

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Cancer 2003 Karkataka

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The World Teacher Trust - Europe

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

(Maruvu Maharshi: Master Morya; Devapi Maharshi: Master Koot Hoomi; Vidura: the Mahachohan)

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INVOCATION

May the Light in Me be the light before me
May I learn to see it in all.

May the sound I utter reveal the light in me
May I listen to it while others speak.

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

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

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

Master E.K.

MESSAGE OF THE TEACHER

SYNTHESIS

Yoga is the ancient-most name for synthesis. Synthesis means Integration, “At-one-ment”, and yoga also means that. When you are able to identify with the whole and live in that consciousness, it is said that you are in synthesis. The *Bhagavad Gita* speaks of synthesis. The 12th chapter is dedicated to it.



PRAYER FOR THE YEAR

(To be repeated every month)

In HIS name we live
In HIS Temple we live.

In HIM verily we live
Until HE opens HIS eye in us.

In HIS name HE lives
In HIS Temple HE lives.

In HIM verily HE lives
As HE opens HIS eyes in us.

Let us look to HIM
When we look to each other.

Let us find HIM in all that IS.



MESSAGE OF THE MONTH OF CANCER

Beware that Cancer causes the entry of the soul into matter.
It is the sunset hour of the year, where the sun gets hidden.
The soul gets absorbed into matter and remains hidden.
The butter is hidden in the milk; it needs to be churned to regain the
butter.
Food and drink should be taken with great care and caution in the
months of Cancer to Scorpio.
The frictional Fire of Sagittarius can be easily ignited if such care is
exercised.
The rebirth of the sun can happen in Capricorn through the dawn.
The return of the soul from matter depends upon the flexibility of
matter.
Hence the importance of food and drink, during the 4 months of the
beginning of the summer solstice.



GÎTÂ-UPANISHAD

- LORD KRISHNA -

The purified mind can reflect the light of comprehension of the soul. The impure mind cannot. A stable and comfortable mind is the one that does not allow impurities to gather. Instinctively it repels anything that is not pure. Such mind rejects even sorrows and conflicts. It remains joyful aligning with the light of comprehension.

LORD MAITREYA



Fraternity and cooperation seem to be unattainable fruits to many members of goodwill societies. They desire fraternity and cooperation, they least know that such valuable qualities cannot be possessed by just desiring them. The members must necessarily go through the steps of discipleship. They need consecration, self-regulation and discriminative speech. Without inculcating these triple qualities, one cannot seek such things as fraternity and cooperation. Continuity of effort shall have to be cultivated. Cultivation is a continuous action. Let the fundamentals be continuously practiced with alertness. See how a cultivator is ever alert to sharpen the field to bring out fertility and to weed out the weeds that harm the crop. Learn to cultivate the body in all the three planes, and weed out the seeds, then the field sprouts and the crop grows to give the spiritual food. Demand of co-operation at personality level remains a myth. Co-operation and mutuality are natural for those who function as souls. Let your personality cooperate with your soul consciousness. Let there be mutuality between the higher and the lower Self. What is true with you will be true for you in relation to the surrounding life.



MASTER MORYA
- MARUVU MAHARSHI -

Worship of fire is the ancient practice. The Veda extols the fire as the foremost expression of the Truth. Let it be done with due orientation; let it not be done as a show of personality.

When you work with fire it burns your past karma, for which you should be ready and be prepared for certain losses, difficulties, discomforts and the like.

The fire-worshipper should consecrate himself forever to live life in purity, in obedience to the Law, and in service of the surrounding life. Worshipping fire and speaking untruth has serious consequences. Hence the fire-worshiper should consecrate himself. A consecrated one cannot be irresponsible.

Pray the fire during the ritual to burn up your personality karma. Worship the fire to seek strength so as to enable the withdrawal of senses into the mind and the withdrawal of the mind into *buddhi*. Pray the fire to assist you in transcending the personality. Pray the fire that you would like to shine forth like the Fire God Himself. Such is the purpose of a fire ritual.



MASTER KOOT HOOMI
- DEVAPI MAHARSHI -

Individual karma is no big thing. It is big for the unprepared. For the prepared, to walk through, is not difficult.

Once a rich merchant boarded a ship with all his riches. On the way the co-travellers thieved his riches day by day. He remained silent and entertained endurance of the personal injustice. In the middle of the sea the ship wrecked. The travellers sunk, the merchant could hold on to a wooden plank of the ship for days and nights. He was ashore in a week. It was an island of hospitable community. They received him with love, gave him medicines to restore his health, nourished him with the good food of the island and arranged for his stay, building an abode. An inhabitant of the island asked: "It is a miracle that you reached this island. Others sunk in the sea; you survived and reached this island. What could be the reason?" The merchant said: "I know only one reason. I lost everything in the travel and gained this island. The travel was, no doubt, costly, but I am better off".

Thus the prepared ones can neutralize their karma at once. The unprepared neutralize it at snail's pace.



THE TEACHINGS OF MASTER D.K.

INTERLUDES OF BREATHING

The souls have interludes. There is a constructive activity relating to the interludes. These interludes fall into 3 categories:

1. Life interlude
2. Interludes in daily life
3. Interludes in meditation

An interlude is an interval between two activities. It is a period of silence that succeeds activity and precedes the next activity. An interlude is experienced in meditation, in the sense that the student naturally holds the breath having inhaled and does not exhale until after an interval. Such a process causes inhalation of *Prana* and Consciousness and is lifted up through holding. It is a natural happening when one works with the deep breathing. Such holding puts man into the second category of breathing, that is holding the breath and feeling the need to hold it, but not to release it. Then the energies are gathered and lifted up. The pulsation is experienced. When success crowns this effort, the consciousness slips out of the mechanism of personality; it is a lifted up consciousness. The soul becomes active with pulsation. The mind and brain are aware of the natural holding but not an imposed holding. The mind is thereby held steady in the Light, and the soul in the meantime thinks to unite with the souls around. The interlude comes to an end. The mind becomes active and the personality is released. Such actions repeated, the personality becomes the instrument of the soul and is attentive to the soul activities.

MESSAGE OF MASTER E.K.

SENSE ACTIVITY



Yoga recommends the suspension of the sense activity. Suspension is not easy in the beginning. Regulate the sense activity into the acts of goodwill that you like. Habit makes working for goodwill as a means of entertainment of the mind and the senses. In this way you lead the senses from indiscreet activity to regulated discriminative activity. Gradually the senses cooperate to work or to rest at will.



VIDURA WISDOM TEACHINGS

It is wise to resign
from the work that breeds conflict
and inflicts the worker,
however splendid the work is.

SHIRDI SAI SAYINGS

GOODWILL



Ensure that you hold goodwill towards all. That will hold the mind, the senses, and the body in harmony.

If you lose hold over the goodwill, the alignment with the mind ceases. Such mind becomes fickle, grows emotional, disturbs the senses, and makes the body disobedient.

Hold the reins of goodwill then the horses (senses) move the chariot (body) on the royal path and enables you to experience the purpose of life.

CHILDREN'S SECTION

THE DOCTRINE OF ETHICS

The riches bulge
like the water in the coconut.
The riches disappear too
as the evaporation of ice.
May the intelligent
rely on virtues but not on riches.

CHILDREN'S SECTION

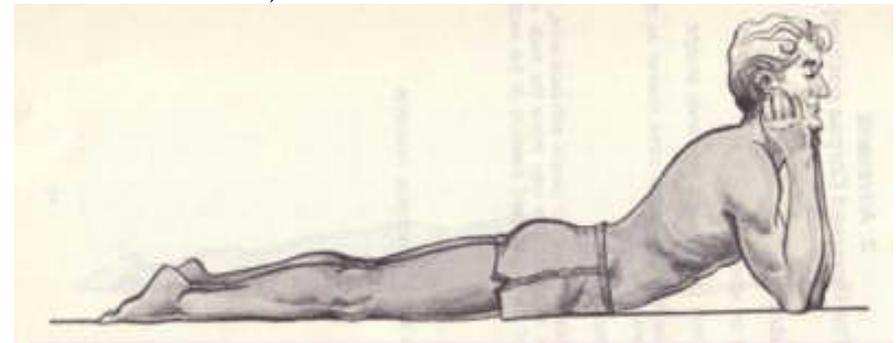
YOGAS ÂSANAS

Makarāsanā (The Dragon posture)*

This is a slightly altered posture of the preceding Asana (Advāsanā)

Procedure:

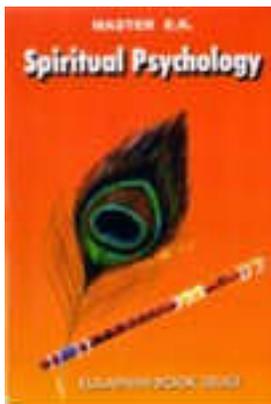
1. Lying on the stomach slowly raise the head and the shoulders.
2. Rest the head on the palms, with elbow support.
3. Ensure that your elbow joint and your ears make a vertical line.
4. Ensure the head horizontal to the floor.
5. Ensure that the soles of the feet are kept upwards by stretching the ankles.
6. Follow the relaxation steps as given in Shavāsanā (Âsana of the month of Taurus).



* An Âsana from the book 'Mithila' of Dr. K. Parvathi Kumar for physical and psychological relaxation

BOOK REVIEW

SPIRITUAL PSYCHOLOGY



The spiritual anatomy of man is considered from the viewpoint of the wisdom teachings of the East, with constant correspondence to astrological keys, for astrology is one of the seven keys to spiritual wisdom. A detailed investigation of the occult significance of numbers, shapes, colours and sound is included, plus a series of meditations and an indispensable glossary of Sanskrit terms. "Spiritual Psychology" is a type of reference book to which one can constantly refer.

Ekkirala Krishnamacharya: Spiritual Psychology

Copies: The World Teacher Trust Europe: wtt-europe@wtt-europe.ch

SOUND. THE KEY AND ITS APPLICATION



To be able to understand sound one has to understand silence, and to be able to hear the sound one has to listen first to silence. This book explains step by step what should be our attitude towards sound and speech. It is very clearly explained in it how one can trace the source of sound if we learn to listen and sing the harmonious sounds or mantras. The book also explains how we can enter into our respiration, reaching pulsation and the Soundless Sound.

K. Parvathi Kumar: Sound. The Key and its Application

Copies: The World Teacher Trust Europe: wtt-europe@wtt-europe.ch

NEWS - REVIEW

TOURS OF THE TEACHER

13th -19th June 2002: Tour of the 7 Cities in Spain

The Teacher started his tour landing in Madrid, "the matrix" or "water navel" of the Spanish Peninsula, a remaining of the continent of Atlantis. A 14-member delegation of the WTT Spain was waiting to accompany the Teacher in his tour through Spain during 7 days.

The total group of 17 members visited historic places in Madrid, Toledo, Segovia, Córdoba, Jaén, Granada and Sevilla. The group could live very close to the Teacher, travelling by bus day after day, visiting together places full of history and listening to his divine explanations *in situ*.

The group visited Madrid and its palaces and gardens, the city of Toledo and its cathedral, synagogues and royal palaces. Toledo or "Tulaitula" means "the city of the races". Toledo has been through the centuries the historical capital city of Spain. Only in the XVI century a new and bigger city was built in which is now Madrid.

The group visited Segovia and its 2000 year-old roman aqueduct, the Alcázar and the royal palaces of La Granja; Granada, its churches and its Moorish Alhambra Palace; Córdoba and its Roman temple/Moorish mosque/Christian cathedral of La Mezquita; Jaén and its immense fields of olive trees, and Sevilla and its historic role as a port-city looking to America and its Universal Exhibition.

There could not be a better guide than the Teacher on our tour.

The Teacher saw Toledo as the Soul of Spain and recommended the group to meditate every month in its cathedral. He also told the group to organize a group living in Toledo in the future.

20th -25th June 2002: Monastery of Santa Maria de Les Avellanès (Lleida), Spain. Summer Solstice & Cancer Full Moon

Around 230 members from all corners of Spain gathered to celebrate the Summer Solstice and the Full Moon of Cancer during 6 days in an ancient sacred place, celtic site and roman monastery. The Teacher explained how Cancer represents the sunset of the year and how we should prepare to pass through the midnight of the year in Scorpio, arrive to the dawn of the year in Capricorn and resurrect as a new being.

Subject: "The Nature and Characteristics of the Sun sign Cancer".



A PROPHECY OF MASTER D.K.

Humanity is now upon the Path of Discipleship as I have frequently told you and Scorpio rules that path; Gemini governs the way of many changes which conditions the struggle which began in Aries, focused in Cancer, is brought to a crisis in Scorpio and ended in Capricorn. When Gemini, Scorpio and Mercury are correctly related we shall see the United States moving also on to the Path of Discipleship through a release from its present self-centered policy, its well-meaning evasion of responsibility and its innate fears and distrust. When the focus of the power in London is also rightly oriented and is released into increased effectiveness by drastic purification of motive, then the united effect of both these clarifications will be human liberation. These facts are being slowly realized in London, ahead of the realization which is more slowly awakening in the States.

These potencies, when effective, lead to true service in Aquarius.

Esoteric Astrology, p. 360. Lucis-Trust, London.

GREAT INVOCATION

Let us form the Circle of Good Will.

OMNIA VINCIT AMOS

From the South through Love
which is pure.

From the West through Wisdom
which is true.

From the East through Will
which is noble.

From the North through Silence
which is golden.

May the Light make beautiful
our lives.

O Hierophant of our Rite
Let his love shine.

OMNIA VINCIT AMOS

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 Christ return to Earth.

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

From the centre which we call
The race of men
Let the Plan of Love and Light
work out
And may it seal the door
where evil dwells.

From the Avatar of Synthesis
Who is to come
let His energy pour down
in all kingdoms.
May He lift up the Earth to the
Kings of Beauty.

Let Light and Love and Power restore
the Plan on Earth.

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

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

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

Let love prevail.
Let all men love.

Master D.K.



The regular utterance of OM
causes alignment of external and
internal implements of your system.
Your 8-fold nature is treaded to form
a garland of lotuses.

It leads you to the states of Yoga,
that is:

Integration of personality with the soul and
Integration of the soul with the Universal Soul.

Follow OM and find the Path of Integration.

K. Parvathi Kumar