

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Leo 2007 Simha



Be-ness at all times is called God.

The eternal Be-ness of God
is the sacred word OM.

As much as you remain with OM,
so much you remain to Be.

Utter OM and experience
Be-ness insistently.

K. Parvathi Kumar



Invocation

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

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

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

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

Master E.K.

Table of Contents

Invocation of Master E.K.	2
Table of Contents.....	3
Prayer for the Year.....	4
Message of the Month of Leo ☉	5
Orientation for the Groups.....	6
Message of the Teacher.....	8
Lord Krishna: Gītā Upanishad.....	9
Lord Maitreya	10
Master Morya - Maruvu Maharshi.....	11
Master Kut Humi - Devapi Maharshi.....	12
Message of Master E.K.	13
Vidura Wisdom Teachings.....	14
Shirdi Sai Sayings	15
Sri Ramakrishna.....	16
Lay Man's Prayer.....	17
Discipleship	18
Occult Meditations.....	19
Rudra	20
Ashram Leaves.....	21
On Love	23
On Change.....	24
On Silence	25
Hymns on Agni	26
Message of Master K.P.K.....	27
Children's Section.....	28
Book Review	29
News - Review	30
Window to World Service	31
Extracts from the Teachings.....	32
Informations	34
Paracelsus – Health and Healing	36
Astrological Important Days	38
Great Invocation	39
OM	40

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.

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Prayer for the Year

Ten times ten.
The wheel rotates.
Three wheels from one wheel.
A total of four wheels.
Three above and four below.
Seven wheels rotate in three directions.
Seven and three is ten.



Message of the Month of Leo

The month of Leo offers a favourable time to open doors into the inner world (subtle world). Leo is lion and lion is *Simha* in Sanskrit. *Simha*, *hamsa*, *ahimsa*, *hasoum*, *soham* are all the mantrams relating to this sign. The resonance of the pulsation in the heart centre trumpets, "here I AM". The students would do well to apply their mind and listen to such resonance to gain insight. Harmlessness (*ahimsa*) is the chief quality that would enable to do the practice of applying the mind upon the resonance of pulsation. Harmlessness is called *ahimsa*. The contrary quality is called *himsa*. As long as one hurts others physically, emotionally or mentally one is not fit to gain proximity to the portals of the heart. Conquering the lion means conquering the instinct to hurt others. Samson, Hercules, Pythagoras, and a host of other initiates are said to have conquered the lion. It means they gained harmlessness and thereby found entry into the inner world. In Leo, lion is the exoteric symbol and swan is the esoteric symbol. The swan that we hold inside is the swan of pulsation. It is called *hamsa*. The swan floats in pure waters and the esoteric swan floats in ethereal currents. The message of Leo is, "Transform yourself from the state of a fierce lion to that of a blissful swan".

Orientation for the Groups for the Solar Year 2007-2008

Invocation

SAHANAVAVATHU	Let us be protected together
SAHANAVBHUNAKTU	Let us share and enjoy together
SAHA VIRYAM KARAVAVAHAI	Let us work together efficiently
TEJASVINAVAMAVA	Let there be no hindrance
DHITHAMASTU	To enlightenment
MA VIDVISHAVAHAI	Let not malice prevail

OM SANTHI SANTHI SANTHIHI
Om, peace, peace, peace.

Meaning:

MAY WE BE PROTECTED TOGETHER
MAY WE SHARE AND ENJOY TOGETHER
MAY WE WORK EFFICIENTLY TOGETHER
LET THERE BE NO HINDRANCE
TO OUR ENLIGHTENMENT
LET NOT MALICE PREVAIL
LET PEACE BE IN ALL THE THREE PLANES.

Message:

To unite is Yoga, to divide is anti-Yoga. Division is common in the communities and groups, but where groups are committed to Yoga any division amidst such groups is clear indication of absence of spirit of Yoga.

Let us therefore strive to include and not to exclude to unite and not to divide, to accord and not to discard. To honour and not to dishonour each other at the individual and groupal level.

The group as a whole needs to be seen as one consciousness fit to stand before the disciples of hierarchy to enable initiation and

the consequent manifestation of good-will work. May this be held in the heart and worked out cordially. May the year Sarvajit bestow the necessary blessings.

You can hear the intonation of the invocation at:

<http://www.worldteachertrust.org/med/sahanavavatu.mp3>

Invocation for United Europe for the European Groups

At the occasion of the WTT-seminar in Wermelskirchen, Germany, Master Kumar gave this invocation, suggesting that the members of the WTT in Europe could start with it from Leo Full Moon 2007 onwards. A good day for it is Sunday.

We the citizens of Europe strive to stand united.

We endeavour to unite the east and the west in us and in Europe.

We aspire to stand in the fusion of the east and west of Europe and provide a field for fusion for easterners and westerners of Europe.

May we fulfil the Hierarchical plan of discipleship standing in the Light, Love, Power and Synthesis of Hierarchical energy.





Message of the Teacher

The Form and the Content

One cannot experience the Absolute without the means of a media. Electricity cannot be experienced without the means of a medium like a bulb, a motor, an amplifier etc. One cannot drink without the help of a cup. Even if he thinks of drinking with hands, the hands function as the means. Means are as important as the end.

There is a medium through which everything is expressed and experienced. The absolute God takes to the means of Fire (Agni) to form the seven-fold creation. The beings in creation experience God again through the means of Agni. Mediums and messengers are as important as the message.

The teaching is the message. The teacher is the messenger. Be aware that the teaching and the teacher are the two aspects of the One. One does not exist without the other. One cannot be a teacher unless he teaches and awakens the souls. The teaching cannot survive without the Hierarchy of Teachers. May the aspirants learn to respect the teacher and the teaching alike. Preferring one to the other is childish.



Gîtâ-Upanishad

- Lord Krishna -

The Doctrine of Action

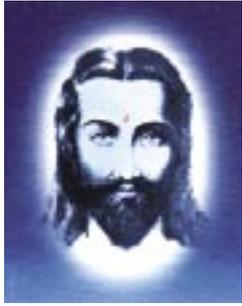
The Lord says, "When you are at the crossroads (a crisis) of life look to the predecessors who overcame such crisis. Follow their formula of action. You too would overcome."

This is a solution the Lord offers to Arjuna. Precedents are helpful to find a solution. Knowledge of the precedents, which helped many to stay in light, are the footprints for us to follow. The history carries this limited but essential value. How did the knowers behave in times of crisis is of great value to the seekers of knowledge. It provides clarity on the path. It is for this reason the Lord further says to Arjuna, "The predecessors of great name and fame also follow the doctrine of action. You too therefore follow them."

The doctrine of action is reiterated by the Lord but not propounded by him. He says that he is not propounding a new doctrine but is only clarifying the doctrine once again. His own life is an example of such doctrine. The doctrine of Karma (Action) consists of four steps:

1. do what is to be done;
2. do not look for the fruits of action;
3. ensure no manipulations in actions and;
4. do not get stuck with name, fame, glory, which the action bestows on you.

This doctrine is age old. It is as old as the Creator himself.



Lord Maitreya

Group and Group-life

A healthy group consists of men, women, children and the aged ones. Such a group is a complete group. In consciousness they are all one, but in maturity they are different. By nature also they are different. As said earlier they are One in essence yet they are different in their states of awareness. The children are but children. They need to be given love and affection and should be taught to respect elders. Likewise, the ladies and the gents need to be cognised of their gender and should accordingly be respected. A male cannot be a female for that life or a female a male. There are social values as between elders, ladies, gents, and the children. Together they form a beautiful group. But a mix-up of their function would cause confusion and conflict. There need to be different programs as between them in a group life. An intelligent group leader recognises the natural function of the male, the female, the children and the aged. In so far as these functions remain natural the group survives and grows naturally. While there are some programs common for the entire groups, there should be specific programs for the children, aged, ladies and gents.

Building a group without these values would become meaningless.



Master Morya - Maruvu Maharshi -

Meditation and Giddiness

Sometimes in meditation a student gets into giddiness. It is a sleep-like state. It causes frustration to the student. It is like a black cloud that hinders experiencing the soul. Giddiness happens when the student is transcending from the mental state to the buddhic state. The former is familiar state and the latter is unfamiliar. The psyche of the student grips to the familiar and does not let itself into the buddhic state, the unfamiliar. Consequently there is a smoke-like state, which makes the student hazy. When the student encounters this situation he should learn to wait. The psychological fog emerging from him will slowly pass away like a passing cloud. Each time he falls asleep during such state he misses a golden opportunity to transcend.

To overcome this giddiness the following practices are helpful:

1. To face the east during the dawn hours and meditate until a few minutes after sunrise.
2. To do deep, uniform, slow, soft breathing 24 minutes before meditation.
3. To enflame fire wood and regularly look to the flames.
4. To exercise for 30 minutes daily until the whole body sweats.
5. To look for light food such as water, buttermilk, yoghurt, vegetable juice, honey, fruit juice and modest quantities of cereals and pulses.

If a student adopts to the five regulations the density of the tissues of the body get reduced. The body would be able to respond well to the energies of the soul.



Master Koot Hoomi - Devapi Maharshi -

ESP

Extra sensory perception (ESP) is cultivable. Visualise a serene scenery such as sunrise over a lake or a mountain or a sea, a sacred mountain such as Kailash, a waterfall or a temple of your choice. Close your eyes and visualise a specific scenery of your choice daily. As you visualise get into the greater detail of the scenery. Visualising the scenery in its detail and listening to the sounds therein such as the sound of the wind, the chirps of the birds and also experiencing the weather of the place would help such visualisation. As you see better and listen better of the scenery you would develop clairaudience and clairvoyance. When such faculties are developed one would be able to experience the super-mundane. Listening to the beings of the subtle plane, experiencing the subtle ashrams on earth, encountering the Masters of Wisdom are possible once ESP is gained. This practice requires tolerance, continuity, unwavering intent. Mind you! The subtle is as real as the gross.



Message of Master E.K.

Disciple Versus Devotee

Discipleship is effort to stay in light. Staying stably in light the disciple experiences light in all that is. He does not discriminate between one form of the light and the other. Such a disciple does not discriminate between Shiva, Krishna, Buddha, Christ. He sees them as One Light performing different tasks at different times. Be oriented to life in all forms. Do not discriminate between the forms of life. If you are with the light you are a disciple and if you are with a form of light you are a devotee. Grow to be a disciple from being a devotee.



Vidura

Wisdom Teachings

Association
with men of goodwill
implants the seeds of goodwill
in you.



Shirdi Sai Sayings

The Congregation

All the sacred rivers culminate in the ocean. A bath in the ocean is equivalent to the bathing in all the rivers. Likewise, the worship of the Master is equivalent to worshipping all the deities, for in the Master all the deities congregate.



Sri Ramakrishna

Book Learning

Can love of God be acquired by reading holy books? In the Hindu almanac it is mentioned that on a particular day there will be twenty Adas (a unit of measure) of rainwater. But you will not be able to squeeze out of the almanac a single drop! So also many good sayings are to be found in holy books, but merely reading them will not make one spiritual. One must practise the virtues taught in such books in order to acquire love of God.

Lay Man's Prayer



We cannot boast to hold on to You.

We pray,
so that You hold us
in our hours of trial, crisis, conflict,
of pain and pleasure.

Discipleship

Mysticism

Mysticism is the inherent spiritual faculty which has produced all truly spiritual people, the mystic and the religious man. Mysticism is, no more and no less, the urge to union with the divine, with the God without and within. It is the power to feel, to appreciate and to love that which is greater and better than oneself, the capacity to grasp the good, the beautiful and the true, to sense the unknown and unprovable.

Humanity as a whole is becoming mystical in its orientation and consciousness. The mystical stage is a part of the evolutionary spiritual development of all. In the intelligentsia of the race mystical awareness is always there, even if unrecognised or repudiated. The mystical way is the right way for people at an early state of evolution, provided it is not carried to the point of unbalance. It is a useful and needed process whereby spiritual aspiration begins to take the place of desire and a man shifts his consciousness from the body to the soul, from self to God.

The mystical cycle is the correspondence to the adolescent cycle in the life of the young, spurring on to right orientation and stabilising certain standards and values. Such a cycle will however be recognised as undesirable when the time has come that a new and higher set of values and a more spiritual and controlled technique should take its place. A life purpose, a recognised plan and a correctly directed activity must eventually supersede all adolescent aspirations, dreams and yearnings.

a disciple



Occult Meditations

Meditation 8

Do not listen to what the world says.

Listen to what it needs.

Listen to its heart, not its tongue.

Its tongue confuses you.

*Its heart shows you the way
and trumpets the gospel.*

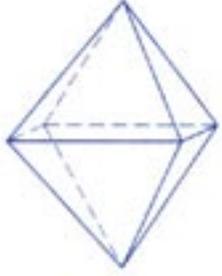
Commentary:

Man has one tongue apparently, but in reality he carries many tongues. He is a many-tongued one. People fear the two-tongued serpent. Asclepius says, "Fear not the serpent of two tongues, fear man of many tongues." Men of the world do not speak straight. They twist, they turn, they manipulate. If one listens to the tongue, one gets confused. Men of the world carry a hidden agenda. What they need is different from what they speak.

It is a special knowledge to know what one needs, without getting confused by what he says. For this, one needs to be an inner consciousness. From that consciousness, one can listen to the heart of others. The heart trumpets what the speaker needs, which he may not express by the tongue, either consciously or unconsciously. This needs to be practised in discipleship – to go by the heart of the others and not by the speech.

The speech can be untruth; it can be an admixture of truth and untruth; it can be manipulative or critical or confusing. It cannot be better in the age of *Kali*. It is the state of non-alignment of the inner and outer man. He is the worldly man.

The heart always carries the truth. This truth can be organised only by those who talk from the heart and otherwise remain silent.



Rudra

9. Rohithaya

He is the red-coloured one. The colour of Rudra is pure red. Red is the colour of Agni. It is the first colour in the manifestation. It is will. It leads the creation from the seeming nothingness to the apparent something. The will is required to construct and even to destroy. The red colour of Rudra works to create and to destroy. Will is the beginning and also the ending of any periodical activity. The will is required to begin as well as to conclude. Some cannot begin. They need to invoke Rudra. Some cannot conclude. They also need to invoke Rudra. Blockages can generally happen in the activity. Even for clearing such blockages, the will is required. Such will of Rudra can be invoked through the contemplation of the red colour. Only advanced students can work with red. Others are advised to work with orange, a variation of red. Tender persons like children are advised to contemplate upon the rose colour. Even the day starts with red at the eastern horizon and concludes with red at the western horizon.

Ashram Leaves



OM

***POORNAMADAH POORNAMIDAM
POORNAATH POORNA MUDACHYATHE
POORNASYA POORNA MAADAAYA
POORNA MEVAVA SISHYATHE***

Poornam is a very important word in Sanskrit which means fulfilment, perfection and all-round development. In fact, a circle is a perfect geometrical figure - all polygons merge in a circle - a triangle, a square, any shape - it can be rounded up. That is why fulfilment is always represented by a circle. The globes of the Solar System are round in shape - it is indicative of the fullness or completeness of the creation. It is recommended that we respect any shape that is round as it is a full shape; it is a perfect shape which carries 360 degrees. Another important shape which carries 360 degrees is a square (a double triangle). It is always a square coming from the circle and a circle coming from the square. In fact, it is said in the Scriptures that the cube comes from the sphere and the sphere comes from the cube. Square and circle are another type of representation of the globe and the cube. The globe and the cube are the perfect shapes and it is that perfection of every concept which is recognized as Poornam.

For instance, full moon is called Poornima. That means, as far as the Moon phases are concerned, the full moon is the point of fulfilment or perfection. Before that it is not full - after that it is not full.

The 14th phase before or the first phase after full moon are not so very full as the full moon. So that which is full, that which gives a fulfilment is called Poornam. It is to that Poornam, the Mantra refers here.

„Poornamadah“ means „that is perfection“ or „that is fulfilment.“ „Poornamidam“ means „this is fulfilment.“ „Poornaath Poorna Mudachyathe“ - „it is out of fulfilment, fulfilment springs up.“ Only a man who is fulfilled can fill others. If he is empty, he cannot make others full.

„Poornasya Poorna Maadaaya“ - Even if you add some more fulfilment to fulfilment, it remains fulfilment only. You deduct something from fulfilment - it remains fulfilment only.

And „Poorna Mevava Sishyathe“ - At all times what remains is fulfilment.

Mathematically, zero plus zero is zero, zero minus zero is zero, zero into zero is zero and zero divided by zero is zero. These are the four steps.



This symbol when meditated upon bestows fulfilment

On Love

Love needs no other!
Love is causeless!



On Change

Learning not for changing
but for fancy makes you
just an orator.



On Silence

Silence leads to Presence.
Presence absorbs you into Itself.





Hymns On Agni

5. AGNE DEVAGUM IHA VAHA JAJNAANO VRUKTA BARHISHE ASI HOTA NA EEDHYAHA

Oh Lord Agni! You are born out of ARANI. You are the ritualist. Please call forth the Devas for the ritual. To enable Devas to be present we have arranged respectfully the sacred grass.

ARANI is an instrument by which the flame is created for a fire ritual. It constitutes of a vertical and horizontal wooden pieces. The vertical is set into the centre of the horizontal wood piece and is churned. Through the friction, the fire and the flame are born. These are symbolic of Cosmic Person and Cosmic Nature. The vertical represents the cosmic male principle and the horizontal represents the cosmic female principle. The interaction of the two brings forth the cosmic fire, AGNI. From this Agni all Devas of radiation, vibration and materialisation emerge, who build the creation. Hence Agni is called the Master Ritualist who calls forth the Devas into manifestation. The instrument **ARANI** is made of sacred wood. Cedar tree, silk tree, pine tree, banyan and mango trees are considered sacred.

The sacred grass is a special grass grown for purposes of Vedic rituals unto which the Devas are invoked. This is because the planet Earth is not considered sacred enough for them to manifest. Hence the worshipper of the Fire says in the hymn that he arranged for appropriate reception of Devas to bless him by saying that the sacred grass is spread for the Devas and the Devas may therefore be called forth.

Message of Master K.P.K.

To the disciples



“To build it takes decades.
To destroy it takes just an hour.”

“Action builds. Reaction destroys.”

“Action comes from constructive mind.
Reaction comes from emotional mind.”

“A sculptor sculpts an angel over decades
but destroys it with one erratic emotion.”

“Aspirants build the temple within over years
but their emotional reactions destroy it overnight.”

“Mankind has been building and destroying over centuries
like the children on the seaside.
The Masters wait with patience and compassion.”

Given at May Call Day 2007, Kandersteg, Switzerland

Children's Section

The Doctrine of Ethics

The lazy, the hasty
and the impatient
agitate to spoil.
The active, the poised
and the patient one
retrieve even
the spoilt deed !

Dear Children

The speech has its basis in Sound. The basic sounds are A E U. Do you know that in every language these sounds are basic sounds. According to the ancients A is the father, E is the mother, U is the son.

Adam starts with A, Eva starts with E.

In ancient wisdom A is power, E is Will and U is Love & Wisdom. They say these 3 sounds are the Trinity.

These 3 sounds are the basic energies namely Will, Intelligent activity and Love & Wisdom. The combinations of these three bring in other cosmic energies.

The other vowels are the other energies which emerge from combination of these basic sounds. The basic ovals are 5 and the World is of 5 elements. By this the Wisdom hints that the worlds emerge from sound. You should thus know the importance of Sound and Speech.

Dr. K. Parvathi Kumar

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

Book Review

New Era Healing

Healing is the age-old art of mankind. The origin of life includes the origin of the principles of life preservation.

A few lectures which Master E.K gave out in various centres in Belgium have been gathered as extracts in the form of this primer. They contain all the seeds of the various branches of the healing wisdom of the ancients. They will serve the purpose of stimulating the thought of those who wish to learn the subject in detail.

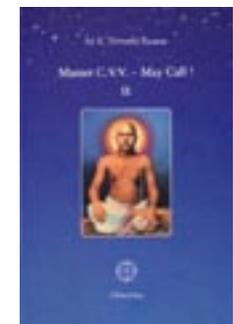


Ekkirala Krishnamacharya: New Era Healing
Copies: The World Teacher Trust, info@worldteachertrust.org

Master CVV May Call! – Vol. 2

There is a way to understand the synthesis of Existence, when Existence is recollected and we speak in awareness of Existence, in awareness of Existence we work, in awareness of Existence we sleep, and then there is One continuous Existence experienced through all. We shall have to remember that there is only Existence and nothing else.

Master KPK has been transmitting the Energies of Master CVV and the Path of Synthesis in the West on the MAY CALL Days since 1988. The May Call messages of Master KPK represent the teachings of Master CVV. They are briefly given here as a first step of His teachings.



K. Parvathi Kumar: Master CVV May Call! Vol. 2 € 19
Copies: The World Teacher Trust, info@worldteachertrust.org

News - Review Tours of the Teacher

India: December Call in Bangalore with a stop in Puttaparthi - Ashram of Sai Baba

26th – 30th December, 2005

26th of December the Master with his family and two Europeans went by train to the December Call to Bangalore. Since the ashram of Sai Baba was on the way, for our great the Master had planned to make a stop there. Three group members of the ashram of Bangalore came to pick us up by bus at the station in Puttaparthi. Through their guidance within the ashram of Sai Baba everything arranged as by itself. The darshan with Sai Baba was unique. We had the great luck that we were able to see Sai Baba from close proximity. While he was being pushed in a wheelchair through the rows and blessing all, a wave of love was flowing through the crowd. After two nights in the ashram we went on the third day, accompanied by the three group members of Bangalore, to their ashram, where we got a very warm welcome.

On the 29th the December Call was celebrated. The Master gave a lot of new in-formation on Master CVV and the energies of the different planes. He explained that the sum and essence of this royal yoga is the prayer. As much as we remain in prayer regularly and well prepared, so much the Master can do corrections and adjustments in us. For every problem we have the prayer is the answer. Besides the daily prayer, two or three times, we should make use of the special days of the year and their particular energies.

The whole time in the ashram was filled with an extraordinary love, which is difficult to describe. A touching experience: During the December Call honourings were being done. So also the mother of Master Kumar was being asked to come to the dais in order to receive honourings. From her place she declined it, so that they wanted to garland her at her place, what she successfully prevented. She took the garland, immediately went with it to the dais and honoured her great son with this garland.

On the way to and back with the train the Master was greeted at several stations from the local WTT-groups on the platform, honoured with rose garlands and regaled with delicious food, coffee, plenty of fruit, sweets and drinking water.

cont.

Window to World Service News & Activities

(Inputs welcome)

Group reports: Germany

Name of the group: WTT-Group of Lake Constance Area

Contact: Manfred Markgraf E-Mail: ganga-ma@web.de

Activities

Even at the time of Master EK, the region of Lake Constance at the border triangle of Germany, Austria and Switzerland had been a centre of spiritual activities. Today we are five active members. We all moved to this region in recent years. The new start on this piece of land was made easier for us through Master Parvathi Kumar who gave us and the local people valuable impulses first in a workshop on „Business and Ethics“ in 2005, and again in 2006, when he returned to hold a seminar on the „Eightfold Path of Yoga“.

The words of wisdom left deep marks in the listeners and keep reverberating within all of us to the present day. We can also observe that the diligently brought out seeds are gradually germinating.

The first seminar gave rise to a small group around Manfred that is going to found an association by October 2007 with the aim of offering comprehensive and inexpensive consulting services based on spiritual values to small and medium sized companies. The founding members are professionals from different areas - such as finance, law, marketing, sales, quality management, process management - who have long-term experience in various industries and now make their know how available for the benefit of local firms.

The second seminar led to a discussion group for Yoga. The aim is to exchange our views and experiences and gain a deeper understanding of the wisdom teachings. The group is open to people from different backgrounds, so that as many seekers as possible may find a spiritual home here. The group today consists of about 20 people who regularly meet once a month in Heiligenberg. In our two-hour meetings we vividly exchange our thoughts on various topics of the Yoga seminar, e.g. virtues, obstacles on the path, harmlessness, and on further topics such as “the sevenfold man”. Periodically, we introduce and practice a new mantra starting with the Gayatri and followed by the healing mantra. Meanwhile we have worked out a small framework for meditation which includes the Great Invocation and is spoken at the end of the meeting. Visitors and newcomers are always heartily welcome.

Extracts from the Teachings

Lecture During the Full Moon Hours of Scorpio,

Part VII

Dr. Sri K. Parvathi Kumar

Fürigen Group Living, Switzerland, November 2005

When I was speaking on Uranus in Argentina some time ago, I told the group: "Follow the cycles of Uranus." These are cycles of seven years:

In the 7th year the boy should start in right earnestness with education and also his link with the light of Gayatri.

14 till 21 – Regular discipline that relates to the physical, emotional and mental body.

21 till 28 – Further alignment of the mind. The education commences in the 7th year and should be concluded by 28 years.

28 till 42 – Get into the life and become a house-holder. 14 years of house-hold activity.

You also need to increase concurrently your associations with the activity of light. The practice of Gayatri which you started in the 7th year will help you to increase your activity in terms of light.

49th year is the year of initiation.

56th year: another opportunity for initiation

63rd year: the last opportunity for initiation

If it does not happen by that time, better luck next life. That is how the scriptures speak about the importance of birthdays. Every birthday is for self-introspection and not for celebration. That is how I conducted myself except for the completion of 50 years and completion of 60 years. When there are so many around you, who would like to be with you, you cannot deny. 50th birthday, the completion of 50 years, we did in Israel. The completion of 60 years, we did now here, and it will be done by the group in India in Guru Pujas. So, I am grateful to you for what you have expressed towards me, and I also inform you that the transit of the bodies of light, chiefly the seven bodies of light, plus Uranus,

Node and Anti-Node shall have to be daily visualised by each one of us during our meditation, for example, when we meditate now, we need to visualise Sun and Jupiter in Scorpio. So, the light of Sun in the darkness of Scorpio will throw up the light. The Scorpio Full Moon, Moon in Taurus, the moon light from the face, the sun light from the base, they form a column of soli-lunar light, and in between there are other planetary bodies. For that reason we need to look to the daily chart. That is why we give this Astrological Diary, where we give daily the placement of the planets. We need to look into it and feel them in our system. That is the practice.

There are three things that we need to do in relation with planets on a daily basis:

Visualise your natal chart in your body. Suppose in your natal chart Jupiter is in Capricorn, you have to feel Jupiter in the higher heart centre.

Feel the progressed chart in you. That is why you have to make a progressive chart on every birthday, so that you consciously feel the planetary energies in you.

Feel the transit of planets in you.

These are the three exercises that give you the related energies in all the three planes relating to you: natal, progressive and transits. The importance of meditation upon these three aspects of your planetary positions would substantially neutralise Karma. Thank you!

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

Informations

Dates of the Next Travels 2007

21st July to 23rd July – Group life at Rajahmundry.

28th July to 1st August – Group life at Hyderabad (Full Moon)

4th August to 6th August – Group life at Hyderabad (Master C.V.V. Birthday)

7th August to 9th August – Travel to Ranchi, a place of Buddha.

11th August – Group life at Vizag (Master E.K.'s Birthday)

29th August to 6th October – Travel to Spain, Switzerland, England and Central American countries (47th Tour)

Indian Group Life 2008

The group life is open from 7th January 2008 for group members to come as per their convenience, firstly to attend to Guru Pujas. After Guru Pujas there is a festival for two days of Lunar Solstices. From 16th January the teachings will commence, till 25th evening. 26th, 27th the participants can return. Between 16th to 24th the group may move to a hill station for 3 days and nights.

May Call Seminar

The next May Call seminar will be in Foz do Iguazú, Brazil (near Argentina), from May 26 - June 1, 2008, followed by a seminar in Buenos Aires, Argentina, until June 8, 2008.

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

You find the updates on:

www.worldteachertrust.org/vaisakh15_e.htm

Online Books Dr. K. Parvathi Kumar

The English books of Dr. K. Parvathi Kumar / Dhanishta Publications, are now mostly available online with the entire text under: www.worldteachertrust.org/bk/ . There are also 12 publications in Telugu. The books of Dr. E. Krishnamacharya will be published online in the near future.

Furthermore the electronic registrations (MP3) of the seminars of Dr. E. Krishnamacharya and Dr. K. Parvathi Kumar are now available under: www.masters-call.net or via <http://masters-call.worldteachertrust.org>. In a protected area with a members-login already many seminars have been uploaded. They are partly in Telugu, partly in English with Spanish, French or German translations. More information on request.

Cooperation Paracelsus Magazine

The magazine „Paracelsus - Health and Healing“ (www.paracelsus-center.ch) is devoted to new and old knowledge about medicine and healing art from East and West. It is produced entirely as a voluntary activity by a team of over 50 collaborators in more than 8 countries. It is published in English, German and Spanish. Especially for the German-English as well as the Spanish-English translations there is a need for some more individuals with a good language ability. If you are interested to get involved please contact Sabine Mrosek, info@paracelsus-center.ch.





Paracelsus Health and Healing

Meditation – a Healing Tonic

Meditation has now become a global concept. Many realize that daily meditation helps calming down the system, restoring normalcy of body rhythm. When mind is calmed down it calms down the whole system, the nerves, the circulatory system, the respiratory system, the heart, etc. Meditation is a great healing tonic when appropriately used.

There are many significant findings made, working with meditation, by various groups. It is also found that meditation helps to reverse some of the ill effects of stress. It can lower blood pressure, reduce anxiety and anger, and relieve from sleeplessness and even from moderate depression.

Scientific experiments are under way regarding changes in the brain when the focus of the mind altered towards sublime thoughts. When man's brain is engaged in sublime thoughts, changes are noticed in the brain. A recent study by US researchers in the universities is revealing answers to the questions of what goes on in the brain during meditation. It is observed by such research – which is still in its nebulous state – that in people who are stressed, anxious or depressed, the right frontal cortex of the brain is often overactive. And in some cases it is also found that the key brain centre is processing fear. By contrast, it is also observed that people who are usually calm and happy typically show greater activity in the left frontal cortex. They pump out less of stress hormone. It is further observed that there is daily fluctuation of activity between the left and the right frontal cortex brains, depending upon the mood of the people.

The researchers experimented on a group which was divided into meditating and non-meditating groups. The meditating group was put to meditation technique for 3 months, gradually increasing the daily time of meditation. After 3 months, when the meditating group was examined with respect to their brains, there was a pronounced shift of activity towards the left frontal cortex. Such a shift did not show in the non-meditators. There was no significant shift. This led to the theory that regular meditation may have shifted the natural “set point” to the left – set point means, the best point of positioning of man's awareness.

This is a happy and positive note on which further research is proceeding. But from ancient-most times meditation has been seen as “a wonderful tour” to calm down the brain, which in turn calms down the whole functional system of the human body.

It is time that quietening the mind be attempted by health workers through conducting meditation camps in serene ambience.

The morning time of dawn and evening hours of dusk are found very appropriate for meditational work. Regular meditation, at more or less the same time, would further help. Meditation after defecation and effective shower, with fresh clothing put on, has a contributory effect.

Full moon and new moon days are considered much more congenial for good results from meditation. Meditation is, in fact, a way of life whose first impact is on health – a very positive impact.

Dr. K. Parvathi Kumar

Extract from: **Paracelsus – Health and Healing**
With a subscription you support this important work (€ 70 / year)

Astrological Important Days in July / August 2007

- 23.07. 07:00 ☉ → ♌ / Sun enters Leo
 ☽ ☉ in ♌ – every Tuesday (24.07., 30.07., 07.08., 14.08., 21.08.):
Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmî
 ☉ in ♌ – every Friday (27.07., 03.08., 10.08., 17.08.):
Contemplation upon the World Mother in the Heart Center
- 25.07. 01:51 11th phase of ascending moon starts ☉ 01°42' ♌ / ☽ 01°42' ♌
 ☿ *Contempl. upon Maitreya in the Heart Center* (End 03:14 on 26.07.)
- 29.07. 03:45 Phase of full moon starts ☉ 05°36' ♌ / ☽ 23°36' ♌
 ☉ **The New Vaiśākh Festival:** *Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumâra and Lord Maitreya*
- 30.07. 02:48 ○ **Full moon of Leo** ☉ 06°31' ♌ / ☽ 06°31' ♌
 ☽ 21:42 23rd constellation *Dhanishtha* starts ☽ 17°18' ♌
Dhanishtha-Meditation (*Dhanishtha*-constellation ends at 20:45 on 31.07.)
- 04.08. 20:06 Birthday of Master CVV
- 05.08. 12:28 ● 8th phase of descending moon starts ☉ 12°39' ♌ / ☽ 06°39' ♌
 ☉ Birthday of Lord *Krishna* and Master *MN* (End 10:13 on 06.08.)
- 08.08. 06:07 11th phase of descending moon starts ☉ 15°16' ♌ / ☽ 15°16' ♌
 ☿ *Cont. upon Lord Maitreya in the Heart Center* (End 04:23 on 09.08.)
- 11.08. Birthday of Madame Blavatsky and Master *EK*
- 12.08. 01:12 Phase of new moon starts ☉ 18°54' ♌ / ☽ 06°54' ♌
 ☉ **New moon point of Leo:** *Contemplation upon the World Mother in the Heart Center and Contemplation upon 'The Pledge'*
- 13.08. 01:02 ● New moon of Leo ☉ 19°51' ♌ / ☽ 19°51' ♌
- 15.08. Birthday of Śrî Aurobindo
- 20.08. 12:48 ● 8th phase of ascending moon starts ☉ 27°03' ♌ / ☽ 21°03' ♌
 ☽ (End 14:55 on 21.08.)
- 23.08. 14:08 ☉ → ♍ / Sun enters Virgo
 ♃ ☉ in ♍ – 1st to 14th descending moon phases:
Contemplation upon the Pitris
 17:35 11th phase of ascending moon starts ☉ 00°08' ♍ / ☽ 00°08' ♌
Contemplation upon Gâyatrî, the World Mother with a rainbow halo around the head (End 17:55 on 24.08.)
- 27.08. 06:54 23rd constellation *Dhanishtha* starts ☽ 17°18' ♌
 ☽ 14:46 Phase of full moon starts ☉ 03°53' ♍ / ☽ 21°53' ♌
Contemplation upon Gâyatrî, the World Mother
 21:00 **Dhanishtha-Meditation** (*Dhanishtha*-constellation ends at 05:38 on 28.08.)

All times are in MEST (middle european summertime).

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Great Invocation



Let us form the Circle of Good Will.

OMNIA VINCIT AMOS.

From the South through Love
which is pure.

From the West through Wisdom
which is true.

From the East through Will
which is noble.

From the North through Silence
which is golden.

May the Light make beautiful
our lives.

O Hierophant of our Rite
Let his love shine.

OMNIA VINCIT AMOS.

Let us form the Circle of the World
Servers.

We bow down in homage
and adoration

To the Glorious and Mighty Hierarchy,
The Inner Government of The World,
and to its Exquisite Jewel,
The Star of the Sea -
The World Mother.

From the point of Light
within the Mind of God
let Light stream forth
into the minds of men.
Let light descend on Earth.

From the point of Love
within the Heart of God
let love stream forth
into the hearts of men.
May the Lord return to Earth

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

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

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