

VAISAKH NEWS LETTER



HAMSA SIVA SOHAM



Taurus 2003 Rishaba

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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

Synthesis is the culmination of discipleship. Synthesis can be reached when the pairs of opposites are dissolved into their higher unity.

THE YEAR OF SWABHANU

This year is called *Swabhanu*. Every year's name has SRI as a prefix. Thus it is Sri *Swabhanu*. *Swabhanu* means "one's own consciousness". The year to be dedicated to orient to the Divine Consciousness in each one of us and align the individual (personality) consciousness with the Divine Consciousness in us. This helps us to find *Swabhanu*, meaning, self-consciousness. This is possible only when personality is aligned through service.

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 TAURUS

The matter of Taurus transforms for absorption of the sun-ray.

As much sun-ray is received,
so much the matter receives light besides heat.

The ability to receive heat and absorb it
is the key for transformation of the body cells of the aspirant.

A transformed body yields to Light.

For this it needs to be inflamed.

Inflaming needs heating;

heating comes from the ray of the sun in Taurus.

It is called the "Bull that causes pregnancy of Light".

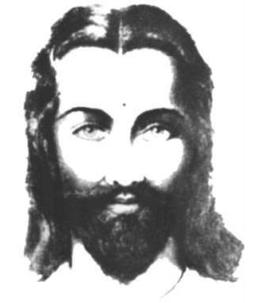
Utilize the sun-ray of Taurus.



GÎTÂ-UPANISHAD

- LORD KRISHNA -

Blessings are the result of purity at all the three levels. Purity is the result of right desire. Right desire is the result of discrimination in action. Discrimination comes from true prayer. Let the prayers be truthful. Let them be to seek betterment of personality but not to seek other things.



LORD MAITREYA

Joy is the real strength. Joy shrinks your problems of life. Joy does not allow hopelessness, depression and doubt. Fear fears to approach the joyful one. Scriptures frequently speak of joyfulness. Sorrowfulness has nothing to do with Divinity. There is no sorrow for the Divine. There is none in the Hierarchy who has a sorrowful, morose and sad face. We pity the humanity that worships sorrow in the name of Jesus. Jesus is one of the handsome and joyful members of our group.

Joy initiates action. Action associated with goodwill is joyful. Associate with actions of goodwill and gradually walk into the kingdom of joy. Do not hesitate to plunge into acts of goodwill.



MASTER MORYA
- MARUVU MAHARSHI -

You may feel that teaching is a repetition. You may feel that it is monotonous to listen to the same things at all times. This is because you do not understand the Teacher. Have you comprehended what is taught? Have you assimilated the teaching for action? Have you commenced acting in terms of teaching? Until you do so the Teacher repeats for your recollection.

Teaching is not to give you new doctrines, there is only one doctrine of Truth, it is expressed repeatedly though the variety is used as a technique. The doctrine of Truth is ancient; it is already spoken for the benefit of the Truth-seekers. In essence there is nothing new to teach. Inform the varieties given.

The students do not feel monotonous of repeated eating, mating, talking and wasting time; when it comes to wisdom they quickly become monotonous!

The Teacher has patience, the student needs patience; he should be patient enough to register the teaching. Patience enough to experiment with the Truth and patience enough to experience the Truth. Patience is the way.



MASTER KOOT HOOMI
- DEVAPI MAHARSHI -

Self-realization commences with you, when you see that Self in the most insignificant to the most significant formation of the Universe. Let this be a practice. If you do so, you do not neglect anyone. The human mind is attracted to great things but not to good and simple things. Unless beauty in simplicity is recognized, the Path to Self-realization remains a myth.

Inculcate simplicity, visualize the Self in all that you encounter during the day. It leads you to overcome the illusions and puts you to the Path of Self-realization.

You have seen that many great ones fell. Napoleon, Alexander the Great and a host of others had an unhappy ending. Such greatnesses fumble, tumble, at a simple doorstep. Neglect not the doorstep in looking for great things. The Self lives in all as all. HE suffers not from the concept of big and small. Propose daily to yourself: "I am the Self. The Self is in all as all. There is no thing that is non-Self. I shall learn to see the Self in all that is. I shall love the Self, admire it, and adore it in all that I meet today". This is the straight way.

In this Path if you forget, recollection is the medicine. Take daily a dose of it. Take it intermittently whenever you forget. Make a retrospection while at bed before you go to sleep.



THE TEACHINGS OF MASTER D.K.

BREATHING

The work with breathing demands rhythmic living. It is the magical formula, which is a prelude to the science of *Pranayama* - regulation of life activity. The rhythm enables the student to be creative and tune up to the pulsating life of God. Rhythm and *Pranayama* can cause detachment with the mundane and atunement to the Divine.

Breathing is essentially of 3 varieties: deep breathing, middle breathing and top breathing. The 3 aspects of breathing cover the path of soul experience. The 3 types can be worked out by interested aspirants.

The deep breathing is breathing in and breathing out, visualizing the path of breathing from the nostrils via the Brow Centre, Throat Centre, Heart Centre and Base Centre. This should not be understood as working with these centres; it is only visualization. Exhalation is visualized from Base to Brow and is released through the nostrils. Inhalation is visualized conversely. This should be the first stage.

The second stage of breathing is breathing in up to the diaphragm and breathing out from the diaphragm to the nostrils via the Heart, Throat, and Brow Centres. This is called the middle breathing. This results in associating with the pulsating principle in the Heart and leads the aspirant into the 'Lion's Cave'.

Visualizing breathing from nose to the Brow Centre and *Ajna* while inhaling and visualizing *Ajna*, Brow Centre and nostrils while exhaling, is called top breathing. It works to link up to the *Ajna* centre. This is an advanced state of breathing exercise.

Such is the preliminary information of the 3 aspects of breathing.

MESSAGE OF MASTER E.K.

ENTRANCE INTO GOODWILL



How are we to know what is our share of work in goodwill? Assess your abilities and serve the society with goodwill as motive. Let that be the foundation stone for future build-up of goodwill activity.



VIDURA WISDOM TEACHINGS

Uphold the Law in Creation.
The Law upholds you
at the levels of Creation.
The Law is the Lord in Creation.
The Lord exists as the Law (*Dharma*)
in Creation.
Follow the Law
and visualize the Lord.

SHIRDI SAI SAYINGS

THE SOLE FRIEND

Your separativity excludes you from the totality of life. It is the reservoir (ocean) of selfish motives. Its waves generate jealousy, hatred, and anger. They make you impatient.

The only key to float over the ocean of life is the Teacher who carries not the separative consciousness. He sets the sail and causes the transcendence. Verily he is the only friend in all the three worlds.



CHILDREN'S SECTION

THE DOCTRINE OF ETHICS

Smiling is Health
Healing is Love.
Feeling is Glamour.
Sharing is Wisdom.

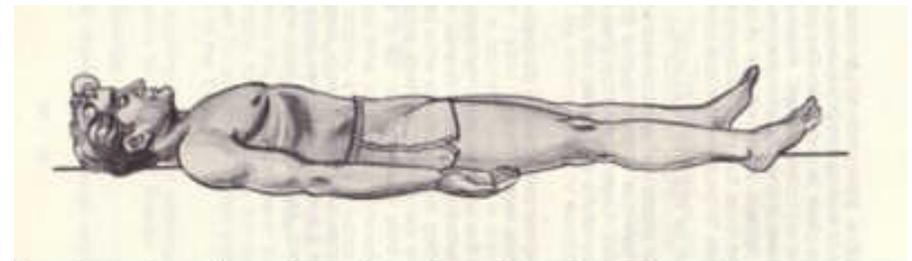
CHILDREN'S SECTION

YOGAS ÂSANAS

Shavāsana (corpse posture)*

1. Lie on your back upon a flat surface with arms beside your body. Keep the palms upwards.
2. Slowly move the feet apart. Also move the hands apart with palms upward. The moving apart shall have to be slow, to find a comfortable posture.
3. Gently close your eyes and mentally and physically relax the body - every joint, every limb and feel total comfort with the body.
4. Gain rhythm of breathing applying your mind upon it. If the mind goes away, bring back and apply upon breathing.
5. Become quiet and remain.

Effect: Physical and psychological relaxation.



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

BOOK REVIEW

THE MANDRA SCRIPTURE



Mandra means the music of the cosmic consciousness. It plays as the undercurrent of the spheres and the lives in them. The *Bhagavad Gîtâ* is the Word of the Lord in human language. The Word speaks out through a Voice and is heard by a soul. The historical event of the *Mahâbhârata* war has been imported as a symbol of the conflict, understanding, discrimination and realisation of God-consciousness by man-consciousness.

Ekkirala Krishnamacharya: The Mandra Scripture
Copies: The World Teacher Trust, Visakhapatnam

MITHILA



The book contains a systematized approach to train the modern child in terms of purification and alignment of physical, emotional and mental bodies. It also imparts the ancient wisdom relating to colour, sound and meditation. It consists of 12 chapters to be imparted as 12 lessons to the children in the age group of 7 years to 21 years. It is an excellent tool to parents and teachers to mould the children into purposeful living.

K. Parvathi Kumar: Mithila. The New Age School Syllabus
Copies: The World Teacher Trust, Visakhapatnam

NEWS - REVIEW

TOURS OF THE MASTER

21ST - 31ST AUGUST 2002

GROUP LIVING WITH THE YOUNGSTERS

In Corroy-Le-Grand (Brussels) Belgium
Birthday Of Lord Krishna

The Belgian group of the WTT organized a 10-day group living in their community colony at Corroy-Le-Grand. All the seven families did everything possible to take care of the lodging, boarding, transport and comfort of the Master and of the whole group of youngsters. 42 youngsters (between 15 and 30 years) mainly from Spain, Germany, Belgium and also from Argentina, attended very actively to the daily classes (morning & evening), yoga asanas, and participated in the three excursions to Brussels and its historic and modern sites, Weris in the region of Les Ardennes with its monumental and ancient archaeological sites, and Bruges with its and medieval architecture and its cultural historic past. On 30th August, on the 8th descending moon phase, we celebrated the birthday of Lord Krishna.

Subjects: "The Constitution of Man -Esoteric".
"The Doctrine of Ethics"

PARACELSUS MAGAZINE

„Paracelsus - Health and Healing”. A Magazin for Healing Practices and Traditional Knowledge of Medicine in East and West

A group of doctors, healers and health workers is preparing the publishing of a new monthly magazine entitled „Paracelsus - Health and Healing“. The object of this periodical is to collect and to synthesize the new and old knowledge of medicine and of the art of healing of East and West, to make it thus available to the people. The editor-in chief of the new magazine is Dr. K. Parvathi Kumar.

A sample issue is now ready, it is giving you an idea of how this new monthly magazine will look like. Further informations under: <http://www.paracelsus-center.ch> .

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.



When you utter OM
and concurrently listen to it
the density of your body is reduced.
You feel lightened.

When you utter OM in a focused manner
it brings in the cells of Light.

The utterance of OM regularly
causes reconstruction of
physical, vital and mental layers of your body.

Let OM be intimately followed.

K. Parvathi Kumar