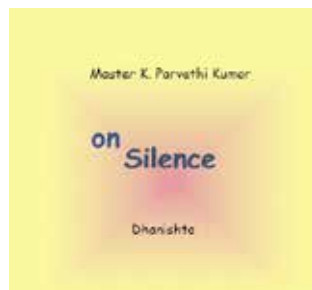
Where there is Love there is natural grouping.
Groups happen through Love.
Groups cannot be formed by minds,
even by the masterminds!





On Silence

It is wisdom to know when one needs
speech, thought and Silence.





Cow

The Symbol and its Significance

Among the above (Cow, White Elephant, White Swan and White Eagle) only Cow is worshipped even in the heaven. The Devas also worship Cow to fulfil their purposes.



Violet Flame Invocations

Three Times Three years of Manifestation!
 333 years of Magnificence unfolding freedom.
 May the Master number 333
 work out freedom in the 3 planes.
 We celebrate! We celebrate!
 We celebrate 2008 AD.

Manifesting Flame Violet!
 Manifold thanks to You.
 Mankind greets You in gratefulness.
 Manifest! Manifest! Manifest!
 We welcome! We welcome! We welcome
 with hearts open, minds oriented!

Oh, the 3 Masters
 M – CSG – CVV
 manifesting Violet Flame!
 We thank You! We thank You! We thank You!
 Mankind greets You in gratefulness.

From the Teacher's pen



Questions and Answers

Question: Dear Master, I have been meditating over years. I do not feel any improvement in me, nor do I find any gleams of enlightenment. How could it be so? I am only recollected of my personal problems in my meditation.

Answer: : Dear friend, meditation is a process of opening oneself. It is a process of unwinding and unfolding. Just unfold yourself and open up yourself. Let go all your thoughts and all your problems. Imagine that your mind is opened like a lotus. As it opens wide, it releases all that is held within. Let thoughts be released. Release them into the light of the sky. Let them find their freedom into the sky. Keep the palms of your hands open to the sky. If possible, you may also turn the soles of the feet to the sky (do not sprain them, if you cannot. Buddha does it.) The idea is that mentally you have opened yourself to the limitless blue sky. Let all which is in you by way of physic energy be released into the expanse of the lighted sky. Empty out yourself. Feel yourself utterly open. If you want, you can raise your palms up to the sky, like the Sufis, but make sure that mentally you hold high your openness. Having opened up and thrown out all that is within, offer your empty being to the light of the sky and feel receptive of the unlimited sky into you. As much as you offer to the sky, so much the sky enters into you. Give away what you hold, to fill in the blue sky.

If you can do that, unlimited energy of love and light showers into you.

The shower is not as feeble as the bath-shower. It shall be a waterfall. Energy splashes you and the body sways. The body drinks and soaks in the energy and sways (as if you were a bit drunk). Get into it. Let the swing of the sway fill you. Allow it to fill you.

Try this technique of meditation. I wish you good luck.





Agni

An Introduction into the Work of Cosmic Fire, 24

The Etheric Veil

It is like you come through an international airport. You have cleared the passport control, customs control and you came up to the baggage. And then, your friend is on the other side waiting for you. You see him and he sees you through a glass, and you make many gestures to show that you are very much there. He also makes 'yes, yes I am also here'. But between the two there is a veil, which is the glass. And we have to go through the ultimate gate, where the baggage is checked and sent out. So, what happens as a spiritual realization is to reach the state where there is only a glass partition between the higher self and the lower self. They cannot be removed of that glass partition. If the partition is removed, then the two fuse into one. That means you don't exist separately. Your identity is lost. It gets meddled in the cosmos.

All those whom we know as Masters of Wisdom, they preferred to remain at that state, and they can see through the glass the other world. And then see what is happening and according to that organize on this side of the world. If they wanted, they could have gone to the other side of the world, but they are of so much love and compassion. They wanted to inform about the beauty of the other world to those who are on this side of the world. So, they stayed back with etheric bodies, that is what we understand as continuity of consciousness by living through the etheric bodies. They have bodies as pure and transparent as the glass, so they are very well connected with the other world, and they remain as transparent channels as the glass to pass on the light towards the lower world

or the three lower worlds. That is how they stand as the intermediaries between the divine and the human. And they have decided to help every human to reach the Deva Kingdom, and they have been functioning in that manner. Many souls they reach to the other end, but some of them have sacrificed to remain here and help others. So, it is THEY who are guiding the humanity of the planet.

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



Master *EK*

Vishnu Purâna
CHAPTER XII



King Vena and the Birth of Prudhu 1

Maitreya asked: "How is it that the right hand of Vena was used for churning and how was Prudhu born of his seed?"

Parasara answered: "Sunidha was the first daughter of death. She was given to Anga in marriage. Vena, their first born, was the grandson of death and proved bad for the creation. When he was installed on the throne by the sages, he began to proclaim: "No offerings, no charities, no oblations of any type! Nothing is to be done in honour of any God or anyone else except myself. I am the King, the Lord of all sacrifices and to me the whole things goes!"

The sages worshipped him and uttered the following words in the language of Sama Veda:

"O King, Our Lord, listen to us attentively. No doubt, the kingdom contributes to physical enjoyment. But the main purpose of a kingdom is the benefit of the people. We will perform the grand ritual for a prolonged time in the name of the Lord of rituals, who is Hari Himself. We worship him; since He is omnipresent and you also form a part of Him, you receive your lot in the grand ritual. Let Yajna, the work of the Lord, be dedicated to the lord of all works. Let Vishnu, the Lord of pervasion, be pleased through you and through all. Through us all your desires will be fulfilled by the same Lord. In whichever kingdom the Lord of all works is worshipped well, the people of that kingdom will have all their desires fulfilled and the Lord will confer everything upon the ruler and the ruled".

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 17
August 2001, Visakhapatnam/ India

The Divine Purpose of Sex.

The first obstruction towards mastery is lack of discrimination in utilization of the senses when you are interacting with the objectivity. When that happens, you become a slave of your own system and your life slowly is run either by money, or power, or for fulfilment of sensuous desires. That cannot happen. Sex is an energy which can fast develop the emotional body and cause the necessary disturbance to the equilibrium. The energies are more disturbed when you have sex impulse. The chemistry of the whole body is put to unrest when you have a sexual impulse. The energy that is spent for sex is the essential energy of yours. It is this essential energy which you have to use for creative thinking, for intuition functioning, for executing noble thoughts in life. That energy expends itself in great measures when there is frequent sexual interaction. The face loses its glow, and it takes time for the energy to be built up again. This upward flow is obstructed by a very strong downward flow when the mind is engaged in sex. Sex is nature's instinct in us, for procreation and propagation of the species of the planet. That is the divine purpose of sex.

The nature made the original models and then started multiplying through procreation. The original model is creation, the subsequent multiplication is procreation. The original conception of a computer, a television, a telephone, a radio, is all creativity. Copying the formula and making millions of computers, televisions, telephones etc is just multiplication. So, the nature has prepared the original moulds, and it gave the instinct of sex so that the species are procreating their species. It is there with animals, it is there with the humans. The basic, original, natural purpose of sex is that we proffer bodies for the beings. It's a responsibility. To discharge a responsibility with pleasure, joy is also added to the action.

Food is needed for the body; to give the joy of eating, taste is added to food. Likewise, to give bodies to beings is nature's requirement, and to give the related joy is to encourage for doing it.

To moderately enjoy sex is okay, but to excessively indulge in it will put you to a substantial loss of your brilliance, your ability to think, your ability to be creative. There are numerous diseases for the women due to this aspect. The uterus is infected, there is such a mass removal of uterus happening all over the world on a daily basis. A woman's health basically depends upon the regularity of her periods. When once the regularity of the periods is disturbed, the woman's health is 'gone to dogs'. There is no way to recover unless an early recognition and rectification of the activity takes place.

Freedom of sex has many consequences. By those who know, sexual act is considered as a sacrament to give healthy bodies to the beings. How can you give healthy bodies to beings unless you are healthy? You can't give what you don't have. Today, people are inheriting many diseases from their parents and grand-parents. They may not get any properties, but they will surely get the diseases, because the tendencies are there with them and all those tendencies manifest in the children. We should know that the purpose is to give healthy bodies and not some kind of impure things. It is a responsibility.

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



Paracelsus Health & Healing

Different Keys to Health

During the last 11 editorials, different methods have been pondered upon to prevent sickness. The theme was 'Prevention is better than cure'. The eastern science of health recognizes the five layers of the body relating to the five elements. It is but necessary to keep the five elements of the body not only clean but also harmonious. That is the key to health according to Ayurveda. Ayurveda recognizes an assimilation center in the body, which transforms effectively all intake into energy. Intake is not only food and drink, it is also of desire and thought. The assimilation center enables an effective physically healthy body. For this the therapies such as nature therapy, solar therapy, acupuncture, acupressure, ayurvedic massages, are helpful.

To ensure effective vital body, magnet-therapy, digitopuncture, breathing exercises of yoga, water therapy, can be gainfully applied. Besides, skilful administration of homeopathy is helpful, since homeo-science attempts to vitalize the vital body.

Pranic healing, pyramid therapy, sound therapy, can be helpfully applied for the vital body as well as for the mental body's health.

The mental and the intellectual bodies can be kept healthy through thought power of different grades. The social welfare thought, the thoughts of charity are of one grade, the thoughts of wisdom, which include ideation upon the keys of wisdom relating to anthropogenesis and cosmogenesis, are of another grade. Abstract and metaphysical ideation, is yet another grade. Pure love of life regardless the barriers of creed,

caste, religion, gender, etc, is still another grade.

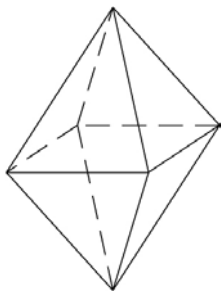
If man engages himself in the noblest of the aspirations, the five-fold life falls into harmony and supports man. This is the ultimate of truth demonstrated by noble lives at all times. To them the general health truth does not apply.

The healers should also note the grade of thoughts related to the patient and accordingly attend to them. It cannot be as simple as carrot to the rabbit. The human rabbits are different from one another.

Dr. K. Parvathi Kumar

Extract from: Paracelsus – Health and Healing

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



Children's Section

On Service

SERVICE BRINGS SALVATION TO SELF AND TO THE SURROUNDINGS.

Dear Children

As a student your leading role is to study. Keep out of all other problems. To study is to live. One is in full life when one is absorbed in performance of one's own immediate task. Do not feel your task as your problem. By this, you fail to fulfill the task. Task is never a problem, when it is attended to with full attention or devotion. When you think of other things, when you are in your task, and when other things fill your mind, you are defused from your task. Therefore, the problem is the presence of other things in mind, while you are at your task. The other things are the problem, but not the study. Your girlfriend or boyfriend, your weekend disco, and your fast food are the problems, when your task is to study. If you are on task, it is never a problem. On the contrary, it gives life. Fulfilling your task enables you to draw plenty of life, but if your energy is defused, the energies of life debilitate. When an electrician is at work, he thinks of electrical connections and does not think of his family, his children and his other aspects of life. So does a plumber. A plumber working in the bathroom thinks of the water and the drainage-connections and thinks not of any other. The electrician, the plumber, the carpenter, they do not bring their problems into their work. They do their job well, only because they do not bring thoughts other than being electrician, carpenter, etc. When you are with your fiancée, you forget the entire world. Likewise, when you are with your studies, forget all others. Let your study be your fiancée.

K. Parvathi Kumar

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

Stories For Young People

The Speech of Rukmi

The inhabitants of the ancient Athens used to be ruled by politicians full of self-interest: corruption, lack of wisdom and any virtues (5.Jh. b. Chr.). Then Socrates appeared and spoke to the people. He taught, man has to act oriented to his inner wisdom and conscience. He himself was a man of righteousness. When he had accepted a duty, he did his tasks with courage and never took care of any other meaning than his conscience. Many people admired him especially the youth surrounded him to hear his teachings. But those of the people who were selfish and corrupt hate him and got his enemies. They tried to prevent Socrates from teaching. As they failed, they accused him of having spoilt the youth. They said, Socrates teachings were dangerous and creating disturbance in the city. The court could not touch the faultlessness of Socrates. So it proposed to him to teach no longer, to leave Athens or to die. Socrates answered: "I cannot be silent. My destiny is to teach. I have to teach in Athens and not elsewhere. I have to be truthful to my destiny. I prefer to die than to be dishonest to my conscience. So he was damned to die drinking a cup of poison. Socrates accepted and said: "Death is like a sleep. My soul will only chance her home."

Only virtuous men are steadfast. His virtue supported Socrates till he died. Virtue in acting and mind saves us. If we start with gaining one virtue, she will be our refuge in crisis and misfortune.

From: K.P. Kumar. Lessons on Sri Suktam, 2002. Wengen. Switzerland.

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

GERMANY

Name of the group: WTT-Fellbach

Contact: Peter and Elli Fliegner

Address: Hohenzollernstr. 23, 70736 Fellbach

Activities

1. *Reading with children „FLUMI“ (Reading Tutoring):* Since 2005 there is the Fellbach initiative FLUMI to promote children to learn and to read well. This concerns especially children from immigrant families who have problems at school because of their linguistic difficulties and problems. Once a week, a boy gets an additional individual lesson.
2. *Help with homework:* A boy from the FLUMI group has parents who grew up in Italy and Poland. Both parents cannot help the boy with his homework. Therefore, the boy gets help with his homework regularly.
3. *Reading of fairy tales:* Once a month, children are read a story in the kindergarten. Then the children tell me the story as best they can. They tell which situation or person in the story was important for the children.
4. *Cookies for the kindergarten:* On St. Nicholas Day all the children and the teachers get self-baked Santa Claus cookies and also for Easter holiday Easter Bunny self-baked cookies.
5. *Miscellaneous:* Notes are glued to the front doors of our house around noon (before St. Nicholas) that all children should put their clean polished shoes outside the door when they want a gift from Santa Claus. Then during the night of St. Nicholas all 9 children in our house get a bag of candy and a toy into their shoes. At Easter, all 9 children get a self-made Easter bunny and candy.

Picture of the Month of Scorpio

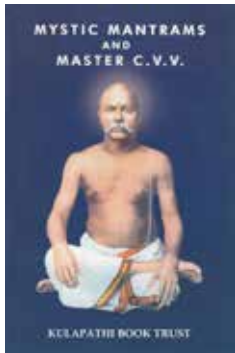
Scorpio: The Tree of Life and the Androgynous Man



The scriptures like the Bhagavad Gita say that the Tree of Life is an inverted tree. It grows from above downwards. Its roots are in space and its branches, sub-branches, leaves and fruits are in various planes. It is an inverted tree which unfolds from a centre. Do not look for the causes in the manifest world; the causes are high up. The roots of the tree are subtler and the consequences are grosser. The Persians taught that mankind is a product of the Tree of Life; that they grew in androgynous pairs until they were separated from each other in a later human form, and that this made them weaker. This story is also in the Hindu mythology. To regain the power, the union of man and woman is recommended, because only together they are complete and round.

Dr. K. Parvathi Kumar: Saraswathi - The Word

Book review



YOUR BIRTHDAY GIFT

Master CVV is known for his Mystic Mantrams, meditations and teachings. Through such mantrams (= composition of sounds), he stimulates the inquisitive faculty of the seeker of truth and recruits him into the inner side of things.

Dr. Ekkirala Krishnamacharya (Master E.K.) is an excellent exponent of the teachings of Master CVV and renders a lucid commentary on the mantrams which throws significant light for proper understanding and application of the process of enlighten-

ment.

Ekkirala Krishnamacharya: Mystic Mantrams and Master CVV

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



THE THEOSOPHICAL MOVEMENT

The Planetary Hierarchy externalised itself during the last 100 years through such initiates as H.P.B., A.A.B., Master CVV and Master E.K. The Divine plan as it works on earth is unveiled. The universality of the truth and its patterns of manifestation are expressed in the Western languages to unfold the concept of human brotherhood. There is the movement of Theosophy in an order from H.P.B.,

A.A.B., Master CVV and Master E.K. This book contains in brief the movement of Theosophy since 100 years. It is a talk at Misiones, Argentina, by Dr. K. Parvathi Kumar, in 1992.

K. Parvathi Kumar: The Theosophical Movement

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

Astrological Important Days in October/November 2013

23.10.	08:10	☉ → ♎ / Sun enters Scorpio	
☿		☉ in ♎ – every evening at the twilight hours: Light a lamp at the door-front and worship the serpent-power Kunda- lini, that encircles around the stem of the Base Centre.	
		☉ in ♎ – every Monday (28.10., 04.11., 11.11., 18.11.): Contemplation upon Śiva, the cosmic 1 st Logos	
26.10.	12:28	● 8 th phase of descending moon starts	☉ 03°10' ♎ / ☽ 27°10' ☾
♈		(End 27.10. at 13:48)	
27.10.		End of summertime (CEST 03:00 h → CET 02:00 h)	
29.10.	17:06	11 th phase of descending moon starts	☉ 06°24' ♎ / ☽ 06°24' ♏
♊		Contemplation upon OM NAMA ŚIVĀYA (End 30.10. at 17:48)	
02.11.	15:43	Phase of new moon starts	☉ 10°20' ♎ / ☽ 28°20' ♏
♈		New moon point of Scorpio: Contemplation upon 'The Pledge'	
03.11.	13:50	● New moon of Scorpio (Solar eclipse)	☉ 11°16' ♎ / ☽ 11°16' ♎
07.11.		Goodwill Day: Birthday of Master KPK	
09.11.	19:57	● 8 th phase of ascending moon starts	☉ 17°32' ♎ / ☽ 11°32' ♏
♈		(End 10.11. at 18:02)	
10.11.	05:54	23 rd constellation Dhanishta starts	☽ 17°23' ♏
☉	21:00	Dhanishta-Meditation (Dhanishta-constellation ends 11.11. at 04:51)	
12.11.	15:23	11 th phase of ascending moon starts	☉ 20°22' ♎ / ☽ 20°22' ♏
♊		Contemplation upon OM NAMA ŚIVĀYA (End 13.11. at 14:41)	
16.11.	15:13	Phase of full moon starts	☉ 24°23' ♎ / ☽ 12°23' ♏
♈		Worship the cosmic 1 st Ray, Lord Śiva, and chant the five-syllabled Mantra OM NAMA ŚIVĀYA	
17.11.	16:15	○ Full moon of Scorpio	☉ 25°26' ♎ / ☽ 25°26' ♏
22.11.	04:48	☉ → ♏ / Sun enters Sagittarius	
♀		☉ in ♏ – Every morning: Utilize the two hours before dawn for intense spiritual practice – particularly the first 13 degrees of Sun's transit	
		☉ in ♏ – Every Thursday (28.11., 05.12., 12.12., 19.12.): Healing prayers and healing work	
25.11.	07:31	● 8 th phase of descending moon starts	☉ 03°09' ♏ / ☽ 27°09' ♏
☽		(End 26.11. at 09:16)	
28.11.	10:42	11 th phase of descending moon starts	☉ 06°19' ♏ / ☽ 06°19' ♏
♈		Contemplation upon Lord Nārāyaṇa (End 29.12. at 10:14)	
02.12.	04:25	Phase of new moon starts	☉ 10°06' ♏ / ☽ 28°06' ♎
☽		New moon point of Sagittarius: Contemplation upon 'The Pledge'	

All times until 27.10. are in CEST (Central European Summer Time) later in CET (Central European Time).

From: »Astrological Calendar 2013/2014«;

Publisher: The World Teacher Trust – Global, Büelstr. 17, CH-6052 Hergiswil.

Great Invocation



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

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

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

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

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

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

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

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

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

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

Let love prevail.
Let all men love.

Master DK



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

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