

**Eight Steps of Meditation
through
The Key of Time**

Dr. K. Parvathi Kumar



Dhanishta

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Master CVV Gurupooja Celebrations - 2014; Vijayawada

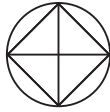
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Visakhapatnam - 530 002, Andhra Pradesh, India
Phone: +91 891 2701531

For online orders
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Printed in India at: Akshaya Mudrana, Bangalore



Dhanishta

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Wealth is not measured in terms of money or business; it is measured in terms of richness of life.

Wisdom is disseminated by the Teachers of all times. *Dhanishta* works for such fulfilment through its publication of wisdom teachings flowing through the pen and the voice of Dr. K. Parvathi Kumar. Such teachings are published in English, German, French, Spanish, Hebrew, Telugu, Hindi and Kannada.

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About the Composer

Dr. K. Parvathi Kumar has been teaching various concepts of wisdom and initiating many groups into the Path of Yoga of Synthesis in India, Europe, Latin America and North America. His teachings are many and varied. They are oriented for practice and are not mere information.

Dr. K. Parvathi Kumar has been honoured by the Andhra University with the title Doctor of Letters Honoris Causa, D. Lit. for all his achievements as a teacher around the world. He works actively in the economic, social and cultural fields with spirituality as the basis. He says that the spiritual practices are of value only if such practices contribute to the economic, cultural, and social welfare of humanity.

Dr. K. Parvathi Kumar is a responsible householder, a professional consultant, a teacher of wisdom, healer of a certain order, and is a composer of books. He denies to himself the title of being an author, since according to him –

“Wisdom belongs to none and all belong to Wisdom.”

The Publisher

Eight Steps of Meditation through the Key of Time

It is necessary to learn a few aspects of time so that we can tune up to the Nature. The whole wisdom is to observe how 'it is', and how 'it is becoming'. There is something that does not change, and on the background of that unchangeable there is continuous change. Thus it is called "how it IS and how it IS becoming". The two exist together at all times during the existence of the Creation. In order to tune up to the eternal change, we are expected to observe the aspects of time. The one that does not change is called the Father, and the one that changes on the background of no change is called the Mother.

Experiencing of the beautiful change upon the background of no-change is the purpose of life. Time is one of the grand keys to experience this aspect. That is why Astrology is said to be the eye, to the six keys of the Veda. There are six keys to the Vedas and the seventh key is ourselves. We have to apply the six keys upon us,

so that we are able to open the six seals. It is written in the Book of Revelations that there is the lamb that opens the seals of the book. The lamb is one who has a humble approach. The lamb is considered to be a very soft, docile and innocent animal. It is soft like butter. When we have a butter-like mind, meaning, a mind that is very soft and very adaptable, we can open the seals through the six keys.

Out of these six keys, the key of Astrology is considered to be the most important. The book is none other than our life. The mysteries of our own life can be better understood when we apply the six keys upon us. Applying upon us means, applying upon our own life. Let us make some entry into the key of time, where I will give a few important dates for observation.

Observation

We have to be on observation on these important days, because there will be significant changes in the energies during these days. During these days, we will be able to tune up to those energies provided we remain in observation. Otherwise we will miss to tune up. *When we miss to tune up, it looks that every day is the same.* If we tune up we can experience something more from each day. We shall record a few days on which we shall observe more than the normal

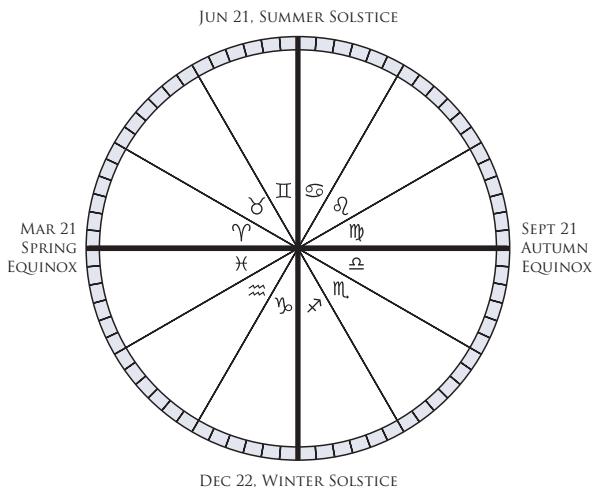
days! We shall make a conscious effort to observe on those days. Generally we are required to observe every day. But till we are able to observe every aspect of life and every day, to enter into the principle of observation, we have to first make entry through these days.

Four fold Wisdom

We take the fourfold wisdom as our basis. We have this fourfold wisdom to observe in everything. This wisdom is conceived on the basis of the events happening on the equator. All Astrology is conceived on that basis.

We know that the 22nd December can be taken as the beginning of the year. Some people begin the year from the month of Capricorn, because from this date there is increasing of the day. From that day, the day starts increasing and the night reduces. December 22nd is called the Winter Solstice day. We have the dawn or morning of the year in Capricorn on the 22nd of December. We have the mid-day of the year in Aries on 21st March, the Spring Equinox day, when the day and the night are equal. Then, in Cancer, we have the evening of the year or Summer Solstice Day, which is the 21st June, where again the night is growing and the day is reducing. Then, the midnight

of the year on 22nd September, or Autumn Equinox, when the day and night are again equal. Thus, we have the four cardinal points in a year, which we try to observe as Summer Solstice, Winter Solstice and the two Equinoxes. In the year cycle we have these four points. We have bigger cycles also, where we have the four *Yugas*: *Kali Yuga*, *Dwapara Yuga*, *Treta Yuga* and the *Krita Yuga*. These are the four aspects of time.



When we come to a lunar month, we have the cycle of the new moon, followed by the 8th ascending phase of the moon, then the full moon, followed by the 8th descending phase of the moon and then again the new moon.

Like this, there are many cardinal points. On all these cardinal points of time, there is the change of energy. Before we make an effort to experience the cardinal points of the Lunar month and the cardinal points of the Solar year, there are certain preliminary steps, which we are expected to observe, so that the cardinal points of the Moon and the Sun are better experienced. They can be fully experienced if the steps that are given below are sincerely observed.

Just like for the planet there are four cardinal points of the Sun, in the Solar year we have four cardinal points. In the Lunar cycle we have four cardinal points every month multiplied into 12 months. Because every month, there is a new moon, an 8th ascending moon phase, a full moon and an 8th descending moon phase. We therefore have another set of 48 days to be observed in a year. Thus, there are 52 important days for observation. The effort is to experience them. When we are able to experience these days fully, we will have an understanding of 'how it is' and 'how it is becoming', and we will get the awareness of the aspects of time. Before experiencing this aspect, the steps to be worked are now given.

Step 1

Calculating with the Sun - the yearly personal Full Moon and New Moon, the 8th ascending and the 8th descending Moon phases or our personal Equinox and Solstice days.

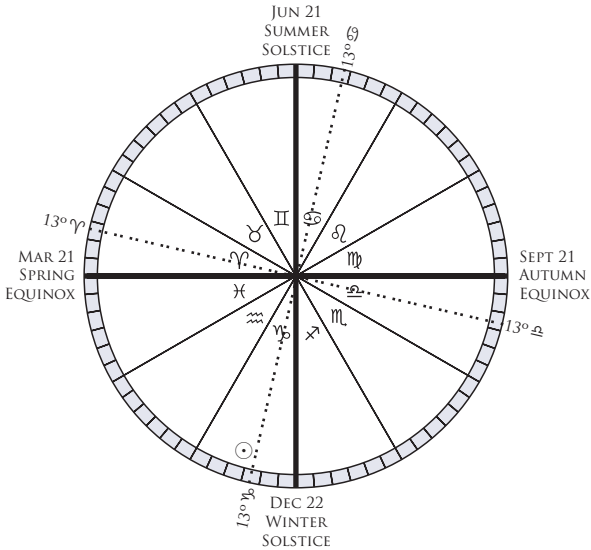
Every one of us has a birth Sun. From the date of our birth Sun, if we see the movement of the Solar year, then we will have four cardinal points. Let us take an example. We will consider the 4th of January as a date of birth. If we work out 90 days from the 4th of January, the sun is in 13 degrees of Capricorn. Thus, 13 degrees in Aries, is the movement of the Sun by another 90 degrees. Thus, when the birth Sun is in 13 degrees Capricorn, the four points including 13 degrees in Capricorn are 13 degrees Aries and then 13 degrees Cancer, and finally 13 degrees Libra. Whenever the Sun gets into 13 degrees of Capricorn, Aries, Cancer or Libra, they are important days for observation.

Let us take another example where the birth Sun is in 23 degrees Scorpio. We have the first cardinal

point at 23 degrees Aquarius, the next cardinal point at 23 degrees Taurus, and the last cardinal point at 23 degrees Leo. These are our personal Equinoxes and Solstices. We have to take up our own Equinox and Solstice days and begin experiencing them.

Step 1: Example

Date of Birth : January 04th



Step 2

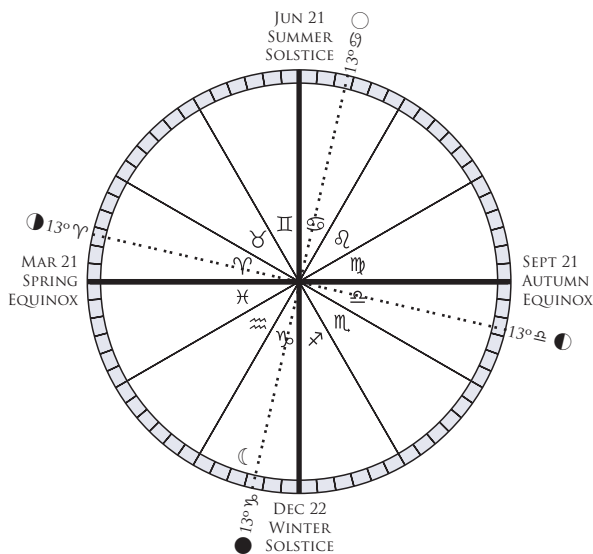
Calculating with the Moon - the personal New Moon and Full Moon, the 8th ascending and the 8th descending Moon phases, monthly and yearly; 48 important days.

Working with the birth Sun and the transitory Moon is the step. Every month the Moon moves one full round around the zodiac. That is why every month we have a full Moon. As an example, when the Moon is in 13 degrees in Capricorn, it is the personal New Moon day for the person born on 4th January, and likewise for the person born on 15th November, when the Moon is in 23 degrees of Scorpio it is his New Moon day.

The movement of the Moon in relation to our birth Sun has to be observed, to find our own Full Moons and New Moons. Whenever the Moon enters around 13 degrees Capricorn, it is the personal New Moon for the person born on 4th January, and when the Moon passes through 13 degrees Aries, then it is his

or her 8th ascending phase, and when it passes through Cancer 13 degrees, it is the personal Full Moon. There is a Full Moon for the planet and there is also a Full Moon for the person. For this person, when the Moon is in Cancer 13 degrees, it is 180 degrees to the birth Sun, so the person is able to experience the Full Moon energies on that day. Personally there will be experiencing the blooming of the mind on that day, than on a general Full Moon day. Whenever Moon is in 13 degrees Libra, it is the 8th phase.

Step 2 Example; Moon in 13 degrees Capricorn



Every month we have our own Full Moon, our own New Moon, and our own 8th ascending and descending Moon phases. This is how we will have 48 days in relation to the Moon and the Sun. These 52 days shall have to be observed for sometime. For the planet there are 52 cardinal aspects relating to the Solar and the Lunar year. With step one and two we arrive at the same 52 days as a personal case.

In step one the Sun works as the transitory Sun, that is our birth Sun, and we get the four Lunar aspects. In step two, we are correlating the birth Sun and the transitory Moon, which gives a total of 52 days.

Step 3

Calculating with the Sun & Birth Moon - the personal New Moon and Full Moon, the 8th ascending and the 8th descending Moon phases; 4 important days.

For example, the birth Moon of the person born on 4th January is 12 degrees in Virgo; thus the personal Full Moon will be in 12 degrees Pisces. When the Sun is in 12 degrees Pisces, the birth Moon is in 180 degrees to the transitory Sun. When the Sun is in 12 degrees Virgo, it is the personal New Moon for this person. When the Sun is in 12 degrees Sagittarius, it is the 8th ascending phase, and when the Sun is in 12 degrees Gemini, it is the 8th descending phase for this person.

Here in this step, we do not work with our birth Moon and the transitory Moon. Working with the birth Sun and the transitory Sun is for a preliminary step. First we shall work with the Sun and the transitory Moon, and then Moon with the transitory Sun. Then as step four, we work with the

birth Ascendant and the transitory Sun, and as step five with the birth Ascendant and the transitory Moon. First we are working with our birth Sun, secondly we are working with our birth Moon, and thirdly we are working with the birth Ascendant.

Step 4

Calculating with the Sun & Birth Ascendant - the personal New Moon and Full Moon, the 8th ascending and the 8th descending Moon phases; 4 important days.

In this step instead of the birth Sun, we take our birth Ascendant, which in the case of our example is at 24 degrees in Aquarius. Again we have a set of 4 days relating to the Sun, when it is 24 degrees Aquarius, 24 degrees Taurus, 24 degrees Leo, and in 24 degrees Scorpio. These are the four cardinal points in the chart of our example in relation to the Ascendant. It is the relationship between the birth Ascendant and the transitory Sun.

Step 5

Calculating with the Moon & Birth Ascendant - the personal New Moon and Full Moon, the 8th ascending and the 8th descending Moon phases; 48 important days.

Here we work with the birth ascendant and the transitory moon. The birth ascendant of the person born on 4th January is in Aquarius. This time instead of working with the birth sun we are working with the ascendant like in step 3. When we are working with the sun her personal full moon is in the sign Cancer every month, and whenever the sun comes around Cancer 24 degrees it is her personal full moon. Here as the ascendant is in Aquarius, the opposite sign is Leo; so whenever the moon comes into Leo 24 degrees she will have another personal full moon. When we are working with the sun her personal full moon is in Cancer, and when we are working with the birth ascendant every month she gets her full moon when the moon enters into Leo 24 degrees.

By observing these days and remaining in

mediation during these days, the influence of the birth moon, birth sun, the birth ascendant and their negatives are neutralized. It is a method of working out with one's own personality. Like this we are working with our personal sun, moon and ascendant. It is the way to work with ourselves.

Step 6

Calculating with our Progressed Ascendant.

Instead of the birth ascendant we take our progressed ascendant. Every year our birth ascendant moves by one degree, like our birth sun. Suppose that the person of our example is 60 years old, if at the time of birth her ascendant was 24 degrees Aquarius, by 60 years it will have progressed to 24 degrees Aries. There are many secrets revealed by these movements. With the progressed ascendant we have the 4 cardinal points with the sun.

Step 7

Calculating with our Progressed Ascendant.

We take our birth ascendant and regress it. That would mean in the case of the person of our example as 24 degrees Sagittarius.

After having worked out all these steps there would be a total understanding of the time aspect, and we will be able to neutralize all the negative aspects of our birth sun, moon and ascendant. After this practice we will be able to experience much better the full moon, the new moon and the 8th ascending and the descending phases, than as it is experienced at the moment, because by that time our personality limitations and grips are all neutralized. This is how we have to work out our days of observation and meditation. That is how we will be able to release ourselves from our personality, from our individuality and from our behaviour. We all have our own limitations; they are indicated in the horoscope by the placement of the sun, the moon and the ascendant in

relation to other planets. To get released from the limitations of these three aspects in us, astrology recommends this scientific way of working with ourselves. After a cycle of 7 years, if we sincerely work it out in this fashion, there is the scope to get released. This is the astrological way of getting released of our own limitations. The 7 steps are over; hence we start with a new cycle, the 8th step.

Step 8

Calculating with our Birth Jupiter.

After these seven steps, as the eighth step we shall meditate upon that center where we have our birth Jupiter. For example, the birth Jupiter of the person of our example is on 29 degrees Capricorn. Capricorn symbolizes the knees in the body and that is one understanding. Another understanding is, it is in the real Heart Lotus.

After Scorpio, the Sun signs proceed in the reversed order in the body, the objective Sun Signs go down, and we have Sagittarius in the thighs, Capricorn in the knees, and Aquarius in the ankles and Pisces in the feet. That is the ordinary understanding, but when we are in the occult way, after Scorpio, the Sun signs make an ascending order. Hence we find Capricorn in the real Heart Lotus, which is higher than the Heart Center. We have the Heart Center around Cancer and Leo, where our physical heart is, but the Heart Lotus is a little above that.

When the meditation is done in the Heart Lotus, we will find our Master on the physical plane. Thereafter we are given admittance into the *Ashram* of the Master, and we will keep working eternally. That is how we are expected to work out these steps.

Conclusion

First, we have to work with our birth sun; then, we have to work with our birth moon, then, we work with our birth ascendant; then, with our progressed ascendant; then with our regressed ascendant. Finally we meditate upon that center where the Jupiter is there in the horoscope. Suppose that in some other case Jupiter is in Aries; then, that person can meditate in the *Ajna* Center. Taurus and Gemini in the Throat Center, Cancer in the Heart Center; the next center is where the formation of diaphragm for Leo, the upper abdomen for Virgo, Libra at the naval, and the Scorpio on the lower abdomen. In the reverse order, Sagittarius corresponds to Gemini, Capricorn corresponds to Cancer, Aquarius corresponds to Leo, and Pisces corresponds to Virgo. This is how the correspondences work.

The center where we have the placement of Jupiter in the body, in that center we can meditate to find our Master in the physical plane. But if we do this 8th step without having done the previous 7 steps, then

we will not find him. This is useful for practical working, and thereafter, the understanding of time is different. The understanding of the energies around is much different. A buffalo does not know when it is full moon. Now after all these steps, we will know on a daily basis the nature of these energies. That is how astrology makes things very easy when practiced.

Let us see if we can work with this key. After seven years of practice we will be able to find our Master on the physical plane, and there is no need for speculation.

Thank you!

It is necessary to learn a few aspects of time so that we can tune up to the Nature. The whole wisdom is to observe how, 'It Is', and how 'It Is becoming'. There is something that does not change, and on the background of that unchangeable there is continuous change. Thus it is called "how it IS" and "how it IS becoming". The two exist together at all times during the existence of the Creation.

In order to tune up to the eternal change, we are expected to observe the aspects of time.



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