

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Virgo 2012 Kanya

Letter No. 5/ Cycle 26 –2012 22nd August until 22nd September 2012

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.



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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

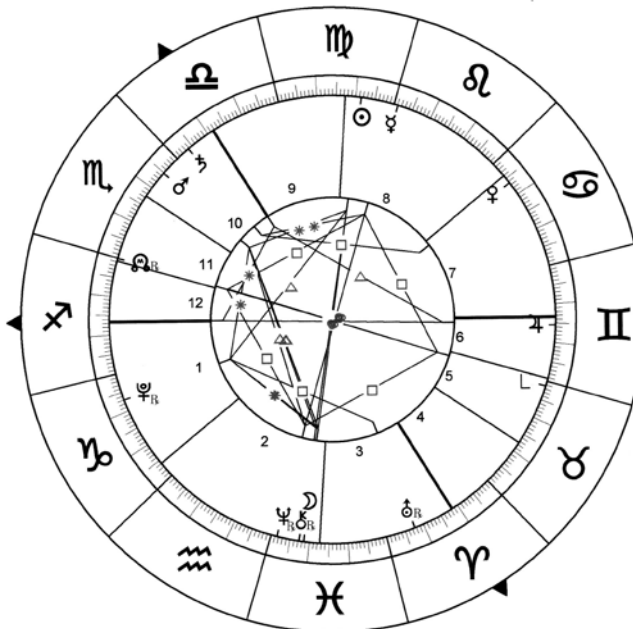
E-mail: info@wtt-global.ch Website: www.worldteachertrust.org

Prayer of the year 2012 / 13

UP THE LADDER CREEPS THE SERPENT.

SELF-OPPOSING COILS HARMONISED.

ASCENDING THE VERTICAL BORE OF THE ETERNAL CENTRE.



Full Moon of Virgo, 31st August 2012, 3:58 pm MEST



Message of the month of Virgo

The Lord of Virgo, Mercury, enables to think before and to review after every action. Actions carried out without adequate input of thought, in haste emerges due to inherent likes and dislikes in matters of duties and obligations. Comfort and discomfort as also pleasure and pain also effect clear thinking. Fear and ambition causes further haziness. These are all the play of mind. Man intends to think clearly, but for clarity to prevail, he should put off these projections of mind through application of discrimination. Discrimination and dispassionate review of a given task enables one to time the action well. He can commence in poise, conduct in order and close it in peace. This discrimination is an aspect of Mercury. Mercury also helps to make a clear review of the consequences of every action after the action is performed. Such an application of Mercury enables in betterment of one's ability to act better. Thus Mercury helps fine tuning the thought for action.

One can look into one's own horoscope and analyse the placement of mercury vis-a-vis the benefit and malefic aspects. It gives him an insight into one's own inherent ability of discrimination. The best friend for Mercury is Jupiter. Therefore the need of a Teacher, when one lacks clarity in one's approach to life. Any relation with Jupiter is good enough for Mercury and it helps one to tide over.

The Lord of Virgo being Mercury, Jupiter helps through the other two mutable signs namely, Sagittarius and Pisces although they stand in square and opposition. Jupiter enjoys the privilege of relating to any planet and benefit the native in whatever relation he stands in relation to any planet. May Virgo energy be supplemented with the association of Jupiter for this reason, the Vedic tradition introduced a ritual relating to Cosmic Jupiter, Ganesha, in the month of Virgo. Worship of Ganesha on the fourth ascending moon phase in the month of Virgo is considered most propitious according to Vedic astrology.



Message of the Teacher

Art of living

In search of pleasure and comfort in life when man exerts himself, he steps out of the rhythm of life. The rhythm of life is the 'Art of Living'. Such a rhythm demands:

- early wake-up
- cleansing of the body
- aligning with the divine
- feeding it with nourishing food
- and attending to the obligatory work in relation to the family and the society.

The rhythm also is involved in appropriate closure of the day, once again, cleansing and praying. Such a rhythm gives the needed comfort of living. That very comfortable living is a pleasure by itself.

In search of pleasures and comforts when man steps out of rhythm he gets into the illusion of inadequacy of time to get to rhythm. The modern man in general utters out frequently, "I have no time." Such ones have time for unnecessary activity. Falling in the illusion the unnecessary appears as necessary and the necessary activity appears as optional. When deviation from the rhythm of life becomes order of the day, the body harbours sicknesses and the life enters into areas of displeasure and discomfort. Hunting for pleasure man lands in displeasure. The only single way to retrieve into the 'art of living' is to adapt to rhythm uncompromisingly.

Man needs to distinguish between the obligatory work, desire and pleasure. Rhythm fulfils in that order all the three.

Gita-Upanishad

Lord Krishna



Relinquishment

RELINQUISHMENT IS BUT YOGA AND YOGA IS RELINQUISHMENT. INDEED THEY ARE NO DIFFER-ENT. 2/6

Commentary

Yoga in its true sense recommends relinquishment of self-proposals and living by attunement to the plan of the Universe. The very incarnation happens according to a plan and one should tune up to that plan and move forward. The life of yoga is a true life of acceptance through time in a place. A yogi proposes not, for he knows that he is part of a universal plan and that he needs to tune up to that plan. By this he floats and flows. He relinquishes his personal likes and dislikes, comforts and discomforts, pains and pleasures and cares not for loses and profits. He moves on. Relinquishment of proposals is the only true relinquishment. Attachment to likes, comforts, pleasures and to profitability would bring in with them their shades of dislikes, discomforts, pain and loses. A yogi's life is a life of total acceptance.

In the name of relinquishment many gullible ignore their obligations to their body which is God-given, to their family which nourishes and brings them up and to the society which supports their life.

Relinquishment is mostly understood as a physical act which is ignorance. Relinquishment is but psychical. A true yogi or a relinquisher relinquishes self-proposals and moves on.

Imagine a river; its birth is not by itself. Its formation is not by itself. The fauna and flora that it supports is but a happening. The river claims not the glory of its contribution to the surrounding life. It moves through mountain ranges up and down. It even suffers a huge fall and yet flows. It moves through forests, plains and joins the sea which is its source. It stops not for a while and flows ever. Such is relinquishment. Such is yoga. Whosoever understands this, survives this world and moves further on.

Message of Lord Maitreya



Natural Yoga

As you flow in life, you come across values. Do not neglect a value that approaches you. Values are true friends. They stand by you in your hour of need. Valuable advices, valuable persons and valuable articles in the form of symbols approach you. Your indifference to them is an act of arrogance from our standpoint. It's like kicking away the good luck that knocks at your door. Nature knocks not once again in the form of good luck, when you do not pay attention. This is an infallible law.

The depth of a value is not apparent. The primary value that is co-born with you is your body. Its value is never realised until it starts troubling you, conditioning you and finally imprisons you. Ponder upon the value of human body and the potentials it contains. Cultivate the body and give birth to the precious gifts that it yields. It can present to you a golden body if you really know its value and appropriately cultivate it.

Likewise, there is another value that approaches you. It is the family. The family in which you are born is the next luck that visits you. It is the primary school in which you are. Understand the value of this school and preserve it.

Likewise, life offers you through time many other values which enable you to serve the society. Be a server in the society but not a dependent of it.

Serve the body, the family and the society. Your progress is ensured. This is Nature's path of yoga. It is natural yoga for progress. No other yoga is as fruitful as this. When you do not practice this yoga you cannot have stable and comfortable mind. Without stable and comfortable mind any practices of yoga are futile. Step not out of natural yoga to practice other theories of yoga.

Message of Master Morya

Maruvu Maharshi



Approach of the Master

Did you arrange a specific place in your house for the Master? To do so is not a blind faith. Arrange a place for the Master in your house and keep it as clean and pure as possible. It is your fundamental responsibility. Depending on the purity of the place that you dedicate to the Master in your house, the Master responds to you in slow degrees. As you enter the place remember that you are entering into the aura of the Master. If you look for his presence ardently in that place with consistent vibration every day, he would offer his darshan to you. The intensity of your lookout for the Master on a daily basis in a specific place in your house during a specific time is the window through which he enters into and appears before you. The intensity of your lookout for him should be warm enough. It should not be a routine act. Be alert as you enter the room, for, any moment he may become visible to you. Be alert and be on the lookout; he may initially approach you like a soothing wind of cool, greeting the warmth of your orientation to him. He may also respond to your lookout through the chirp of a bird or a song of a nightingale. There can be a flicker in the electrical light or even a flicker in the still flame of the candle. His entry is very subtle. It is subtler than the touch of a tender petal of a flower. Understand that the Master is intending to approach you and be more regular and intentful in your practice. In those moments close your eyes and wait to look for him in gratefulness. These are a few hints to a sincere aspirant.



Message of Master Koot Hoomi

Devâpi Maharshi

Divine Bias

When you receive a SOS, you cannot ask for a repetition. An SOS is never repeated. When you are listening to a telephone call you do not seek a repetition, when you see a movie you do not ask for a repetition of dialogue. But when you listen to a teaching you repeatedly ask for the teaching. Why is it so? Why should the teachings be repeated? Why not the telephonic message? Why not the dialogues in the movie? The reason is simple. When you talk and listen on a telephone you are attentive. When you see a movie you are attentive. But you are not as attentive when you listen to a teaching. We have been repeating the teachings generation after generation for thousands of years but somehow you look for listening but not practicing. How justified it is? Mundane things need not be recollected to you. You remember them very well. But when super-mundane information is given it does not stick with you. There is no doubt there is taste for listening, but not for practicing. When you practice, recollection becomes easier. Though not justified even the Lord says, "Repeat to them the teachings. Even if they forget, repeat again and again. They are children. They require to be lovingly reminded." But it is not so with us who are in super-mundane. If we do not recollect and do, we have severe consequences. You are privileged to be forgetful. But we are not that privileged. It looks the Lord is biased in your favour. We accept it humbly.

Message of Master *EK*



Being and Becoming

Clay has no name like a pot or a jar or a cup. The latter have.

Likewise, your body has a name and form.

But you the indweller has no name or form.

The clay pot is not clay. Likewise, you are not the body. But clay can become a pot. You too can form a body.

The pot cannot make the clay. The body cannot make the soul.

Even if the pot is broken, clay remains. Even if the body dies, you continue to live. Know the maker and the made. Do not confuse the maker with what is made out of him.



Vidura

Wisdom Teachings

Never underestimate
the impending danger
from the one warring against you

Shirdi Sai Sayings

THE FIVE COINS



I need five coins from you to enable you to realise the Self. They are:

- Your five senses
- Your mind
- Your respiration
- Your intellect and
- Your feeling of your own existence.

If you can submit these five coins to Me you will open five portals, to realise Me in you.



Message of
Sri Ramakrishna

Who can know God fully?

Who can know God fully? It is not given to us, nor is it required of us to know Him fully. It is enough if we can see Him – feel that He is the only reality. Suppose a person comes to a holy river Ganges and touches the water. He would say, “I have been blessed with the vision and touch of the holy river from Gomukhi to Gangasagar – from its source to the estuary!”

Lay Man's Prayer



We offer flowers to You.
We offer candles to You.
We offer incense and
we offer gold and precious stones!
But we do not offer ourselves!!
Let our lives be offered
at Your Lotus Feet
as fragrant flowers.

Discipleship

Eastern and Western thought

Expressing the profound spirituality of Eastern thought in ways suitable to the Western minds is the task entrusted. The Western thought is permeating over the globe apparently, but in a subtle manner the West is picking up the Eastern influence. The hard-headedness of the West is slowly yielding to the philosophy of the synthesis of the East due to the new means adopted. The Eastern philosophy had a small effect on the Western thought hitherto, chiefly because of its manner of presentation which is not suitable to the Western mind. Fusion of East and West is but the essential work of the day. And for this teachers are being prepared who can penetrate into the Western mind, in a very acceptable manner. This is a subtle but difficult work. It demands a thorough understanding of Eastern philosophy and the Western mind. My work is presently targeted in this direction to bring about a way of life which is a synthesis of East and West. Upon the square of the Western thought the triangle of the Eastern philosophy would find its placement to build the New Age Temple. The present wide spread interest in the subject of meditation is but one way. Introduction of sound, symbol and the related technique of application of sound upon symbol is the next step. Humanity requires to work with sound much more than the light. Light is but the product of manifestation of sound.

A disciple

Occult Meditations

Meditation 69



MAN ASCENDS FROM WOMAN.

WOMAN DESCENDS FROM MAN.

THE ASCENT AND DESCENT OF MAN IS ARDHA NARI.

Commentary:

This meditation is a continuation of the previous one. 'Man' is the English term for Nara. 'Woman' is the English term for Nari. Man and woman should not be understood by their physical form. In the Scriptures, the evolving ones are described as men; the involving ones are described as women. This is because by man they mean Spirit; by woman they mean the matter.

There is woman in man and there is man in woman. It means that there is matter in Spirit and there is Spirit in matter. When we consider a person (be it man or woman on the physical plane), the two exist in Him. When the awareness is subjective, it moves upwards. When the awareness is objective, it moves horizontally. Horizontal movement is serpent or Nari or woman. In other words, when the awareness of a person moves into the world, it is woman. When the awareness of a person moves vertically into the subjective, subtle world, it is man. When he ascends, he is man. When he descends, he is woman. When he is a giver, he is man. When he is a receiver, he is woman. These two activities exist in a person. Even the Masters receive from higher circles. Every person is positive and negative; distributive and receptive; masculine and feminine; man and woman; Nara and Nari; half-male and half-female. Thus, the ascent and the descent make man Ardha Nari, Adonai, male-female. The

difference is in degree.

When the ascent and the descent are equal, one is Ardha Nari. It is the state of a Yogi of synthesis. Lord Shiva is symbolised as Ardha Nari. His left side is depicted in female form and the right side is depicted in male form. Adonai is also depicted like this. All theologies considered God as male-female.

Kapila

Kardama and Devahuti 2



The planetary beings too had etheric formation upto diaphragm. The South Pole or the Southern Hemisphere was not yet for the planet. The lower part below the diaphragm was not yet formed for the beings. From the time of Kardama, the half-globe was formed into full globe forming the South Pole. The beings too gained the lower bodies and the physical form manifesting the gender difference. Women bearing children is an aspect that emerged ever since through the act of procreation. The marriage between Kardama and Devahuti was conceived as a sacrificial act of procreation. The institution of marriage as a sacred means for perpetuation of the human species was thus established. The marriage was never intended to be an avenue for sexual indulgence. It is man's degradation of a divine purpose and divine process.

Kapila the grand master, was born to Kardama and Devahuti. He gave out in detail, the sacred doctrine of Sankhya, a synthesis of wisdom, consisting of cosmogenesis, anthropogenesis, the path of involution, the path of evolution, the path of discipleship, the path of Yoga, the path of devotion, the nature and its analysis etc. The theological doctrine given out by Kapila stands out as a comprehensive teaching while it is also the ancient most teaching on the planet. This sacred doctrine is his teaching to his mother Devahuti, at the age of seven! The doctrine is well recorded in the third canto of Srimad Bhagavatha. This work is to clothe the doctrine in contemporary terminology understandable to the present times. It is rendered for the benefit of the Truth seekers.



Ashram Leaves

Triple Mooing

Looking at the calf that winks affectionately at it, the cow moos at the calf.

To lick the head of the calf affectionately, it moos for the second time.

It moos for the third time moving its lips, apprehending the heat of sunlight affecting the dear one (calf). It somehow ensures that the calf drinks the milk.



On Love

Moon stands to reflect Love from higher circles.

Neptune stands for Love transcendental.

Pluto stands for Love of Law.

Uranus stands to break impediments to Love.

Sun stands to transmit Love, Life and Light.

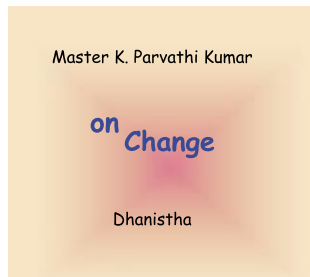
Love is thus the basis of the family
of planetary regents.

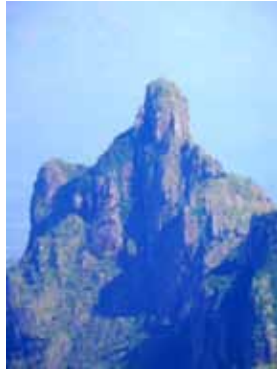




On Change

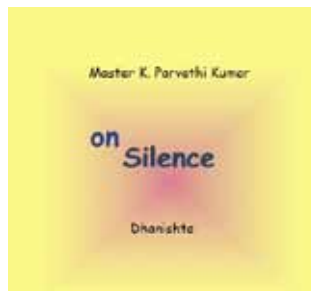
All related players are to be
consulted for every
major change, because
they are the managers –
the change managers.
The process is consultative.





On Silence

Concentration is the effect of Silence.
The silent one is focused, attentive
and alert.





Hymns on Agni

66. Upa Chhayamiva Gruner
 Aganma Sarma Tevayam !
 Agne Hiranya Sandrushaha !!

O! Lord Agni! Your effulgence shines forth like gold. You are the shining one. Parched by life men take shelter under your shade, we seek your protection.

Explanation:

This is a prayer seeking protection of the Lord of Fire. The fire within and the fire around harms not a person, who regularly worships the Lord of Fire. Fire accidents do not happen. The inner fire is well maintained and reconstitutes health. When appropriately related to the prana the Lord of Fire enables arousing of Kundalini and enables realisation of the solar and cosmic fire.

Violet Flame Invocations



Master!
You are the valiant One.
You are the Violet Flame
Your Violet's variants are pink and purple.

We are the violent ones,
but are not valiant ones.

We are at variance with You.
Valour and values are aliens to us.

Lead us Master!
Lead us into Your valley, we plead.

Master! We plead.



From the Teacher's pen

Questions and Answers

Question: : Why does society not recognise whenever there is a wise man among them?

Answer: It is but natural, when the moon reflects in a still water lake, the fish in the lake think that the reflected moon in the lake is but one amidst them and care not that it is a being of the sky. When a nightingale is amidst the crows, the crows do not cognise. When it sings the crows feel jealous of its sweet voice. They gather together to kill the nightingale with their beaks. When one is outstanding amidst the ordinary, the ordinary cannot bear it. They would do their best to put him down. A sandalwood tree amidst others is but unacceptable to the surrounding trees. The humans tend to be over-critical and pungent in their judgements against the wise ones, for they do not wish to accept the superiority over them in matters of knowledge, wisdom, healing, service and other acts. The critics think that they proved themselves in their futile efforts in judging the wise ones. But through time the wise stand tall. Their wisdom prevails over the masses and the critics' efforts go down the drain. When elephants move in a street, the street dogs cannot bear its magnificent powerful sight and therefore bark. The mediocrity of the society has always been so, it is but natural.

Agni



An Introduction into the Work of Cosmic Fire, 10

3. Fire Working with Matter

We have been able to gradually enter into the subject. In the beginning we were orbiting, and slowly we are able to come into the subject. And if we have been able to make some entry into the subject, it is because we invoked the presence of the Master who is responsible for it. And effortlessly we walked into a kind of quietude, and during the last one hour, there is much silence experienced. Slowly, we shall continue like this to find a good understanding of the most sacred principle of the creation.

Let us continue our understanding relating to that aspect of fire which deals with the matter which is responsible for formation of the material bodies right from the ant to the solar system. If we imagine the gamut of the working, the millions and millions of bodies that are worked out according to a form and according to a colour and according to a sound, we really get bewildered. This is the fire which the Master calls as 'the Fire by Friction' meaning the fire that functions with the matter and prepares all the bodies, right from the minutest atom to the human being and also the planetary beings and also the planets. The planets and the solar systems and the beings that live on all these planets – the forms are provided by the interaction of fire with matter. Matter is not such a trivial thing as we think to be. According to us, matter means only the dense physical matter. But just like the One Spirit has so many planes of existence from subtle to gross, matter also undergoes all these changes along with spirit to form the planes. Even the sun globe carries matter.

And that which we call 'ether' is the subtlest aspect of the matter. And from ether, we have the other grosser manifestations of the matter. And all these formations from the subtle to gross are on account of the interaction between the fire and matter.

There is what we call the subtle matter, and that matter is what is called in the Scriptures as 'primordial substance'. In all the World Scriptures this primordial substance is called the 'Mother of Power', and in the Oriental Scriptures, it is called 'Shakti'. The whole creation is the play of Shiva and Shakti or the Spirit and the Matter which we call the primordial substance. The fire that is generated from out of the spirit interacts with the matter and then it brings matter into grosser state. This is the triangle of the matter, where – with the spirit as the basis – force and matter interact. The force that interacts with matter is what is called as the 'fire by friction'. And the continuous interaction of the fire with the matter brings down that which we call Akasha or the etheric plane.

This is the field. Just like we have a field of action, there is a field of action for the force and the spirit to act. And that is what is prepared by the fire by friction, called the Third Logos or Intelligent Activity. In the Oriental Scriptures it is called Brahma. So, the activity of the fire called force on matter brings down the successive steps relating to material formation. It is the adjustment of matter the fire does here. The force of the fire is used as miserly as possible to make adjustments to the matter. (See, how a miser uses money. He is very, very careful. He will not put his hand in the pocket, he has much patience in that aspect. He waits till others put their hands in their pockets. Unless it is very inevitable, he would not place his hand in the pocket and remove his purse. That is the kind of understanding of economy he has.)

There are people who are very economic. That means they know how to use the force of money for the requirements, meaning the use of the force is according to the absolute necessity. All the law relating to it is called the Law of Economy. What is the economy which each country has? – It is an intelligent utilisation of the resources for the well-being of the citizens. So, it is a very, very intelligent activity that one carries to hold his economy well.

So, this kind of intelligent activity also happens with the matter. The force which is the other name for fire by friction here, it interacts with matter with so much of intelligence. It tries to work in such a fashion that with least utilisation of the force, it transforms the matter. Matter by itself cannot evolve. It is evolved on account of the interaction of the fire with matter.

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



Master *EK*

Vishnu Purâna
CHAPTER IX

The Prayer of Indra

Finding himself established as the ruler of the kingdom of Gods, Indra praised Lakshmi, the goddess of wealth, in the following manner:

'I bow down to you, the lotus born, the mother of all planes. With your eyes wide open like the petals of the morning lotus, you stand near the heart of Lord Vishnu. You reside in the lotus, you hold lotuses in your hands and your eyes are like lotus petals. Your face is delicate as the lotus and you are the beloved wife of the one who bears the great lotus in his navel. You are our accomplishment, self-sustenance, offering, welcome and immortality. You are the purifier of all lokas (planes). You are the twilight, the darkness, the brilliance and the splendour. You are our comprehension, devotion and the undercurrent of our consciousness. You are the wisdom of sacrifice, the greatest and the most secret wisdom of all. You are the wisdom of the soul and the spirit and you bestow liberation. You are the inner search, the threefold wisdom, the wisdom of the behaviour and profession of the beings. You are the law and the science of punishment.

This whole creation is filled with your own manifestations, modest and grotesque. Who else can be located as the whole creation, as the grand sacrifice? When you leave someone, the whole world is lost by him. When you accept someone, everyone accepts him. By your mere glance people possess wife, children, houses, friends, corn and wealth. Health, splendour and happiness, along with the conquest of one's enemies, are not difficult when one receives your plans. Lord Vishnu, the God

of all gods, is the father of the whole creation and you are the mother. Everything moving and stable is pervaded by you and Lord Vishnu. Oh purifying goddess of all, leave not our treasury, cattle sheds, mansion, company, wife and body. Leave not my children, friends, cattle, jewellery and leave not the heart of the Lord, your abode. Those who are left by you are abandoned by power, truth, character, conduct and virtue. Those who receive your glance live with character and all virtues, prosperity and plenty. One who is seen by you will be praised for his virtue, wealth, high birth, goodwill, valour and courage. When you turn grace away, people are devoid of character and virtue. Even the tongue of the creator is not enough to describe your splendour."

Parasara said: Being thus praised by Indra, Lakshmi spoke to him in the presence of all the Devas: "I am the conferor of boons. I am satisfied by your prayer and I want to confer upon you whatever you propose as boon".

Then Indra said: "If you are satisfied by my prayers, I pray that you do not leave the three worlds. This is my first boon. One who worships you with this prayer should never be left by you. This is my second request."

Then Lakshmi said: "Oh Lord of Heaven, I do not leave the three worlds. One who prays me like this, morning and evening, will not be separated from me".

The Science of Man

Dr K. Parvathi Kumar
First Young Group Life Teaching, Part 3
August 2001, Visakhapatnam/ India

Man and His Potentials

What I wish to speak to you in these days is more about us – the human being, what are his potentials and how to bring them out.

Man is said to be a septenate. There are also seven tissues that fabricate this body. Let us proceed from the known part to the unknown part. We all have a body. I don't think there is any need to explain about it. We know it well, that we have a body. What we don't know is how this body grows, why it loses or gains health. Basically, we have a body. And this body is driven by the second aspect in us called the senses. The senses show the outer so that we can respond. There is the sense of seeing, listening, and smelling, then the sense of touching and tasting. These are the five senses that give us contact to the outer world. If we don't have the senses, there is no way for us to express in the outer or to receive expression from the outer. Imagine that you don't have ears, eyes, or a nose, and you don't have the tongue or the skin. You have no communication system with the surrounding.

Not only you receive impressions relating to the outer through the senses, but you also interact with the outer through the senses. If you don't know the touch, you cannot differentiate between the flame of a lamp or an ice cube. If you touch the flame not knowing, the finger is lost. Or if you sit on an ice cube, the body gets frozen, and the blood circulation ceases. All the sensations are the second aspect in us. They are very important to us to experience the objectivity.

Then there is the third aspect in us, which relates to the memory of what is experienced through the senses. When you eat a chilly, your tongue tells you how sharp it is. Then the mind registers it and reminds you next time, when you see a chilly, that, if you eat it, your stomach will get disturbed. If you touch the flame and it burns you, the experience will be

registered in the mind. Likewise, millions and millions of experiences remain as impression to the mind.

Up to this, it is common between us and the animals. But then, man has much more than this. The third aspect, as I said, is the memory part of the mind. It records the experiences relating to us and on the basis of such experiences we try to modify or regulate our behaviour.

Then there is the fourth aspect in us which causes the process of thinking. It is thinking beyond the impressions that you carry through body experience. This is what we call intellectualism. We try to ideate more beyond our body requirements. That's where we are different from the animals. The animal has senses and has memory. It knows how to get its food, how to mate, to rest when it is tired, to protect from heat, to protect from cold. So, eating, mating and resting, this is common between us and the animals. But the animal cannot get into the process of creative thinking. Man is capable of creativity. For instance, an animal cannot study economy or work with computers, it cannot think of sociology or mathematics. Education is meant to impart the creative thinking faculty.

You can see human beings who are just satisfied with eating, mating and resting. They know where they should go, what they should eat and with whom they should mate. This is all no better than the animal aspect, though we have refined ways of doing. The way we eat, we consider it as more refined. We cook and eat, and we have creative ways of cooking and eating.

In so far as man is only living for food and for sex, and for satisfying the desires of the senses, he remains in the lower strata of humanity. This is the beast in man. It only knows what it wants, it does not know what others want.

It is already a creative thought, when you work for the collective good. The work for the collective good resulted into the social aspect of man. From just being a wanderer in the forest, the humans gathered into groups and started working as a group for the collective good of the group. That is how the communities started happening arising out of the creative faculty of man. From collective good, so many thoughts have been generated. There is more and more creativity. This creativity is something special compared to an animal.

It has taken man to another field: the knowledge. The creativity and the

relative knowledge is the fourth aspect of man. This knowledge keeps on expending its horizons: beyond man himself and beyond his fellow beings, to include other beings, to include the planets, the solar system and then the cosmos.

The creative thinking is the triggering point to enhance the comprehension in man to make an understanding of all that is. Some proceeded from the known to the unknown. Some proceeded from the unknown to the known. To proceed from the known to unknown is safer – that is science. To proceed from the unknown to the known, you need to make certain assumptions. But then solutions are reached faster.

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

Paracelsus

Health & Healing

Probiotics



It is already known a hundred years ago to science that there are helpful bacteria, which are needed for the body as much as the other bacteria, which damage the bodily health. The science coined the name of probiotics. It is given to the helpful bacteria, which are needed for the body in abundance. And these bacteria are considered helpful to resist the after-effects of stress, drugs such as antibiotics, and undesirable food. They are considered helpful to ward off the effect of alcohol.

The probiotics live naturally in our intestines and can be supplemented with milk and milk products, specially yoghurt and buttermilk. Boosting up their numbers is helpful for our health. In fact, they are very important for our health and are never so much paid attention to and taken in. The number of probiotics in the body gets depleted with stress. They are substantially depleted when antibiotics are taken and they are almost destroyed when alcohol is taken. Men feel impact of stress invariably in the stomach due to disappearance of these probiotics. It is common knowledge that after every course of antibiotics used, one does not feel comfortable in the stomach. One loses appetite and feels lack of sense of hunger. Weakness generally prevails. Worse is the situation when alcohol is taken, for it affects the liver and the intestines.

To rejuvenate the stomach and the digestive system probiotics have been considered as essential part of food by Ayurveda. In India almost every meal is concluded with yoghurt and is further terminated with huge

glass of buttermilk. Ayurveda has many such secrets relating to intake of food. The Indian scriptures also speak of it. A few of these regulations are useful to tone up health through every day meal. The regulations are as under:

1. Drink a glass of water one hour before meal and avoid drinking water during meal.
2. Eat freshly cooked food or fresh raw vegetables. Stored food is unhealthy.
3. Eat with quietitude and not in a hurry.
4. Start with semi-liquid food and then get into semi-solid food.
5. Conclude the meal with liquid food and terminate it with yoghurt and buttermilk.
6. Sweet if any should be, take it as the first item of the meal, but not as the last item. This is because entry of sweet in the very beginning would be met with the hungry secretions. Therefore the initial hunger is satisfied and the sweet also gets digested first. Thereafter one would eat a moderate meal. Prior eating of sweet regulates the quantity of food to be moderate.
7. Eating a fruit after meal is also recommended. Citrus fruits are avoided during the night, for they energise the body and it would be difficult to sleep.
8. The food is considered good and wholesome when it has a good blend of proteins, carbohydrates, and vitamins.
9. Leaf vegetable is recommended for daily use, except in rainy seasons.
10. A wholesome food is considered to carry sweet, salt, bitter, citrus, chilly, and tart taste. These 6 tastes are generally recommended.

In all this one cannot afford to forget taking the good bacteria, for they have a direct positive effect on the cells lining the intestines. They enable switching off any kind of inflammation of the digestive system. They also regulate the work of the white cells and the antibodies.

An imbalance of these bacteria results in leaking of liquids by way of watery stools, diarrhea and such others, which is called 'leaky gut syndrome'. Most of the allergies in the body can be attributed to the 'leaky gut syndrome'. It is therefore necessary to keep the intestines well insulated with abundant intake of buttermilk and yoghurt. Please remember, buttermilk is far better than milk in this aspect.

Several forms of diarrhea including infectious types and virus types are cured with probiotics. Sleeplessness is also cured with probiotics. Disorder in the bowel movements such as irritable bowels and ulcerations in the large intestines and in the colon are also cured with the habit of abundant supply of yoghurt and rice.

The above discussion invariably leads us to the topic of how healthy is the yoghurt that one eats. Natural yoghurt originally was considered to be full of healthy probiotics. 'One family one cow' was a principle, which is now not only forgotten, but also not any more possible. A cow is no more possible on a balcony. There were times when life was fairly simple. Every family had a couple of family cows or buffaloes and those animals were fed with natural fodder. Even today in India for the babies there are parents who mark a cow and receive milk from that cow only for their baby and they make sure that the cow is supplied with natural fodder. It may look funny and impractical, but it is equally impractical and unscientific to eat chemicalised yoghurt and supplement it with capsules of probiotics.

There has to be an equal and effective revolution to shift from all chemical foods to bio-foods. A hundred years ago it was all bio-food. Sometimes we have to meet our past in our future. It is part of learning.

Dr. K. Parvathi Kumar

Extract from: Paracelsus – Health and Healing

With a subscription you support this important work (€ 77 / year).

Children's Section

On Service

**SERVICE ESTABLISHES RIGHT RELATIONSHIP,
WITH MAN, WITH NATURE AND WITH GOD.**

Dear Children

Your main task in life is to regulate your desire through introspection. Self-regulation is like holding the reins of the horse. When you do not hold the reins the horse moves as it likes. The wisdom compares unregulated desire to the moment of a street dog. There is a vast difference between a street dog and a trained dog. Desire is such a dog in us. It moves to unrequired places, eats filthy things, sleeps anywhere and everywhere, drinks everywhere and anywhere and barks everywhere. If irritated it even bites like a mad dog. The very purpose for training a dog, a horse, a bull is to avail its services for our benefit.

The dog of desire in you should be controlled early in life, if not it never gets under your control and becomes a problem for life. If it is an outer dog you can discard, but the dog of desire cannot be discarded. It is part and parcel of you. The only way is to train it and accomplish life or let it untamed and untrained and fail in life.

The fundamental teaching of every Teacher is regulation of desire, without which nothing is accomplished.

K. Parvathi Kumar

Stories For Young People**Master E.K. and the Professor**

Once, on a Sunday morning, the Master was waiting with his Homoeo Medicinal kit at a bus stop. A professor in the university saw the Master. He offered a lift to the Master by his two-wheeler. The Master said yes and told the professor where to go. After 5 km drive, the Master asked the professor to stop, thanked him and said: "You may please return now. You cannot come any further. I have come here to treat a contagion. You need a strong mind to resist the attack of contagion. I will go by walk, reach the place and return by myself." This happened at 6.30 in the morning.

The professor returned, enjoyed his Sunday morning tennis at the University faculty club. In the evening he again visited the club for pleasantries and at 10 p.m., while he was returning home, he found Master E.K. walking back home quietly. The professor inquired: "Are you coming home now?" Master E.K. coolly said yes and walked into his house. When people need him, many times the Master was seen doing dispensing of medicine continuously, unmindful of breakfast, lunch, dinner and even sleep. Such was his commitment to the poor, to the needy and to the suffering.

WINDOW TO WORLD SERVICE NEWS & ACTIVITIES (Inputs welcome)

ARGENTINA

Name of the group: WTT Argentina – Swetha Padma, Buenos Aires

Address: Mendoza 2695 2do. P. Ciudad autónoma de Buenos Aires

Contact: Rodolfo Cabeza E-Mail: wtw@wtwargentina.org

Phone: ++54 +4709-7863

Esperanza Moreira E-Mail: espedelrosario@datafull.com

Phone: ++54 +4761-3392

Activities

The Service activity that was done in group, in the city of Buenos Aires, was done in silence, without interruptions, with good will and a lot of joy.

- Every Thursday at 8:15 AM and being blessed by the Healing Meditation, we concur with fruits and breads to the orphanage of the neighborhood EL REFUGIO (The Refuge), where we interacted with Volunteers, collaborating with the babies, recreation with the kindergarten kids and help with homework, clothing, shoes, hygiene items, school supplies, etc
- We contributed with assistance and economical help to the orphanage LUCEROS DE BENAVIDEZ (Bright Stars of Benavidez), where 70 kids assist daily and food and scholar help is provided. This year we work to expand the building, resulting in the presence of more children attending daily tasks of school.

We share activities with harmony and joy to the Master's feet.

English Books

The English books of the World Teacher Trust can be ordered via The World Teacher Trust-Global, info@wtt-global.ch. In case a book is not available in Switzerland, the orders are forwarded to WTT-India.

Birthday Ritual

Distributed at the May Call celebration 2012

For those who wish to follow the path of Ritualism and those who are inclined to assimilate the 7th ray energy and those who admire, worship and follow Count Saint Germain, here is a Ritual to be conducted on their respective birthdays.

Every birthday is the day on which the solar ray, by which he has taken into the incarnation revisits him and it is an annual re-visit by the solar ray related to that person. It is therefore recommended that once you tune to that ray, on that day and at that hour, through a ritualistic practice.

On the day of birth, one is recommended to get up two hours before six o'clock; anoint oneself from head to foot with oil, which can be olive oil or sesame oil; wait for twenty minutes to enable soaking of the oil into the skin pores and then take a head bath with lukewarm water. One may use natural perfumes, soaps and shampoos for cleansing. Thereafter put on new clothing and do the worship of the divine in his customary way. Let the worship be with an intent to receive the solar light of the day into oneself through Sahasrara, Ajna, Visuddhi, until Mooladhara. Let there be a shower bath of light. Influx of solar light in every cell of the body may be visualised and even realised.

In the evening hours he may invite well-wishing friends and relatives for a party to share the joy of birth. A table may be arranged upon which a cloth may be spread and a cake may be arranged at the centre. Around the cake as many candles as the number of years passed by, in this incarnation, may be lighted and arranged. The invitees may be heartily received. They may be seated around the table. The person whose birthday is being celebrated stands before the table and utters forth the following hymn.

uddIpyasvajAtavEdopaghnam nnirRitim mama||
pashUgmschamahyainAvahajlvananchadishOdisha||

"Oh Lord Agni, shine forth in us, dispel the darkness of ignorance in us. May our mind, senses and the body stand healed and energised. May we gain sight, insight and vision. May we be blessed with poise. May peace prevail".

Later he may utter forth the following, mixing honey in a bowl of hot milk.

Trayambakam Yajamahe,
sugandhim pustivardhanam
Urvaruka miva bandhanan
Mrityor mukshiya mamrutat

"We Worship the "Three eyed one", who is fragrant and fulfilling. May he release us from Death to Immortality, just like the cucumber fruit is released from the creeper".

On completion of the hymn, he may drink a spoon of the honey mixed milk and arrange for distribution to the group. Later the person may offer salutation to the circular shaped cake by uttering forth following hymn and may cut the cake vertically first and then horizontally forming a four-fold cross, he may join four arms of the cross make a diamond shape.

*Ishethwavarjethwa, Vayavasthaupayavastha,
Devovassavitha
prarpayathushreshtathamayakarmane*

"He has come down as food, he came down as vigour, he exists in us as energy. We bow down to him. May we shine forth with his energy and conduct acts of goodwill".

Having cut the cake thus, he may entrust the cake to the group to be cut in to pieces, as many pieces as the number of persons present and eat. On completion of consumption of the cake, the entire group utters forth the following hymn:

SahanAvavatu | Sahanaubhunaktu | SahavIryamkaravAvahai |
TejasvinAvadhitamastumAvidviShAvahai |
Om Shanti Shanti Shanti ||

*"Let us be protected together. Let us share together. Let us work together. Let there be no hindrance to the brilliance of the light. Let not malice prevail. Let peace prevail".
There after the elders of the group bless the person whose birth day is celebrated.*

shatamAnambhavati
shatAyuhpuruShashatEndirya
aayushyevendriyaipratiti STati||

"May he live 100 years, may the purusha in him shine forth. May the mind senses and the body stay intact with their perceptive and functional abilities".

Thereafter the group may disperse or may have a dinner as per convenience. May the invitees offer gifts before the dinner. The person who celebrates his birthday may retire early and not later than 10 p.m. in the night. Sleep orienting to the divine, through the Master whom he follows.

Note :

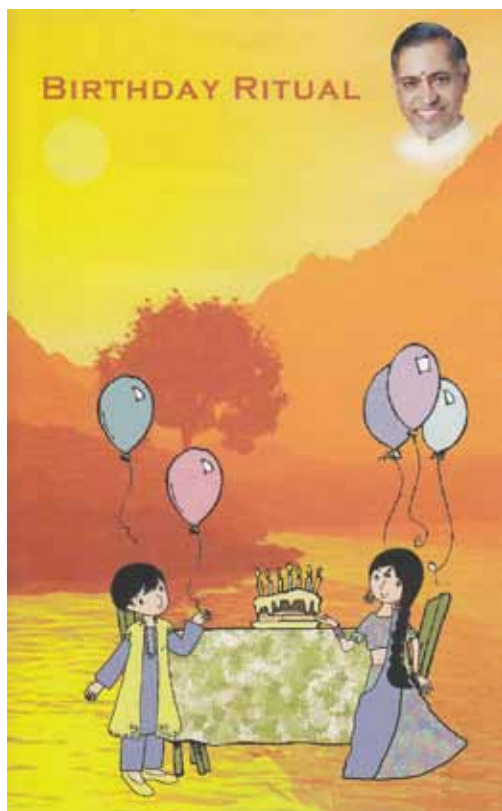
1. The candles set around the tray should not be blown off.
2. The cake may be cut as if one is cutting and sacrificing the cosmic person.
3. It may be cut in veneration and may it be cut as shapely as it should be.
4. The ball or the room where birthday is celebrated may be de

corated and kept fragrant.

5. May the group remain silent and consciously participate in the ritual.

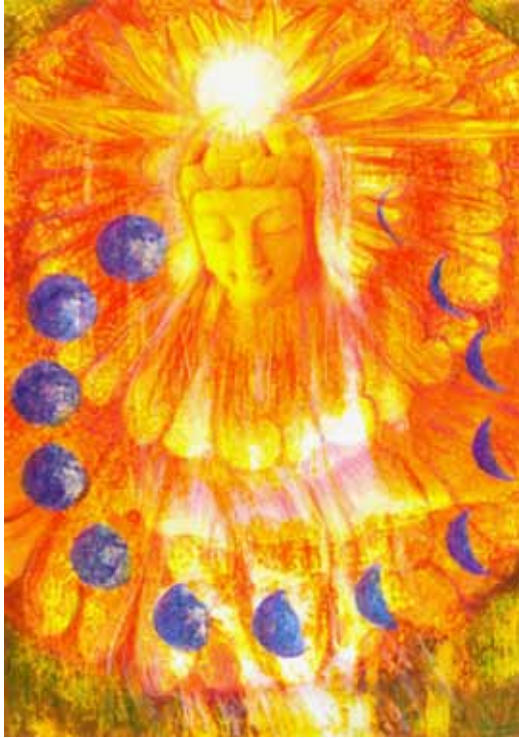
The ritual is open for all and may be conducted by any inclined person.

Thank you.



Virgo

Kwan-Yin, the Mother of Grace



Kwan-Shai-Yin is identical with, and an equivalent of the Sanskrit Avalokiteshwara, and as such he is an androgynous deity. Under his female aspect, he becomes Kwan-Yin, the goddess of mercy, called the "Divine Voice." In the Vedic and the Puranic symbolism, this plane of the divine Word is also called Gayatri, the Great Mother of the Dawn. The World Mother is called the Virgin, who finds her expression as a principle in nature and in man through the sign Virgo.

From the "Secret Doctrine" and "Spiritual Astrology"

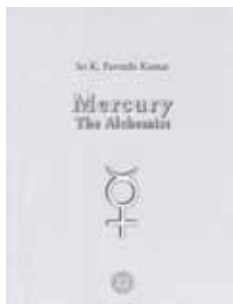
Book review**SCIENCE OF HEALING**

Healing is the age-old art of mankind. The origin of life includes the origin of the principles of life preservation. Knowledge is the heritage of man and primitive ages were no exception to it. All the ancient nations have their own approach to the Art of Healing. The present age of materialism in medicine has narrowed down the scope of healing but it is a passing through a phase which is necessary before a rediscovery of the ancient truth.

A few lectures which Dr. Ekkirala Krishnamacharya gave out at different places in the Occident have been gathered and published in this book.

Ekkirala Krishnamacharya: Science of Healing

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

**MERCURY – THE ALCHEMIST OF THE AGE**

Mercury is the golden middle principle that can compromise the high and the low, the left and the right, the male and the female, the positive and the negative, the spirit and the matter, and the Divine and the diabolic. Mercury is impersonal, and the one who is governed by Mercury is impersonal as well. He is the agent of divine alchemy,

to synthesise seemingly divergent energies. Mercury is the friend with whom all agree. He is the centre around which things tend to gather. Mercury is the light of the soul that soothes, heals, magnetises and thereby enlightens the surroundings very impersonally.

Dr. K. Parvathi Kumar: The Alchemist of the Age

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

Astrological Important Days in August/September 2012

22.08.	19:07	☉ → ് / Sun enters Virgo	
24.08.	04:57	☾ 8 th phase of ascending moon starts (End 25.08. at 02:51)	☉ 01°22' ് / 25°22' ്
♀			
26.08.	22:50	11 th phase of ascending moon starts Contemplation upon Gâyatrî, the World Mother with a rainbow hal- low around the head (End 27.08. at 20:59)	☉ 04°00' ് / 04°00' ്
☉			
30.08.	02:02	23 rd constellation Dhanishta starts	☉ 17°22' ്
♄	16:41	Phase of full moon starts Contemplation upon Gâyatrî, the World Mother	☉ 07°37' ് / 25°37' ്
	21:00	Dhanishta- Meditation (Dhanishta-constellation ends 31.08. at 01:46)	
31.08.	15:58	☉ Full moon of Virgo ☉ in ് – 1 st to 14 th descending moon phases: Contempl. upon the Pitris	☉ 08°34' ് / 08°34' ്
♀			
08.09.	01:59	☾ 8 th phase of descending moon starts (End 09.09. at 04:26)	☉ 15°45' ് / 09°45' ്
♄			
11.09.	07:53	11 th phase of descending moon starts Contemplation upon the Pitris (End 12.09. at 08:35)	☉ 18°54' ് / 18°54' ്
♄			
15.09.	06:10	Phase of new moon starts New moon point of Virgo: Contemplation upon 'The Pledge'	☉ 22°44' ് / 10°44' ്
♄			
16.09.	04:10	☉ New moon of Virgo	☉ 23°37' ് / 23°37' ്
18.09.	20:28	4 th phase of ascending moon starts Ganesha-Festival: Contemplation upon Ganesha, the cosmic Jupiter, from Head Centre to Base Centre	☉ 26°14' ് / 02°14' ്
♄			
19.09.	17:46	5 th phase of ascending moon starts Contemplation upon the 7 Seers of the Great Bear, represented by the 7 Masters of the 7 Rays (End 20.09. at 15:11)	☉ 27°06' ് / 15°06' ്
♀			
22.09.	10:39	☾ 8 th phase of ascending moon starts (End 23.09. at 08:47)	☉ 29°45' ് / 23°45' ്
♄			
	16:49	☉ → ♎ / Sun enters Libra Autumn Equinox: Contemplation upon the female Hierarchy	
25.09.	05:57	11 th phase of ascending moon starts Departure of Shirdi Sai Baba from the physical (End 26.09. at 05:01)	☉ 02°30' ♎ / 02°30' ്
♄			
26.09.	08:29	23 rd constellation Dhanishta starts	☉ 17°22' ്
♀	21:00	Dhanishta- Meditation (Dhanishta-constellation ends 27.09. at 08:39)	
29.09.	04:34	Phase of full moon starts Contemplation upon the Mother sitting on the lion	☉ 06°22' ♎ / 24°22' ്
♄			
30.09.	05:18	☉ Full moon of Libra	☉ 07°22' ♎ / 07°22' ്
07.10.	20:35	☾ 8 th phase of descending moon starts	☉ 14°54' ♎ / 08°54' ്

All dates are in MEST (middle European summer time)

From: »Astrological Calendar 2012/2013«;

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



*TAVĀHAMAGNA ŪTHIBHIR
MITRASYA CHA PRASASTIBHIHI
DWESHO YUTO SA DURITAT
URYĀMA MARTYĀNĀM*

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

Commentary

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