

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Cancer 2018 Karkataka

Letter No. 3/ Cycle 32 – 21st June 2018 until 21st July 2019

The World Teacher Trust - Global

Invocation



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

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

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

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

Master EK



Letter No.3/cycle 32 – 21 June until 22 July 2018

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Prayer of the Year 2018-2019

**MAY WE EXPRESS GOOD WILL IN ACTION.
MAY WE UNFOLD THE POWER TO MANIFEST.
MAY WE ENTER THE WOLRD FOR THE LORD.
MAY WE STAY UNITED IN ALL WAYS.**



Full Moon of Cancer, 28th of June 2018, 06.53



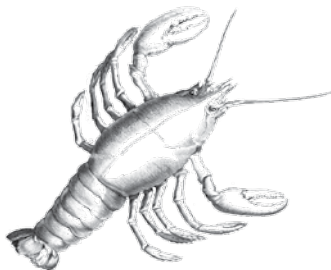
Message of the Month of Cancer

Cancer being the fourth Sun sign astrologers say that it relates to one's own house, a home. A house or a home is but the esoteric aspect. A true home is one's body in which one resides. Even if one has a good house of brick and mortar, if he does not have a comfortable body, the good house is of no use.

The body consists of the mind, senses and the body. It is a house of seven tissues. It has to be in equilibrium. The mind has to be at peace within itself. When the mind resides in the heart it finds its peace. Mind is represented by Moon and Moon is the ruler of the sign Cancer. Jupiter is exalted in Cancer. This is true when mind is associated with wisdom or with a Master of Wisdom. Such association brings forth the needed peace for the one being in the body.

Mars and Saturn are relevant planets in Cancer for disciples. When mind consecrates in life towards a purpose and embarks upon fulfilling that purpose, Mars gives the needed force. Saturn gives the needed discipline. Fulfilling the eternal association of mind (Moon) with Jupiter the Master, the result is birth of Mercury meaning, the Buddhic state.

When Moon is not associated with Jupiter, Mars and Saturn in Cancer play havoc. But when associated with Jupiter they effectively help transformation. Thus, the relation of the disciple with the Master, when it results in consecration to a work and when the disciple conducts in such consecration in tune with the discipline suggested by the Master, one gets fulfilled. Such is the beauty of Cancer.





Message of the Teacher

A True Teacher

A true teaching is ever satiating. The listener does not feel contented, a true scripture is ever fulfilling. One feels not fulfilled with a few hours or days of studying. The one that associates with such teaching and such scripture is in eternal fulfilment. Even the angel of death evades approaching him.

This is but true.

Utterances of Lord Krishna



Sense objects stimulate enthusiasm.
Enthusiasm transforms into desire.
Desire leads to anger, when unfulfilled.
If fulfilled, it dumps you in illusion.
(2-62)

Illusion causes forgetfulness.
Forgetfulness shuts the door on the discriminative will.
When the discriminative will disappears,
the fall is complete
(2-63)



Lord Maitreya

The Planet Earth

Visualize the planet Earth as a bluish pearl, afloat in the blue space. Visualize the North Pole and the South Pole and their meeting point as the equator. Visualize the equator as the golden thread around the bluish pearl of the globe. Visualize the same thread of equator around you at the diaphragm. Further visualize that the spiritual energies descend from Sahasrara, the North Pole, and the material energies emerge from Muladhara, the South Pole, uniting at the golden thread of the diaphragm. Visualize further that the spiritual energies and the material energies are synthesizing around the equator of the globe and around the diaphragm of your form.

Those who regularly visualize the above are noticed, picked up, and are recruited into the hierarchical work. This is a clue to join our community.

Master Morya
– *Maruvu Maharshi* –

Our Ashrams



Our ashrams are ever open, they have only thresholds but no doors. We do not believe in doors and door locks.

But it is strange that the ordinary men cannot even see the threshold nor can they enter. Only when one is divested of “Me”, “Mine” and “My people”, he find these thresholds. As long as one remembers himself, he remains blind to the subtle thresholds as they exist within this world.

‘I am’ is half-truth and hence no truth. ‘That I am’ is the truth and THAT is the absolute truth. Engage with THAT to such an extent that ‘I am’ gets merged in.



Master Koot Hoomi
– *Devâpi Maharshi* –

Sambala 2

Recollect Sambala, bow down to the Lord Sanat Kumara, and tread the path of Lord Maitreya, the World Teacher.

The Puranas affirm that Sambala is in the second ether hidden in the desert of Gobi. The Gobi desert is within the Mongolian nation today. It is hidden and is inaccessible to humans. Only advanced initiates access to Sambala as per the call from Sambala.

The members of Sambala are those who demonstrated a life of sacrifice for the welfare of the beings. Only sacrifice enables the complete baptism by fire. Such ones through meditation reach Sambala. The members of Sambala reside in the four corners of the world, preferably in mountain ranges. They continue to serve and inspire the surroundings.

Some of the members of Sambala are also at the high places of world activity from where they steer the activity of goodwill and demonstrate selflessness.

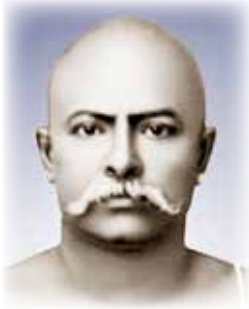
The members of Sambala are courageous. They hold the Will of God and work it out on Earth. Nothing in the world really attracts them. They are the dispensers of nature's wealth for the benefit of larger communities. They have all been humans that tend to be semi-divine through submission of personal will, and through sacrifice of personal will in favour of the Will of God.

Message of Master E.K.

The Deity in the Idol



The ideal for the idol worshipper is to visualize the deity in the idol. He cannot limit the idol to be of mud or of wood or of metal or even of gold. The deity's presence must be felt with its full life. The worshipper should inculcate the habit of relating to the deity and even develop a dialogue with the deity; such worship magnetizes the worshipper.



Message of Master C.V.V.

Aphorisms to Disciples 4

10. Notice the feeble current that flows within your own being, as we invoke the Master. As long as this feeble flow is experienced adjustments keep happening to the personality and hence the eyes cannot be opened. Invoke the Master and observe the emergence of subtle, gentle, feeble currents passing through the streams of life and streams of light.

11. As far as possible reside over the cerebro-spinal column. Propose and imagine to-be so.

12. Until this yoga is well experienced by you, do not be hasty to transmit it to others. And if you know not how to drive yourself do not try to drive others; it could be dangerous.

Vidura

Teachings of Wisdom



Man attaches to qualities,
to desires,
and to the world
through his interest towards them,
and detaches from them
through disinterestedness.

PRACTICAL WISDOM

ABOLISH SPECIAL HOLIDAY.
LET LIFE BE A PERPETUAL HOLIDAY.



Saraswathi

Suktam 2 The Door of Pulsation 1

The Word is the source of the flow and IT brings about pulsation. That means, when we reach the Word, we are there even without pulsation and without respiration. When we are the Word, we are beyond pulsation, and pulsation is beyond respiration. On our return path we take to respiration, reach pulsation and through pulsation we reach the sound of the flow. That is the practice. Since the Swans emerge eternally there from, the third part of the stanza says:

“Contemplate upon the sound of the flow”.

The sound of the flow is heard as a double sound at the pulsating centre, because it has a double function. There is the sound of inhalation and there is the sound of exhalation, both emerging from pulsation. Pulsation is the Swan that conducts the sound. We have to reach the sound of pulsation.

The flow is from the inner to the outer and also from the outer to the inner. Inhalation and exhalation are perceptible examples of it. As we inhale, we can consciously move inwards from the tip of the nose, then we are thrown out by exhalation. Thus, we walk in, only to be rejected. Nevertheless we continue our pursuit. Repeatedly we are rejected by ourselves. The inner man rejects the outer man, and the outer man tries to integrate with the inner man. This continues for a long time.

Srî Râmakrishna

The True Knowledge



That knowledge which purifies the intellect is the true knowledge, everything else is non-knowledge.

“This is gold, this is brass” – is ignorance.

“Everything is gold” – is knowledge.



On Secret Doctrine

East vs. West

The eastern occultist keeps silent and remains unknown. He never publishes what he knows. He even rarely speaks of his knowledge but he knows too well the penalty of indiscretion. The eastern occultists acquainted with the angels in stars through their penances, exchange notes as between them and prefer not to speak, while the western systems are very expressive representing wide ranges of perceptions. As to the western "ranges of perception" concerning doctrines really occult, the eastern occultists are acquainted with them for some time past. According to them, the Hermetic philosophy is a speculative system of dialectics well used in the west, but it lacks the knowledge of occultism. A genuine eastern occultist keeps silent for he knows the penalty of indiscrete expressions. The knowledge possessed by the western occultist is very superficial.

We may take for comparison the assertions of modern occult philosophy and compare them with the eastern teachings. According to the moderns matter is eternal, indestructible, without beginning or end. But according to the easterners matter is susceptible for birth, growth, glory, decay and death while the root matter is eternal. The easterners speak of root matter while the westerners speak of the manifested matter. The east believes in subtle existences much more than the west. It gages the matter in seven states which are successively subtler than the other. The eastern philosophy is truly occult in the sense it speaks of subtle, causal and causeless worlds and traces the matter in all its states.

Saturn

Time 2

Delay, Disappointments and Obstacles



Suppose while we are sitting here, recapitulating the teachings on Saturn, a Saturnine person comes. This person delays our reading of Saturn, we get disturbed by it and start thinking, "Why should this person come without prior appointment; he has put himself between us and the teachings of Saturn." We grow impatient, but we should remember that he is Saturn! It is Saturn! It is the original Saturn visiting and sitting with us, showing us what Saturn is. We cannot ignore the live teachings taught in life.

Saturn is the one who teaches us the Law of Acceptance. Accept that which comes. Man is made to wait by his own limitations. Saturn will see whether we like to wait or not. If we don't like to wait, he will make us wait more. That is Saturn. If we like waiting he will say, "Okay, you need not wait." He always works from the opposite angle. Delay, disappointments and obstacles present themselves to the mind of man through the effect of Saturn.

Suppose we go to the airport to catch an Indian Airlines flight. On the telephone they say that the flight may land or that the flight may not land or that the flight may be delayed by three hours. After reaching the airport, they will tell us that the flight is definitely delayed by three hours. What we do in such moments is but criticise the airline, the crew, our telephone system, and through that criticism we become weak and exhausted. To a child it makes no difference whether the flight is two or three hours late. We are disgusted with three hours delay, but the child is not, and he keeps playing during those three hours in the airport.

In India it is very common that when we go to the railway station the train will be delayed by two to three hours. The Indian railway stations are very ill-organised, and we get really bored, but to a child it is not so, because

to the child the concept of delay does not exist. It keeps playing. If a child does not play, it is not a child. So, when we are mindful of the delay, we feel the delay more. Suppose that the train is three hours late, we can take a book and read, and the delay does not exist to us; or we can take to a corner and sleep and the delay does not exist to us anymore.



Discipleship

The Qualities of Sound Mind (From the Laws of Right Relationship)

Thought 3

You cannot think without result; every thought will eventuate in activity upon the physical plane. A kindly or a criminal thought will find expression in an act of kindness or wrongdoing. It will be apparent therefore how vital it is that the control of wrong, undesirable or unwise thoughts be cultivated. This is not so much by a violent process of suppression as by substituting good thoughts, for those thoughts are the result of wrong thought habits. Right thinking brings about the imposition of mental control upon the personality. The divine power of thought should not be prostituted to base and selfish ends; it is to be developed and used for the good of all. The moment we become powerful intellectually our power for good is a hundredfold increased.

A disciple



The Teacher

43. Vimalam Beyond impurities

That the Teacher is pure, effulgent, clear and clean is already explained, what is said in this name is that the Teacher is beyond impurity, meaning he is untouched by impurity. Surrounding impurities have no impact on him. Impurities exist in the centres lower to the diaphragm which even can affect the centres above the diaphragm. Impurities relate to the persons who are engrossed in the world. But the Teacher is not in the world but with the world. Since he is self-effulgent, his electromagnetic energy impacts the surroundings and the surroundings do not cause impact on him. Such is the beauty of the work he does, and such is the beauty of the Teacher.

Very early in the morning I recollect the holy sandals of the Master in the inner chamber of my heart.

A disciple

Kapila

The Essential Teachings of Kapila 2



6. Rivers flow with separative identity. But when they flow into the ocean, rivers cease to exist and ocean remains. The one aligned with the One is released from separativity and lives as a unit form of Universal Consciousness.

Please note, it is different from unit consciousness. It is a unit form with limitless consciousness functioning through. Such is the Son of God or the Master of Wisdom.

7. The events in the dream are real experience while in dream. They are unreal as we wake up. So also, to the One that wakes up in the Universal Consciousness, the pairs of life cease to be real.

8. Amidst the limbs of the body, senses and the feelings man lives as one. So the Yogi lives as One amidst the Universe.

9. The Lord should be visualised within and without as well. The feeling that the Lord without form is greater than the Lord with the form is ignorance. The gold within the ring and the gold without the ring is gold only. Realise the One by visualising the One in form.

10. To realise the Lord in form, one has to practice compassion and virtues such as helping the co-beings and serving them.

11. Look to the One in the one that looks to you. Look to the light in all. Transact with light while transacting with the beings. This is the sure way to grow nearer to the Lord and to experience Him.

12. Remember that the growth and movement of all in creation is the administration of the Lord. No one can transcend the Law of Administration within the creation. The Law of Administration is no different from the Lord. Knowledge is to visualise the laws, the commandments and the rules of creation as the Lord.

13. Some of those who studied the Vedas conduct acts of goodwill for personal benefit (seeking salvation). They are conditioned by their own personality. The others conduct acts of goodwill realising the Lord therein. They are liberated.



Ashram Leaves

The Presence



Initiate permeates - air permeates. Initiate is airy. Air conducts inside and outside the beings. Initiate too enters through the beings' respiration and conducts in unity. He thus gives presence. The presence enables the being to perceive better.

Even when two non-initiates converse, one permeates into the other, through sounds. But they are not conscious. The initiate is conscious. He consciously permeates and gives presence. It helps the beings to rise into the presence. (The initiate permeates thus through air into many. The presence is felt).



Lord Dattatreya

The Water Carrier

The water carrier of Sri Guru Datta is in essence the life carrier. The teacher should bestow life and longevity to the student oriented to him, so that the student would fulfil himself in yoga during that incarnation. It is for this reason, a true teacher is a true healer and is even life giver. Until the student gains mastery, he would like to help him with health and longevity. The teacher bestows three essential benedictions on the student. In fact he wills them. One is longevity, another is health and the third benediction is the Path to Truth leading to mastery. Unless the student de-tracks himself from the teacher excessively, the teacher continues to bestow these 3 benedictions upon the student through looks and through thoughts. The health that he bestows is that much health that enables the student to accomplish the yoga practice attending to the daily duties.

Establishing the life force firmly in the student, introducing him to the Word (Initiation), recruiting him into acts of goodwill, purifying him in the mental, emotional and physical plane, neutralising his past karma, stimulating the Kundalini energy, thereby transforming his body tissues, is the work of the teacher. He causes the birth of the etheric body, which is capable of receiving and transmitting light. He further guides the student to realise himself as a being of light in the size of a thumb finger. The way the teacher guides, is incomprehensible by the student until the student is fully accomplished. Sri Guru Datta is thus the Mother-Father principle that continues to develop the body of the soul and the knowledge of the soul until the preparation of the etheric vehicle and self-realisation. Such is the beauty of the Teacher.

Fire

Building the Bridge



Ghee is used for the Fire ritual. Use of ghee relates to gaining the awareness of 7th plane. Thus the sticks of wood of sacred trees and the cow ghee are found to be of paramount importance in the Fire ritual. We build 7 triangles with the sacred sticks, pour ghee on them and invoke Fire. When the Fire is enflamed through the 7 triangles the bridge is built between the 7 planes. When the flames emerge through all the 7 planes, it is also symbolic of the purification of the 7 planes in us and the 7 tissues of the body. When the sticks are aflame we need to look to the vertical flame which builds the bridge of Anthakarana. The Frictional and the Solar Fire connect to the Electrical Fire. The 3 planes of matter, force and consciousness thus get connected. The verticality of the flame also indicates the Path of Kundalini and the brilliance of Shushumna. When the 3 Fires thus commune, the Devas of all the planes rejoice. The related benedictions are received.



Cow The Symbol and its Significance

Worship of Cow shall have to be together with the worship of the calf.
Worship of Cow without the calf is inadequate.

PRACTICAL WISDOM

Esteem comes from Knowledge,
Not from wealth.



Group Prayers

O Lord Agni!
May you favour us with brilliant brains,
purposeful progeny.
May Indra, the Lord of celestials
and Surya, the Sun God
form triangle with you
and help us, your worshippers.

PRACTICAL WISDOM

Every Time and every Place is opportune
to seek Truth.



Sanat Kumara

Be All Alert

An all alert mind is compared to a highbred dog. Sarama is the most high dog that watches over our solar system with astounding alertness. Sarama is Cerberus. Cerberus is Sirius. Dogs are considered the most alert animals. Highbred dogs are ever alert. They listen farther, they sense faster. A mind that inculcates Sraddha becomes focused, alert, ever ready to perceive. Its antennas protrude in all 360 directions. High souls only have such developed minds. Human minds are unidirectional. Master-minds are multidimensional.

The facilities of mind are at their optimum when one learns Sraddha. Knowledge divine or mundane can be pursued only by such alert minds. Krishna says in Bhagavad Gita "Sraddhavan labhate Jnanam", means, knowledge is gained only by persons with minds of Sraddha – alert minds. Patanjali speaks of this state as Asana. He defines Asana as a state of mind which is stable and comfortable. A highbred dog stays in a comfortable posture that is very, very, very alert. Only when this is achieved Patanjali gives the fourth step, namely Pranayama. Lord Krishna also speaks of Sraddha as the basic requirement of discipleship. Lord Sanat Kumara instructs that one needs to cultivate Sraddha to progress in the path of discipleship.



From the Teacher's Pen

Questions and Answers Crypto-Currency

Question: Dear Master, What is your view upon Crypto currency?

Answer: Dear Brother, Crypto currency is very revolutionary. As it grows in its monstrous proportions it would lead to a kind of Aquarian independence that supersedes all global term regulation and control of financial matters. The present financial system is not all that healthy and requires a thorough review to ensure fair play.

There are Masters of Wisdom who are authorities in modern financial matters. These initiates are preparing to institute newer techniques and modes of financial interplay which will supersede the present disastrous methods. Crypto currency is but stimulation towards finding the intended methods of 'Laissez-Faire'- fair to all. The modern money is originally but a symbol to facilitate barter and exchange. The principle of barter and exchange is dumped through time and the paper money has grown to monstrous proportions. The new techniques and modes of financial activity once again bring in financial relationships which will be comprehensively human. They will also supersede big business and private enterprise. In the new system the resourcefulness of the individual and his initiative is better measured. Money will no more be a social measure of respect; instead man's initiative and resourcefulness will be the measure.



Agni

An Introduction to the Work
of Cosmic Fire, 78

5. The Electric Fire Preparation for Sleep 1

So, Master Djwhal Khul suggests: "Whenever you think of sleeping, don't just fall into the bed in any manner you like and sleep like a log of wood." Don't be so stupid to get into sleep. If you get into sleep with such stupidity, naturally you wake up as that again. Whatever thoughts we go into sleep, we get up with those thoughts in the morning. There is a great science of sleeping, which also opens vistas for awakening. When we have not known how to sleep, we also do not know, how to get up.

That is why Master Djwhal Khul made the suggestion: "Each time you think of bed and sleep, purify your body and get into the bed and before you get into the bed, purify your mind through reading any scripture of your liking for 15 minutes. That should be the last thing to do. And before you think of reading the scriptures, think of preparing the room with some incense and light. There is a preparation even for making a living in the bedroom. Do you remember the story of Master Morya visiting the bedroom of a disciple which was spoken on the first day of the seminar? Much preparation is needed, before you sleep. It is not a preparation for hours. The whole thing is a preparation for 15 minutes. So, it is a 15-minute-preparation. Just purify your body, meaning, all other jobs are done before. If you have any jobs to be done with your body, you better do it first, and then purify it. We purify the body to do some jobs. After doing those jobs, again purify the body, if you really wish to experience sleep. Otherwise, please remember, we are sleeping along with the animal kingdom. If you slip into sleep after having done certain jobs in the bedroom, we sleep along with the animals. And hence, the need to sleep with a pure body! And before sleeping, 15 minutes study of any instruction from any scripture. And then get into sleep.

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

Master EK

Vishnu Purana
Chapter XXIII



Bharata Varsha 2

The whole land of Bharatha is divided into nine parts. They are:

1. Indra Dwipa;
2. Kaseru;
3. Thamraparna;
4. Gabhasthiman;
5. Naga Dwipa;
6. Gandharva;
7. Varuna;
8. Sumya and
9. Sagara.

From north to south, Sagara land as an area of one thousand yojanas. Towards the East live the Kirathas. Towards the West the Yavanas take their abode. In the middle the natives live as the four classes, the Brahmanas, Kshatriyas, Vaysyas and Sudras.

The Brahmanas live to ritualize the activity of man. The Kshatriyas live to fight. The Vaysyas live to do trade and commerce. The Sudras live to do the work on the physical plane.

Rivers like Satadru and Chandrabhaga flow down the lands of the Himalayas. Here live the Pariyatra people, uttering the Veda and the Law. At the foot of the Vindyas flow rivers like Narmada and Surasa. Down the Riksha hill you find rivers like Thapi, Vushni and Nirvindhya. Near and around the Sahya range of hills flow Godavari, Bhimarathi and Krishna. All these rivers of the Bharatha land are said to wash off the fear of sin. Krithamala and Thamraparni, etc. flow near the Malaya range of hills.

Trisama, Rishitulya and such rivulets flow down the Mahendra range of hills. Another Rishitulya and Kumara are the rivulets that flow down the Sukthimathi range. There are hundreds and thousands of other rivers, rivulets and pious streams. All of them flow from or into the main rivers.



The Science of Man

Dr. K. Parvathi Kumar
First Young Group Life Teaching, Part 64
August 2001, Visakh

The Two Techniques for Meditation 5

Once you get into infinity, you cannot any more appreciate to be in the finite or of the finite that is definite. An elephant cannot live in a pigeon hole, it is too little. It respects the pigeon hole, but cannot live in it. Those are the ones who are called the enlightened ones, not the ones who are stuck with one 'ism' or the other and build the related cults and impose such cults on others. It's all beastly activity.

The moment a man grows into the fourth and the fifth chambers, he already finds himself part of the Heavenly Man. He prefers to settle there and conduct the work. If he is to get to the mental, or vital, or physical plane, into these chambers he projects, but he comes back. He does not get stuck anywhere. That's how they continue to function.

That is called the state of mastery. All Masters of Wisdom live in this state of awareness. It is they who form role models to us. Their lives are the source of inspiration, because they show that it has become possible to us. If it is possible to me, it should be possible to you. Their way of life and their teachings cannot be conditioned by any particular religion or 'ism'. They are the eternal truth, and they are always there to help those who wish to get into this state of unlimited being. We need to grow into this unlimitedness from the limitedness.

The chambers of the mind, the vital, emotional and physical body, they are all small vehicles upon which the Grand Man moves. To work with the fourth chamber, we work with colours, sounds, numbers, and symbols only to expand our comprehension and see how the light functions through these symbols. But meditation is the technique that will see us through the fourth chamber into the fifth.

That's where you realize that I Am the Light, I Am the Life, and you do not define yourself as anything else and you see around you, in the objecti-

vity, only Light and Life. That is the state of joy or bliss where the things are seen out of their inversion. We will have some sessions conducted on meditation, especially in terms of the second technique, because the first technique sessions can follow the second technique.



Paracelsus

Health and Healing

Refinement of Physical Body



Occult healing demands understanding of the physical body and its importance in the present day context. The physical bodies of greater responsiveness and more refinement are vibrating to a different measure in the need of the modern age. More adequate form is needed for the new challenges of the new age life. A careful observation of the bodies shows that the Nature is at work for such refinement of the physical vehicle. While there is obesity growing beyond proportions marking the growth of sickness, there is also growth of healthy bodies with proportionate growth of physical frame. The average thinker from human family is resistant to growth of solar plexus and the related stomach. Retaining the waistline without convex belly is the concern of many. Majorities are at work to ensure that they have a flat belly but not a projected one. This desire is healthy in the sense it retains the tension of the diaphragm. When the tension of diaphragm is retained, disease and decay are arrested. When the diaphragm is relaxed, the ancient health science says, it opens doors for 10 diseases such as indigestion, gas formation, irritation, mal functioning of pancreas, kidneys, urinary and excretory channels, respiratory system etc. Man is essentially a mental being. Desire is his support activity and therefore he is also an emotional being. The mental and emotional centres have an impact on the physical contours of the body. Heavy thinking, sorrows, fear and depression can lead to heavy body. Control of food, dieting, fasting many times have undesirable effects, while they may temporarily adjust the figure of physical body to right proportion. "Occult healing suggests that people seeking health should demonstrate their wisdom at the dining

table. It is also better if the dining room emits energies of harmony.”

Occult healing also suggests that “excessive attention to the physical body is undesirable”. The attention should be focused in the vital and mental aspects relating to desire and thoughts. Training the physical body is however very important and this has certain definite requirements. While 1st of it is food the 2nd is cleanliness. Much use of water internally and externally is vitally required. “Water is the best cleansing agency.” Pure water applied internally and externally cleanses the system as also the blood. Hydrotherapies are of great value. Man should learn to bring them into his life. Paracelsus has been a great teacher of healing through water in the West. Ayurveda has been propounding the need for use of water in abundance. A volume can be spoken of abundant use of water inside and outside, for refining the physical body.

Another requirement is “adequacy of daily sleep”. This should be between 10 in the evening till 5 in the morning. Sleep in a room that has good ventilation and passage of air is strongly recommended for rejuvenation of vital body in sleep hours. In the tropics sleeping outdoors, with a shade above is recommended by Ayurveda.

Another important requirement is “exposure to sunshine”. Contact with sunshine should be sought at least for 1 to 2 hours every day either during the morning or evening hours to vitalize the body. It is common knowledge the sunrays kill all germs and prevent possible diseases.

The above 4 requirements if adequately attended to a definite process of elimination of sickness takes place. Health ensues in a course of few years. The whole physical body shifts its polarization gradually upwards. The body matter tends to be less coarse and eventually gains the required subtlety to respond to higher vibration. The brain cells also evolve in the process. Refinement of the physical body results in elimination of diseases and upliftment of health, which is essential for man’s progress. The above 4 measures are reasonable and utilitarian and therefore need to be promoted at large by all healing groups and workers.

Dr. K. Parvathi Kumar

Extract from: **Paracelsus – Health and Healing**

Website: www.paracelsus-magazin.ch/en

Children's Section

On Service

**SATTVIC SERVICE
IS RHYTHMIC AND HAS EVEN FLOW.
OTHER SERVICES
HAVE EBB AND FLOW, FLOODS AND DROUGHTS.**

Panchatantra Stories

14. The Story of the Potter

There was a poor potter who lived in a certain kingdom.

One night, when he was returning after drinking more than he should, he stumbled and fell over some pots. When he got up, he saw blood was oozing out of his forehead. There was a deep cut due to a broken piece of pot.

Poor that he was, he did not go apply any medicine on his wound, which is the reason that the wound did not heal for a long time. After a long time, the wound finally healed by itself, but it left a big scar on his forehead.

Soon afterwards, there was a famine in the country, and he decided to leave his place and travel to another part of the country. On his way, he joined a group of people, who served at the royal household. Along with them, he started serving at the r

One day, the king noticed the big scar on his forehead and thought, "This man must be a great warrior. The scar on his forehead is evident that he has received such wound in some battle. He must be very brave."

Thus, the king promoted him as a warrior and he was honoured with a place amongst the best warriors of the kingdom.

The other household workers knew that he was no warrior and became jealous of the fact that the king favoured him, although he did not deserve it rightly.

Soon after, a battle was impending and the king summoned all his warriors. He wanted to speak to all the great warriors personally and gift them

with precious items as an encouragement. The king addressed the soldiers with encouraging words and inspected the equipments and weapons, and even the elephants and horses.

On the other hand, the potter was no real warrior; and he feared going into the battleground. All the preparations for battle made him tense. But he was resolved to prove himself as a warrior in the battleground.

While inspecting, the king noticed the potter. He took him aside and asked, "O warrior, fighting which battle you got this deadly scar?"

The potter replied, "O king, this scar was not caused by any wound by any sword. Being a potter by profession, my home was full of pots. One night, I tripped after drinking more than I should have; I tripped over them, that caused this wound. Due to improper attention, the wound left this big scar."

When the king heard the truth, he felt embarrassed for his earlier decision. He asked his soldiers, "He is a potter, who has deceived me by pretending to be a warrior. Drive him away from the army!"

The potter fell on his knees and pleaded to the king, "O King, please do not do this. Have mercy on me, for I am sure I will be able to prove my bravery on the battleground. Please give me a chance to prove my worth."

The king replied, "You may have excellent qualities and you may be brave. But you do not possess the qualities required on the battleground. When the other warriors will come to know that you are only a potter, they will ridicule you. You will get yourself killed on the battleground! It is better if you leave and return to your home."

The potter understood the king's advice, and left the palace immediately.

The wise indeed say:

"Never try to walk with the shoes far bigger than your foot size"

Stories for Young People

3. Precious things

A young man was extremely fond of precious things. He chose costly materials from the market, took them to the tailor to make him well fitting and stylish dresses. His father was not impressed by the outfit, saying: "Your taste is very poor."

After a while the student lost his interest in dressing up. But still there were desires for other worldly gains. His father knew the hidden desires. So he took his son to the mountains and asked him: "You love jewels, don't you? Here, look at this." And he showed a huge heap of jewels to the son. The surprised son thought it was an illusion. But the father says: "Take them, they are for you. You will be the richest man in India. Now son, let me go. I want to go far away." The son was shocked and asked with tears in his eyes: "Are you throwing me off? Are you telling me to accept these jewels instead of you? I don't want them. I want to be with you." The father replied: "I am walking towards light. You can be with me. You must decide: how much desire you have for the world and how much for the light?"

The son remembered the loving care, the teachings of his father and the goal of human life. He realized that jewels are innumerable in number, but not a father like his. He left the jewels, his desire for them and followed his father.

Told by Swami Rama: "Living with the Himalayan Masters". 1978. Pennsylvania.
Compiled and quoted by B.K.

WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

Spain

Name of the Group : Paz Yoga Center

Contact : Sabina de la Paz

Adress : Plaza del Ayuntamiento nº 19 – 6º H, E-46002 Valencia

Phone : ++34 606 192 394

E-mail : sabinapaz50@msn.com

Activities :

Activities related to WTT

We are a group of members of WTT which have regular meetings. At the moment we meet the first Friday of each month to study the books indicated by the Master. Currently, the Water Ritual is held every first Friday of the month, and we are a group of 11 brothers.

Periodically Josep Paradell comes to Valencia to teach seminars about spirituality and wisdom of the masters.

The fire ritual is performed with the group of Narayana. Currently, I practice personally the short ritual.

On the night of Taurus full moon and the festival of Wesak a numerous group of people spent the night meditating, facing the Valley of Vaisakha, aligning with the Masters, chanting sacred mantras, performing the ritual of water and overall much meditating.

The meditations of the new moon and full moon which happen on the same days as the Yoga classes, on Tuesdays and Thursdays, are practiced in all groups of the yoga centre, with the formula WTT.

The yoga centre offers books from Master Parvathi Kumar and Master EK.

Activities at Yoga Centre de la Paz

The main goal is to offer yoga classes, in line with the spiritual principles of the Masters, based on Hatha Yoga and Raja Yoga. There are 5 groups

which have classes 2 days per week, every Tuesday and Thursday.

Sabina also gives workshops on:

- Breathing and Kinetic Breathing
- The female perineum
- Stretching of chains of muscles
- Relaxation
- Hatha Yoga for kids, correcting the bad habits that deform breathing
- We study one Saturday per month the teachings of astrology with professor Maria Rosa Reverter in a group of 12 participants
- Singing concerts and study of harmonics and mantras

Throughout the courses, there are conferences and workshops by different professors on subjects of spiritual growth.

This year, Helena Mendez de la Paz has taught yoga classes for children and also formed groups and worked on Emotional Intelligence with children, with a very good progress. She has a degree in psychology and pedagogy.

Other activities at Yoga Centre de la Paz

With every full moon we organize a group meditation with over 300 people at IES Luis Vives. At the end Sabina sings the Hymn to Maitreya

Every first Saturday of the month we gather in the name of AMMA to perform a Satsang. Swami Shubanrita of Amma visits us every year in June to join the gathering.

Picture to the Month of Cancer

Cancer - The Reflections of the Divine Mother



With reflections reaching the earth, the graceful role of the Mother-Goddess is working upon us in the form of the moon-phases. This is called Sri Vidya or the Science of Love about the Mother-Goddess and her role in creation. It gives us a practical key to behave in this world in all fields of our activity. It is an awareness into which we grow and transcend all our limitations. The awareness of Mother-Goddess, when properly established, will lead us to the highest experience of light in social, ethical, mundane and spiritual aspects.

Dr. Ekkirala Krishnamacharya: Occult Anatomy

Book Review

Messages to Aspirants



The booklet contains extracts from letters of Master EK sent to persons in the West and in India. It is meant to inspire aspirants and disciples. The letters contain many instructions and advices of the Master, concerning spiritual practice, everyday living or spiritual questions – a jewel for the seekers.

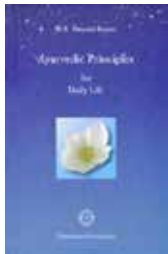
“Spiritual qualifications do not depend upon social perfection and formality. It is the warmth of the heart that makes us respond to each other from such a distance.”

Ekkirala Krishnamacharya : Messages to Aspirants

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

PDF : https://worldteachertrust.org/_media/pdf/en/ek/messages_to_aspirants.pdf

Ayurvedic Principles for Daily Life



This booklet contains short, practical regulations and recommendations for every-day living. Some of the topics are: Morning regulations; the science of bathing, water temperature, hair, exercise guidelines; massage – massage principles, oil massage, head and foot massage, cleansing massage; sleep-guidelines, sunrise and sunset hours; diet – an understanding of diet, Ayurvedic principles for eating.

This text is the first of a series of publications meant to present the teachings of Dr. K. Parvathi Kumar in a form suited to the English speaking Western world.

K. Parvathi Kumar : Ayurvedic Principles for Daily Life

Info : Dhanishta Editions, info@dhanishta.org

Online: http://worldteachertrust.org/_media/pdf/en/ayurvedic.pdf

Astrological Important Days in June/July 2018

21.06.	12:07	☉ → ☊ / Sun enters Cancer		
	☌	Summer Solstice		
22.06.	23:50	11 th phase of ascending moon starts	☉ 01°25' ☊ / ☽ 01°25' ♌	
	♀	<i>Contemplation upon the personal Teacher, the Guru (End 24.07. at 00:22)</i>		
27.06.	04:43	Phase of full moon starts	☉ 05°26' ☊ / ☽ 23°26' ♋	
	☽	<i>Dedicate to the World Teacher and Vedavyāsa</i>		
28.06.	06:53	☉ Full moon of Cancer	☉ 06°28' ☊ / ☽ 06°28' ♋	
01.07.	18:06	23 rd constellation <i>Dhanishta</i> starts	☽ 17°27' ♌	
☉	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 02.07. at 21:05)		
05.07.	21:37	● 8 th phase of descending moon starts	☉ 13°44' ☊ / ☽ 07°44' ♌	
	☌	(End 06.07. at 21:52)		
08.07.	20:01	11 th phase of descending moon starts	☉ 16°31' ☊ / ☽ 16°31' ♌	
☉		<i>Contemplation upon the personal Teacher, the Guru (End 09.07. at 17:57)</i>		
12.07.	08:31	Phase of new moon starts	☉ 19°53' ☊ / ☽ 07°53' ☊	
☌		New moon point of Cancer: <i>Contemplation upon 'The Pledge'</i>		
13.07.	04:48	● New moon of Cancer	☉ 20°41' ☊ / ☽ 20°41' ☊	
14.07.	01:02	Car Festival (starts with the 2 nd phase of ascending moon and ends at full moon of Cancer)		
	☌			
19.07.	10:06	● 8 th phase of ascending moon starts	☉ 26°37' ☊ / ☽ 20°37' ♌	
	☌	(End 20.07. at 09:59)		
22.07.	11:17	11 th phase of ascending moon starts	☉ 29°32' ☊ / ☽ 29°32' ♌	
☉		<i>Contemplation upon the personal Teacher, the Guru (End 23.07. at 12:54)</i>		
	23:00	☉ → ♌ / Sun enters Leo		
		☉ in ♌ – every Tuesday (24.07., 31.07., 07.08., 14.08., 21.08.):		
		<i>Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmi</i>		
		☉ in ♌ – every Friday (27.07., 03.08., 10.08., 17.08.):		
		<i>Contemplation upon the World Mother in the Heart Center</i>		
26.07.		Merry Life Day		
	☌			
	19:46	Phase of full moon starts	☉ 03°41' ♌ / ☽ 21°41' ♋	
		The New Vaisākh Festival: <i>Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumāra and Lord Maitreya</i>		
27.07.	22:20	☉ Full moon of Leo	☉ 04°45' ♌ / ☽ 04°45' ♌	
29.07.	00:07	23 rd constellation <i>Dhanishta</i> starts	☽ 17°27' ♌	
☉	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 30.07. at 03:01)		
04.08.		1868: Birthday of Master CVV		
	☌			
	08:35	● 8 th phase of descending moon starts	☉ 11°51' ♌ / ☽ 05°51' ♌	
		(End 05.08. at 07:50)		

All times are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);

From: »Astrological Calendar 2018/2019«; www.worldteachertrust.org;

Publisher: The World Teacher Trust-Global, Föhnhafen 1, CH-6640 Brunnen.



The 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.



OH LORD AGNI!
WE PRAY THAT WE MAY BE LEAD
THROUGH THE PATHS OF RIGHTEOUSNESS (OF LIGHT),
FOR YOU KNOW THE LIGHTED PATHS OF THE UNIVERSE.
LEAD US, GUIDE US AND ENSURE THAT
ALL OUR KARMA IS BURNT ON THE WAY
AND THAT WE TEND TO BE THE LIGHTED BEINGS
IN THE ETERNAL KINGDOM OF LIGHT
TO SERVE IN JOY!

ISA VASYA