

MASTER CVV  
YOGA AND APHORISMS TO DISCIPLES



MASTER K. PARVATHI KUMAR

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**Dr. K. Parvathi Kumar**

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YOGA AND APHORISMS TO DISCIPLES**



**Dhanishta**

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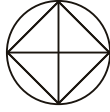


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## **Dhanishta**

*Dhanishta means Wealthy Wind.*

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.

*Dhanishta* is a non-profit publishing house.



## **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**





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## PREFACE

To the students of Master CVV yoga, it is a splendour to have witnessed, fulfilment of a few of Master CVV's prophecies in this century itself.

Master K. Parvathi Kumar has been an exponent of Master CVV yoga, in whom the students could see the fulfilled state of yoga practice. Through Master K. Parvathi Kumar, Master CVV yoga found its expansion and manifestation across all continents. Several teachings coming from Master CVV, were given afresh, through which the groups derived necessary inspiration and knowledge for further practice.

The presentation of this book is yet another prophecy fulfilled. The teachings of Master CVV, which he had originally received and recorded as MTA instructions, were given out once again, in a fresh form by Master K.Parvathi Kumar in Telugu.

They were translated into English and the aphorisms were published in seriatim in the monthly newsletter, 'Vaisakh Newsletter' under the caption

‘Aphorisms to Disciples’. These aphorisms inspired many, globally, and helped them to orient much more ardently, to the prayers and to Master CVV yoga. The groups felt a need to gather these aphorisms in a book form, to aid them further in their Yoga practice.

It was thought fit, to present this work as an offering at the Lotus Feet of Master K. Parvathi Kumar, during the Master CVV December Call Celebrations’ 2022.

It is but a necessary duty, to acknowledge the joyful co-operation and efforts that came through brothers, K.C.S. Guru Prasad, and T.S.V. Ramana in realising this work.

The Sadguru Tapovana group at Bengaluru, aided in compiling and bringing out this book ‘Master CVV - Yoga and Aphorisms to Disciples’, intended for all the sincere students of Master CVV yoga, who look to these teachings to further strengthen and deepen their yoga practice!

*May the Master bless all!*

- Dhanishta

## FOREWORD

Master CVV yoga commenced 107 years ago, and 108th year is currently in progress. Master CVV yoga started on the 29th of May, 1910 and as has been willed by him, this yoga has become global. There are members in all the continents, who are now practicing this yoga.

In this new yoga, the primary aspect is the prayer that is given by Master CVV. The aspirants that perform regular prayers receive from within, the required practice formulae for their progress. This is one specialty in this yoga! The divine energy, that descended into Master CVV, has handed over to him, a few formulae for practice. Master CVV happened to note them under the caption MTA instructions.

When an attempt was being made to translate these instructions in Telugu, to be shared with the yoga friends, there were instructions and messages that were received afresh, from within. It is but a common occurrence, in Master CVV yoga. Whenever, there was an attempt to talk about Master CVV yoga, or when attempts were made to

bring out certain teachings in a book form, there has been a fresh impulse each time. It was witnessed that the teachings came through, with new inspiration and style, and the discourses and writings happened afresh. Surely, they are all on account of the grace of the Master!

In this context, it is apt to mention here, a note that was stated to Master CVV by the MTA on 11-11-1910.

“The instructions that I am giving you now, would in future, get elaborated via another medium and would get separately published. They would surely find expansion globally.”

“Another medium would develop his brain, knowledge and culture to take suggestions from different books and publish a separate book according to my views and suggestions - CVV”.

The daily life pattern that the practitioners should adapt to in this new yoga, the formulae that are to be implemented in the practice of this yoga, and the required messages; have all been arranged for the benefit of the yoga students.

These are definitely and undoubtedly of use, to all those who strive with devotion, veneration, attention and dedication in the yoga practice. The book contains practice

formulae and messages too. They would be of immense aid to the yoga students, in their practice. These messages on yoga, are being given out with utmost responsibility.

May the followers of the Master receive them appropriately!

- K. Parvathi Kumar





## MASTER CVV YOGA - PRAYER

1. Prepare for the prayer with a clean mind and body. Let the place of prayer be of utmost purity and cleanliness with a pleasant ambience.
2. Arrange an altar with the Master's photo on a platform or at an elevated position. Purify the ambience by lighting incense sticks with good fragrance.
3. Be seated in a comfortable posture. If there is a disability or discomfort to sit, you may even lie down, it helps avoid bodily movements during the prayer. Whatever be the posture, it should be comfortable, so as to enable stability without the need for frequent bodily movements.
4. Gaze at the Master's photo, particularly looking into His eyes. Gently close your eyes, while conducting inhalation and exhalation consciously, for three times.
5. With lot of reverence and ardent devotion, filled with inspiration, utter forth the below potent invocation:

**“Master Namaskaram”**

**“Master C. V. V. Namaskaram”**

Note: Based on one's inspiration, one can utter the below invocation also.

**“Master M. N. Namaskaram.”**

**“Master E. K. Namaskaram”**

**“Master K. P. K. Namaskaram”**

6. After uttering the above invocations, observe within!
7. Inner observation is the true meditation.
8. Whatever is seen or heard during the prayer should be sincerely noted down in a notebook after the prayer. The instructions received, should be followed.
9. After the invocation, do not force open the eyes. The eyes open, when the work of the Master for that session is complete.
10. Progress is attained in the prayers based on one's sincerity and devotion.

*One*

*Yoga bestows comfort within and  
without !!*



1. The hints you receive in prayer are meant for you. They are not for discussion; they are for practice.
2. Try to sit at the same place, and orient to the same direction, while you pray. Do not change place and direction. In case you are to travel, inform the Master in prayer, the proposed place where you wish to pray. Even if you change place, as far as possible, change not the direction you face, while you pray.
3. Remember that the prayer is for your all-round development. Remember that the prayer is for your total welfare. Entertain no doubt in this regard. Thoughts of goodwill are meant for action. When received in prayer, neglect them not. They are meant for your progress.

Work upon them at once!

4. Do not entertain discussion in relation to your yoga practice except with those who are truly friendly in this yoga. Set aside, unsolicited advice from the surroundings. Set aside, the opinions of the surrounding people with respect to the yoga practice. Respect all that is around you but follow the ones whom you consider as truly ahead of you, in yoga.

5. Ensure that you are clean in body and peaceful in mind, before you commence the prayer. As per the attitude the prayer happens.
6. Never commence the prayer that I gave you, without lighting the incense. The incense has to be natural and fragrant.
7. As you utter-forth the mantra (Master C.V.V. Namaskaram) observe the movement of energy in your entire nervous system. Observe the plexus of nerves and the transmission of energy via the plexus into the nervous system. Do not concentrate on my form.

Just observe within!

8. 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.
9. Invoke the Master and observe the emergence of subtle, gentle, and feeble currents passing through the streams of life and streams of light.
10. As far as possible, try to reside within the cerebro-spinal column in you. Propose and imagine it, to-be so.

Two

*Yoga bestows equanimity  
in  
thought, views and action !!*





1. 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!
2. Internalize the prayer. Invoke the name of the Master and turn inward. Perceive the pulsation and be in association with it. It leads you to the lighted column within.
3. As you approach the inner lighted column, the outer disappears, and the inner unfolds. Stay within the column; experience the Light, as also the teachings of the Light. Be observant within.
4. “Dip Deep, Axis arranged hours ....” are the mantras that you can utilize in this regard.

[See: *Mystic Mantrams on Inside Cover*]

5. Truth is experienced even in untruth. When one encounters untruth, the untruth can be seen when one is in truth. The truthful one experiences the truth and untruth in the world and relates accordingly.
6. The staircase that you need to ascend is within your vertebral column. Enter into yourself, ascend the stairs to experience the Brahman. 33 are the stairs.

7. As you ascend the stairs of the vertebral column, the body becomes lighter. As you cross the throat center, you experience floatation of the body. As you ascend, your touch of the earth tends to become tender, gentle and subtle.
8. All limbs of the body as also the pulsation, respiration, circulation of blood, the digestive system, sight of the eye and the thoughts - are all linked to the energy in the vertebrae. During the prayer, all adjustments are done to the energy in the central column, through which the needed rectifications happen to the related organs as per the need. Such is the specialty of this yoga.
9. Solution to every problem of life can be gained through My prayer. Be consistent, constant and be intentful in your prayer.
10. While in prayer observe within, with the help of the inner eye, the movements and happenings within yourself. The eye is as much important for inner comprehension as it is for the outer comprehension.

*Three*

*Yoga bestows stability in life !!*



1. The brain, various nerve plexuses, the network of nerves, the heart and the network of veins and arteries and the seven-tissued body built around the spine can be seen as a football bladder. Within this globe-like bladder, there is the vertical awareness in the spine presided by a globe of awareness on the top of the spine. The presiding globe of awareness on the top of the pole of awareness is the Master. The Master presides over the flow of the awareness as also the flow of life force.

Visualize the Master as the globe of light in the head which holds the pole of awareness in the spinal column. Let it be attempted during the prayers.

2. The Master presides upon your yoga practice, as the ultimate judge. He views your actions; he teaches and directs you, if you orient.
3. In this path of Master CVV yoga, there is the subtle cooperation of HPB and AB (Annie Besant). Eventually the students of theosophy get into Master CVV yoga.
4. A yoga student should submit himself to the yoga process. Regulations are imparted to be followed, so that the student makes progress. One cannot neglect the regulations in the name of free will. Apply not free will in a wrong context.

5. Ensure that your life is as transparent as possible. It should be an open book. It should not contain clandestine deeds and secrets.
6. You should not be a cause of sorrow to the friends and associates around you. Learn to bear, forbear, be tolerant and be patient. It bestows strength.
7. Adjustments in prayers are in accordance with the need in your psyche. Necessary adjustments are also brought out up to the physical level, such as adjustments to your food, your movement and your placement.
8. As you progress in Master prayer, you gain certain abilities such as blissful utterances, healing abilities and prophetic expressions. Note that such facilities are to be appropriately used, with responsibility.
9. As you progress in Master prayer people gather around you to pray along with you. Note that they are sent to you by the Master.

To be of use to them is your responsibility. To use them for your personal gains causes your fall.

10. If your prayers happen ardently, and without impediments and obstructions, your awareness expands into the realms of buddhi. The mind tends to be ever

enthusiastic and never depressive. The cooperation of the body improves significantly. Your breathing, your food habits, your digestive ability and your blood circulation also improve. The stay in the body tends to be less uncomfortable.







*Four*

*Yoga elucidates life as an offering !!*



1. As your prayers continue unimpeded and obstruction-free, you find your mind tending to be gentle, subtle, focussed, peaceful and compassionate. Your movements, your speech and your work gain attention and respect.
2. As your prayer tends to be unimpeded and obstruction-free, your mind tends to a distinct transformation. The desire-oriented mind tends to be a duty-oriented mind.
3. Punctuality, obedience to the Master, and humble attitude are important principles. Without these three, not much can be accomplished.
4. Instructions that you receive are the instructions that I received from the Brahman. For your welfare, I transmit them to you.
5. I am the messenger of the God. Those who follow my directions would also tend to be the messengers of God. The messages that you receive should be taken as injunctions and commands. Do not take them in a light-hearted manner.
6. Conduct the mantra “Dip Deep” in the following manner: Imagine that you have entered into the dog’s cave in Muladhara. Further imagine that you are

moving in an upward path within the spine up to the cranium. The cranium is the cave of the bear while Muladhara is the cave of the dog.

From the dog's cave to the bear's cave, let the movement be visualized and experienced. The path to the bear's cave is via the lion's cave at the heart. By regularly moving up and down through the three caves your nervous system, your eyes, heart, respiratory system, and digestive system are thoroughly cleansed. Visualize such cleansing.

7. During Prayer all parts of your vertebral column get the touch of my power. During prayer when you get sensations in your back, understand that reconstruction is happening within you. Due to the touch of my power, magnetisation of your vertebral column happens. During that time, you might receive visions of light.
8. The movements in you during the prayer are the means for the adjustments in you. Observe the movements within. Let the adjustments happen and let there be free flow of energy. See within the centres in you and observe how I work out the adjustments.
9. I am Brahman. I have directly undertaken the responsibility relating to your upliftment. I am your

teacher, your Master! To you, I am the Trinity. Learn to listen to Me and follow my instructions. The more you align with Me in you, the more you get trained and get fulfilment.

10. The relationship between you and Me is the most sublime and poised one. It is not debatable by others. Do not let others intrude into our mutual relation.





## *Five*

*Yoga is to the one,  
that is duty-minded and  
seeks not the fruits of action !!*





1. When I commence adjustments in you during the prayer your respiratory functioning would become much better. The lungs gain enough vitality and expel the sicknesses of respiration and breath. Your digestion improves, and blood circulates better, as also the currents of awareness.
2. As much as the relation between you and me consolidates so much you would be punctual and on time in relation to your entire activity. You remain effortlessly punctual. Another dimension that would unfold, is that your mind tends to be unwilling to participate in silly and sundry issues.
3. As the depth of prayers improves in terms of its timing, intensity, and duration, the following manifest in you:
  - Compassion
  - Quietude
  - Sympathy
  - Soft nature
  - Dignified personality
  - Alertness to duties
  - Presence of mind

4. The association you develop with me through regular prayers is for your development only. I need nothing from you. I care for your development. You are ever at comfort, independent of your properties and material wealth. At all times, I ensure that you have enough food to eat, enough clothing to wear, and a shelter to lay your head.
5. Your association with me enables unfoldment of your intellect. Such unfoldment of faculties cannot be procured from the marketplace! All that is needed for you to learn and practice, will be taught to you from within through the prayers.

Until you realize the Brahman, you continue to be my student. Learn to be studious. Do not pretend to be a teacher.

6. Do not entertain opinions of others in relation to the prayer that you conduct in association with me. Unsolicited opinions should be discarded at once. Do not seek opinions from others until you find the other as a senior in studentship in relation to this yoga.
7. In my path of yoga, there is no need for relinquishment. You do not have to make efforts to relinquish. I relieve you from all that is not desirable for your growth. What

is not required for you is cut off, as per my will. Know that associations and dissociations happen to you according to my will.

8. Do not be excessively preoccupied with healthy foods. My energy in you would not let you to get into anything which is detrimental to your growth.
9. As you conduct the prayer regularly as indicated by me, your life is cut to size and is made beautiful. You would eventually find yourself to be a well-carved idol that emits electromagnetic waves.
10. Link up to me as you commence your prayer and stay to witness, to observe. Witness the thoughts that generate from you. Witness the pulsation that happens in you. Be witnessing. Do not ever concentrate. Witnessing, observing, and awaiting are the qualities you have to acquire. It enables vision; it also enables audience. It enables intuition.

In prayers, do not look for experiences. Just practice witnessing all that is happening in the prayer. Even when there are experiences and even majestic ones, just witness them, not attaching any importance to them.



## Six

*To uplift oneself from desire to duty  
through striving,  
is seen as eligibility  
to enter the path of yoga !!*



1. May your will, knowledge, and activity be utilized to serve others. As much as your service is of utility to uplift those around, so much, you are replenished from within, with the energy coming from me. The replenishment is with energy, which is much deeper, which again is to be utilized for improved service.

You are but a channel for this energy which is from the higher circles. Using this energy, to possess others who relate to you, is vampirism. Know this and be humble.

2. The influx of energies into you enables fulfilment in the world and beyond! However, it only aids activities of goodwill! It even enables your liberation from your field of action.
3. Choose a posture most comfortable to you to relate to me in prayer. I do not insist upon a particular posture. The posture should give comfort to your entire body so that you can relate to the movements in the body instead of relating to the body as such.
4. Notice the feeble current that is initiated in the prayer and its impact on your entire nervous system via the plexus. Notice also its impact on the system of blood streams. The flow of the currents through the blood

streams heal you, while the flow through the nervous system rearranges your awareness to unfold and comprehend that which is beyond mental.

5. Strive to ensure that your thought, speech and action are aligned. Let there be no error in this regard. If you do so, it enables me to relate to you from within and cause the needed adjustments. The inner and outer have to be adjusted for expression of my energy through you.
6. When you are in my prayer try to be in your head (Ajna). Visualize much light around and feel your head to be a lighted one. May the entire nervous system of the head be seen as a web of light. Further visualize that you are in that web and the rays of light are permeating through the entire nervous system. The web of light relating to the entire nervous system vibrates in concordance to the pulsation. Enjoy the sound of pulsation and the splendour of the lighted field.

May this be practiced until the vision comes and insight.

7. Hold on to goodwill, if you can! Note that goodwill is your choice - it is not imposed from outside, it is posed from within. Therefore, it is called imposed (in-posed).



Having decided upon goodwill, hold onto it and I support you and fulfil you. Normally, you do not perceive my support. It is inconceivable and many times imperceptible. I care not, even if you do not perceive and conceive my support. I want you to be fulfilled. Therefore, my instruction to you is to invoke 'Me' twice daily.

8. Through my prayer you can cause adjustments in the mental plane. You can even make efforts to heal epilepsy. Visualize the sky blue and transmit it into the brain of the patient forming a triangle with me. You can utilize this triangle for all healing purposes.
9. Know that you are progressing in my yoga if your awareness moves up and settles at the eyebrow centre. Keep observing within during the prayer.
10. Never initiate any person unless it is sought sincerely. When someone approaches you to get initiated put him to waiting until he seeks again and again. Only such ones, are fit to receive My initiation.



## *Seven*

*To act without a motive  
and  
detached attitude to the fruits of  
action,  
are cardinals of yoga practice !!*



1. Once you are into my yoga, I continue to be with you, even after this incarnation. I continue to guide you into next incarnation and ensure that you are guided into my yoga. The relation between you and me, is forever. It does not terminate with one life. Life after life, I ensure your progress.
2. Do not submit yourself to tension in any situation; tension is unworthy. Think of Me. The tension disappears. Heavens do not fall and Earth will not break. Why should tension prevail, when there is no true calamity?

The mantra is, “Let things wait”.

3. It is your responsibility to ensure the place of prayer to be of utmost purity and cleanliness. Your effort to keep it pure is the indicator of your eligibility to progress.
4. In locating misplaced articles, develop not anxiety; instead think of Me, relax and recollect.
5. Your alignment with Me transforms you as My heir. Through you, flows unlimited power of will, light of wisdom and multiplied service. You tend to be a resourceful person.

Just align with Me, that is enough!

6. The ways of My training and My teaching are inimitable and cannot be copied by others. Only those who align know it. They too do not imitate. They let Me work through them. Fail not to pray twice daily.
7. Form a team with Me when you help, serve or heal others. It will enhance your ability and you will be able to fulfil.
8. Either Me or the members of Hierarchy are ever ready to cooperate with you, in as much as you cooperate with others. Such continued cooperation results in envisioning and conversing with us. Much depends upon your cooperation!
9. Witnessing is the main key. If you stay put in witnessing, you listen better and you see better. You can even identify a co-worker or a patient who looks to you in desperation. When this ability is established, you can communicate with the distant ones to help and alleviate.
10. To enlarge your comprehension and improve upon your ability, is one of the key notes of my prayer. The prayer enables free and unimpeded flow of action. Undesirable thought patterns are arrested.

## *Eight*

*The intake of food, and physical  
movements,  
are regulated through yoga practice.  
Life and Awareness  
find their balance !!*





1. You are trained through prayer, to set right the thought patterns, and to direct them, as is necessary. Through this, the direction is set, and the pace is increased. It is a facility that I bestow. Sometimes, it is even conducted through the dreams.
2. In this yoga path when you feel lack of vitality, seek it through prayer by uttering forth the mantra:  
“Master enable vigour supply and vitality”.
3. As the relation between you and me reaches tangibility, you realize that there is One in you and that One is leading you, directing you, illumining you and even protecting you. In truth that One is in all.  
As your relation with ‘Him’ firms up, you tend to be His medium.
4. When disillusion, despair and disappointment overpower you, think of Me. You shall be resurrected to complete strength and brilliance, to stand as a soldier to meet the battle of life.
5. When things are not moving as they should, when obstacles are all around and when your vitality is low, do not overlook the prayer.

I am your healer, I am your teacher, I am your

medicine, and I am the cure. I cure all sicknesses.

I do not let you de cease!

6. Keep observing either at Ajna or at heart centres as you invoke my name and set yourself into prayer. As you do so, through Me, the Will enters into you and transforms into Love and Light. The triple energy permeates your entire nervous system which you can witness as the stuff of the mind is cleansed and poise prevails.

Besides, the reparation needed in your personality is initiated and the needed adjustments are done. Just as Sun awakens the surroundings at dawn, the prayer awakens your centres, purifies your system and elevates you to your rightful place in Light.

7. My work with you is so delicate that you cannot cognize. I bring in, to start with, changes of which you are generally unconscious. In due course of time the changes in you are perceived by the surroundings.

Imagine the changes happening in the seed when it is sowed in a fertile land and watered regularly. Daily prayer is watering, and sowing the seed is akin to staying in my heart while you pray.

Imagine that you sit in the cave of my heart and I sit in the cave of your heart. Do prayer consciously.

Leave the rest to me. I grow in you just like the seed germinates. I unfold your awareness which is hidden Kundalini. Just as the seed sprouts, your Kundalini awareness also sprouts. Just as the sprout moves vertical, the awareness of Kundalini moves vertical in you up to 'Me', the Brahman in you, the Master in you. Be dispassionate, and conduct prayer as suggested as regularly as you can. Leave the rest to me.

8. When the prayers are regular, consistent and committed, two facilities emerge from you. You start seeing within and listening within. You need to make note of that which you listen and that which you see and follow the suggestions if any, coming out of such facility.
9. From time to time, persons that may meet you, during the course of conversation hint at certain books, teachings and practices. Pay attention to them and if found useful adapt to them. They would be helpful towards your further unfoldment.
10. In this yoga one finds as he courses, less bondage and proportionate independence and freedom. Life tends to be a voluntary functioning but not a compulsive, heavily obligated imprisonment.



## *Nine*

*To neutralise rajas and tamas,  
into a state of poise;  
and to stay ever at poise,  
is yoga !!*



1. You receive solutions to your problems in the prayer itself. My presence unveils answers to your questions. Sometimes my presence conducts through you and solves issues in spite of you. Know this!
2. When you are treating a woman, invoke the feminine energy, dear to you (mother, sister, wife or daughter). Use them as the medium and transmit pure love that enables healing to happen. Likewise, when you treat a male, invoke the male whom you like most. It can be father, brother, son, teacher or your student. Use them as the medium.

Remember! As a healer, you are neither male nor female.

3. Let not the worldly disputes, opinions and prejudices enter into you. You may get informed of the social issues, but do not dwell in them. This is a commandment. It disables your prayers. Beware of it.
4. In prayer, you may receive disjointed fragments of knowledge. Just note them. They look to be unconnected but in due course you find their synthesis.
5. All those who join you in prayers are those whom I direct. This joining together is for transformation and

transcendence. They have nothing to do with the social status such as power, money etc. Let there be no financial or other worldly commercial transactions, as between you and them. Only collective charity is allowed. Even for that, righteous earning is essential.

6. The knowledge that I give you is like a rainbow. It contains teachings related to all the Seven Rays. It stimulates the seven centres in you. It causes simultaneous development of all the seven centres. The work is not a progressive work, but a work of transformation. One switch is enough to light all the lights of a city. Know that my work is electrical. “Relate to electric hint.”
7. Your associating with me is not because you willed it but because I willed it. The knowledge that I impart is the knowledge of Self. There is no such thing as “your knowledge”.

Just follow the instructions that are given and will be given, from time to time. That is the fee, you pay to me!

8. It is not my style to teach a part and ask you to comprehend the whole. I teach fully, until you comprehend, until you are rounded up in your



knowledge. 'I AM' with you. After all your all-round development, only I exist.

9. Yoga School Friends Society shall work in the future in association with Theosophical Society. The members of the two associations are the followers of the teachings of the Hierarchy only. Therefore, relish association with other theosophical activities.
10. As much, differences exist between the mediums of My yoga, so much their progress is stunted. Learn to be friendly with all. Show not supremacy.



Ten

To observe the swan song  
through respiration,  
and to know oneself  
as an embodiment of 'Om'  
is yoga !!



1. The seven ashrams originated from the seven seers who are called Prajapatis. Even today they are presided over by the lineage of the seven seers. All of them have known Brahman. Their work is to impart unity of truth and variety in expression. Learn the teachings of as many Seers/Masters as you can to widen your comprehension and synthesize the wisdom.

The Prajapatis are all the ones, that know the Brahman. Who among them is the first, and the order of appearance of Prajapatis is imponderable. They have all descended from the Parabrahman and via the Creator. They are the foremost ones and the Wisdom they impart, is all comprehensive and of Synthesis. Though they are spoken of, in an order, it must be known that such an order cannot be known and there can be no comparisons drawn amongst them, as between the grandeur of their work.

2. How this Kali age shall transform into a golden age is cosmic secret. It cannot be comprehended by man. Even the best of the human brains is ignorant about it.
3. If you wish to know a dimension of knowledge. Seek from Me in prayer. I ensure that you would eventually know that dimension in one or the other manner.

Sometimes it would be known through practical experience.

4. There are seven dimensions for you to study
  - i. The nature and the characteristics of human races.
  - ii. The truth & its dimensions of manifestation.
  - iii. The Cosmo-genesis.
  - iv. The time cycles.
  - v. The impact of planets and nakshatras on planet Earth and on the beings of the planet.
  - vi. Numbers, sounds, seed sounds and mantras.
  - vii. The importance of the sound, the soundless sound and the Nada (the humming sound of creation).
5. Stimulation of your kundalini is in my hands. Do not aspire for raising of Kundalini. It rises when I grant.
6. For effective conduct of prayer, better join a medium for group prayer. Do not be egoistic and individualistic.
7. The contemplation is upon Brahman in this yoga. Do not contemplate upon a form, name, a sound or a colour.
8. Learn English language. It helps you to be global.

9. I decided not to rest until all my mediums progress. The mediums progress in a multi-faceted manner vis-a-vis a single purpose of life.
10. Be aware of 'My' adjustments in you. Be patient enough in your observation. Be alert, to note them. Be wise to adapt to them. Speed is the keynote of this yoga.







*Eleven*

*'He' exists as 'I Am' in us.  
To know this is yoga !!*



1. Conflict and depression may happen from time to time due to adjustments. Make sure that you hold on to cheer and find your way to be merry to neutralize the impacts of melancholy and depression.
2. During the prayer, my energy transmission is in accordance with the deficiencies in different planes relating to you. I adjust the physical, the astral, the mental and the buddhic planes. To equilibrate much energy is spent to adjust the sickness and disease. To me the physical plane is as important as the buddhic plane. Proportionate adjustments are done among the layers of the body. Over emphasis is not laid on any layer of the body.
3. When buddhic plane is adjusted, you do get intuitional ideas.
4. The adjustments in prayer can be seen inside and outside. Surely the outer movements recede; do not be under illusion that outer adjustments are needed.
5. In due course the prayer may even happen up to 90 minutes. Be not agitated of it.
6. All diseases, however deep in you, are expelled through prayer. Keep your attention upon the activity in prayer

not upon your sickness. Your sickness is my responsibility as well.

7. Attend to sickness as others do. Do not be irresponsible towards it. But know that I am your doctor. Your cure is in my hands.
8. Be attentive of prayers while in sickness. Sickness does not interfere with your prayer. Continue the prayer, even on the bed when the hour strikes.
9. In prayer there is rearrangement of matter, water, fire and air in accordance with natural proportions. At the airy state, the light of the soul can gradually be experienced. The physical, the subtle and causal laws find their balance. This is what I call adjustments. Unless the four elements at the four planes are in order there can be no experiencing of the light of the soul. Let prayer be appropriately related to.
10. Air is connected to Akasha on one side and to fire, water and matter on the other side. It is represented by Buddhi. While fire is relatable to mind, water is relatable to devotion and emotion, and matter is relatable to the material life. Air presides over these three elements and is ever connected to Akasha. Air is the

bridge. Aquarius is an airy sign. Relate to air as it exists as respiration, pulsation and subtle pulsation. It leads you to the Akasha, where only the light of the Soul prevails.

Relating to air in the prayer is an age-old practice. I shall introduce, initiate and lift you up through air.





## Twelve

*Fulfilment of yoga is,  
to experience that 'He' is the vehicle  
of the Divine  
and  
that the body, senses and the mind;  
together is 'His' vehicle !!*





1. As long as you are in this yoga, all those who need to get benefited through you, would get benefited. The service that you render to them with love, is of mutual benefit. The wisdom that is necessary to perform your duties, will always be given to you in your prayers.

Just because you have been given the required wisdom, do not grow egoistic and think that you know everything. Because that is not the truth!

2. When your prayers are deep, you would come to know of the adjustments that are being carried out in the group members through their prayers. You may observe them. And if they seek, you may give them the necessary suggestions or recommendations.
3. Not only group prayers, but as per your inner voice and direction, you may also do special prayers at other times. For prayers, purity of the place is particularly important.

Make sure of it!

4. Contentment should be your objective. Prayers give you that. With contentment as the basis, you should perform your duties and conduct your programs and activities.

5. Questioning, arguing and reasoning impede your progress in yoga. Try to understand, instead of questioning. Maintain silence in arguments. Know that arguments of one's own logic are of no use!
6. The quality of the cloth depends on its weaving. My yoga is all about making it less gross and more subtle. It can only be made finer and subtler, to the extent possible. If I overdo it, the body may perish, just as a torn cloth.
7. Your meditation and your attention should always be on the ONE who is beyond. This is what you should try and practice.

By always tracing the ONE beyond, in all that Is, you will start experiencing the Almighty.

8. You do not need more than 3 or 4 co-practitioners who are intimate to you. Through them you could execute the Plan that I give you.
9. It is good to have intimate co-practitioners with diverse capabilities and talents. This would enable you to execute varied activities. You should clearly know how to distribute different works to appropriate persons, based on their talents.

10. Listening to the advice and instructions of your intimates is often very useful for you. Sometimes, I reach out to you, through your intimates.





### *Thirteen*

*It is the Divine, as Himself and 'His'  
body.*

*To know the vehicle as divine,  
care for it, nourish it and utilize it,  
for the purposes of the Being,  
is Yoga !!*



1. When you are regular with prayers, you begin to listen from within. You would also begin to see within. It would be a good practice to write down in a diary, all that you listen and see on a daily basis. It would be useful to you in your future. Practise patience and peace in your daily life. When you start to gain patience and peace, your prayers would begin to happen well.
2. Never respond to unreasonable, illogical and stupid questions. Just practice silence with the ones, that pose such questions. These questions are not emanating from their yoga practices.
3. As much as self-study is important, so much so, prayer is also important for expansion of your consciousness.

In my yoga, knowledge of self is the primary know-how (technical knowledge) and not ecstasy. This is the path of knowledge but not the path of ecstasy or forgetfulness. There is no space for emotion in this path.

There is no room for emotion, rage and fury. Equality, seeing everyone and everything as equal, is true yoga.

4. In your prayers try to relate to the 'One' within you, the Brahman which is the very basis of your existence. Realise that it is 'He', who is existing in you, as you. If

there are any bodily problems, offer them to the 'One' in you.

When the work that is possible, is done in humbleness, the impossible also becomes possible. The unwavering faith in the one that witnesses all from within and who is all pervading (Antaryami) is what a Guru teaches. Stand firmly in Brahman and conduct yourself and the work.

5. After your evening prayers, if you continue orienting to yoga practice, through related activity, until you get to bed, I have greater possibility to make adjustments to you, in your sleep as well. This reflects upon the intent and aspiration that you carry.
6. Before you get into sleep, even as you are lying on your bed, you could do the prayer.
7. Being on time for prayer on a regular basis is very important. As you prepare for the prayer, it is important to cleanse the body and mind. Do not miss to light an incense stick before you sit for Prayer.
8. In my yoga, excessive bodily exercises are prohibited. A pleasant daily walk is recommended. That too, only for an hour.



9. In yoga practice, you should allocate adequate time for taking bath and meals. There should be no hurry in conducting the body related activities on a daily basis. To the extent possible, try to conduct your bodily activities all by yourself. You should not be dependent on others.
10. It is the duty of the disciple to conduct the outer life and inner life separately. The disciple should have a clear demarcation between his outer and inner life. Adequate care should be taken to ensure that the outer life does not influence the inner life of the disciple. The inner life is tied up with the subtle world, and the relation with the subtle world has permanence. Since constant change is the nature of the outer, the disciple would progress well, when he learns to accept the change.



*Fourteen*

*To envision the entire creation  
as male-female,  
is yoga !!*



1. Writing down your daily learning and daily expenses is a regulation. This will develop self-regulation in you.
2. With the touch of Brahman in the prayer, even if it is for a moment, you will be enabled to see yourself face to face. As you deepen this relation with me, through devotion and an ardent approach, you will be able to envision and listen to the subtle.
3. Through the prayers, you are put to transmutation. This process of transmutation happens subtly within you. It will become apparent only after the process is complete. By the time the process is complete, you would have been transformed. The process is similar to that of a bud becoming a flower; and a flower becoming fruit.

I conduct transformations in your body. I know all the shortfalls and excesses in your body. All that is needed for conducting the transformation work is within your body itself. I will utilise them to complete the process. I will remove all excesses from your body, so that transformation process quickens. In the process you may also fall ill. But no harm will be caused to your life.

4. While the process happens, you should also sincerely put in your efforts for reformation. You should try to

keep your “Trikaranas”, the thought, speech and action in unity and in purity. In prayer, you should observe the changes that I carry out in you. The entire process also depends on your sincerity and devotion.

5. All that I transmit to you, take them as my instructions. Do not consider them as information. As much as you apply it to yourself and regulate yourself, so much I conduct adjustments in you.
6. The change in you will become apparent to the society and family around you via the goodwill actions that you do, which would benefit your family and society at large. You would gradually grow from conducting yourself via mind to conducting yourself via “Buddhi”, the higher mind.
7. Do not be stubborn that the transformations in you should happen in quick time. If you carry out prayers with such an attitude, in a period of about 4 months, you may end up with mental instability and mental disturbance.
8. In the prayers, being stubborn does not help. I will remove all the unwanted in you, keeping in consideration, your well-being, but not according to

your stubbornness. Conduct your prayers without interruptions. Have faith that I will carry out all needed adjustments in you.

9. You could share your experiences in prayers with your co-practitioner. But do not attempt to compare your experiences with those of your co-practitioners. Every aspirant is different. Each of them gets different kind of adjustments, depending on what each of them needs. Do not think one would get the same kind of adjustment as others did.
10. Scrambling and craving for experiences in prayers is imprudent. Through prayers, when working for the desires dies and instead, working for duty takes its place, then it is real transformation. Inclination to duty is very beneficial for prayers. The objective of yoga is to fulfil one's life by conducting work related to duty and not desire.





## *Fifteen*

*To abandon anything is not yoga !*

*Mendicancy truly is  
to surrender your free will,  
to the Will of the Divine !!*



1. When my energy descends into you, you would receive inspirational ideas. By executing those ideas, you could easily tread the path.
2. Removal of disease is possible through prayers. Transcendence from death is also possible through prayers. Similarly, it could also make death painless.

Your duty is to conduct prayers leaving the decisions to me.

3. Prayers could cause heat in the body. It could also cause diarrhoea. Do not resort to medicines. Instead drink buttermilk.
4. The 7 rules for yoga friends are:
  - Do not neglect mundane life
  - Resort to unity of thought, speech and action
  - Shed selfish efforts
  - Be compassionate to fellow beings
  - Improve upon the faculty of charity
  - Follow the instructions that come to you in your prayers
  - Do not belittle anyone or anything.
5. It is for sure that this yoga would become global. It is intended to the whole of mankind. It is beyond race,

religion and region. You only need to follow the procedure of prayer, as is given.

6. The movements in you could happen in a circular form or could happen vertically either in upward or downward manner. Even if the movement is circular, it could turn in to an upward or downward movement. The movement could also be in a wavy form from below downwards to above, upwards.

These movements would have good effect on the blood cells, veins, muscles and bones.

7. Consult doctors only when it is absolutely needed. Do not take medicines frequently and without a necessity.
8. As a result of Prayer, your mind gains not only peace, but also power. Unlimited power gets posited in your mind and enables lively functioning of your mind, senses, and body. Your body tends to get lighter.
9. This yoga does not stop or prevent the activity at the physical plane. The invoked Brahman enters into personality, higher mind (Buddhi), lower mind (Manas), five senses, and the body, just as a thread enters into beads and settles itself in the heart centre and performs the activity at the physical plane. While

consciousness is aligned with Brahman, the activity progresses.

10. Because of prayers, worries within you are ploughed out. Worries that are ploughed out get solved gradually.





*Sixteen*

*One, who renounces duty  
can never become a yogi !*

*Similarly,  
one who looks to the fruits of action,  
can never become a yogi !!*





1. When prayer is happening, movements happen in the body internally and externally. Internal movements are more important than the external movements such as movement of limbs, neck, head and postures. The external movements are secondary. The internal movements - respiration, pulsation and subtle pulsation - are primary.

Observing movements is important. Do not participate in them!

2. The duration of Prayer gradually increases when Prayer happens well. When Prayer happens for 1½ hours, it means that My Yoga is being conducted well within you. Gradually your co-aspirants should also gain this state.

It is unruly to pat and wake up anyone that is in prayer. If it is unavoidable, one could gently tap one's fingers to draw the attention of the person who is in prayer.

3. As prayer happens well, gradually diseases in you are brought out. Depending on one's karma, various diseases are brought out. Your mind should not be placed on disease, but it should be on the prayer. Your mind should be focussed on the movements within you.

Gradually you would get appointed to a state where the disease will not cause interruptions to you. If need be, the disease would also be removed.

4. When diseases are brought out, it is one's duty to get the necessary medical attention and treatment. Whatever may be the procedure of treatment, one should always bear in mind that doctor is none other than the Master.
5. It is foolish to stop the prayers while unwell. One should understand that Prayer is the best solution. Right doctor, right advice, right medicine, right treatment without side-effects, and the like would all get appropriately arranged, because of Prayer.
6. Diseases are brought out of the aspirant only to neutralise karma. The treatment also happens as a part of karma neutralisation. Reformation of one's personality is a part of the process that occurs during the disease and its treatment. Therefore, never stop prayers.

In the prayer, by submitting bodily health issues to the Master and by implementing food and other related suggestions that occur in the prayer, the disciple would get continued cooperation from body for yoga practices.

The aspirant should have reasonable knowledge of the constitution of human body. He should know the usefulness and importance of each part of the body. The aspirant would do good to know that internal and external organs of the body are the property of God and have been bestowed on him. He should gradually adopt to practices that would give nourishment to the internal and external parts of the body.

7. The practitioner, along with his ill health, needs to submit and surrender, all his problems to me. I will solve them in an orderly way. Practitioner has to be regular with his prayers. To the yoga student, Prayer is the only answer, for all the problems.
8. As wisdom, knowledge, truthfulness and righteousness increase in you through prayers, understand that your consciousness expands. The expansion of consciousness is noticeable through your acts. Gradually, your words would begin to carry an impact, as Mantrams.
9. Working constantly through prayers for increase in wisdom and knowledge is foremost. Enquiring and pondering upon whether the Kundalini in you has been stimulated, or if you have reached a state of higher consciousness or the like, is not only useless but also an

avoidable diversion from the Path. This should be known.

10. One should introspect, how useful he is, to the surroundings and to the surrounding life and how much he is able to help others with the right understanding. One should take care, not to fall into misconceptions about Kundalini energy.

*Seventeen*

*To see the 'One'  
In light and darkness,  
knowledge and ignorance, and  
life and death  
is  
'Yoga' !!*



1. As prayers stabilise, the psychic powers in you are awakened. There would be an outburst of impurities that are latent in you. The qualities formed in your previous lives will remain to the extent needed. Thereafter a circumference will be formed around you which would not let the desires and anger of others touch you.
2. Arrange your residence within my residence in your heart centre. Learn to reside there. Other residences even if they exist, are non-existent.
3. By observing the situations without obstructing them, worldly bondage does not happen. Performing duties in those situations is primary.
4. “May Call” is like a sunrise. It must not be ignored.
5. You should not look for strange things in Prayer. You should remain normal and observe all that is happening. The adjustments that are taking place in you are of my concern. Your duty is only to observe. Speeches that you make about these adjustments, out of your fondness for them, are not truths.
6. In your prayer submit to me your incapacibilities, ignorance and defects. To rectify them is my work. It is

my duty to see that you are in proper shape.

7. In the prayer I gave you, submission is the foremost aspect. In this, there is no scope for desire. Meaning there is no discussion about non-desire (Nishkama) or with desire (SaKama). There is no methodology. No program of worship. Submission is the only path.
8. Prayer will kindle the power within you. In your daily life, make good use of the power that has been kindled.

It is you that differentiate the inner and outer activity, personal and Master's activity. For Me there is no such differentiation. Both the activities are My activity. Since you belong to Me, your activity also gets conducted as My activity. My work as well, gets conducted through you.

9. By sharpening your thought, speech and action, keep living a better life: life that shines-forth well.
10. Stop researching on me. Instead recollect me once and meditate at your heart centre. That alone is useful.



## *Eighteen*

*To envision that which 'is'  
beyond the form and the qualities is*

*Yoga !*

*It is being aware, of the silver screen  
together with the imagery upon it,  
in a movie !!*



1. See 'Me' in the problems that you encounter, submit them to me, and offer your salutations. In due course, they will get resolved.
2. Though you carry belief in the moon phases, the constellations and the days, know that "My presence" is more powerful than them.
3. In Lord's creation, all days are good days. To those engaged in deeds of goodwill, this is true. Those who carry out selfish deeds and with desire cannot escape difficulties. They cannot escape bondage even if they meticulously plan such deeds at favourable times, using their knowledge of the Time Key.
4. To uplift humanity, is not the only purpose of my descent.

I have also given new program to planets. Thereby subtle changes have been brought about in their functioning. The planets have received a fresh impulse, due to the impact of Uranus.

5. Movements in body and mind are not necessary, in the prayer. It is not necessary to yawn. However, such movements may be caused, due to the adjustments made in the physical, vital and mental layers.

6. In my path, whosoever gives initiation, it is considered as me, giving it. Unless I permit, the initiation does not happen. As much as the medium submits, the work happens!
7. In my yoga path, there is no room for intense recollection and contemplation upon me. To see the Brahman, the 'One' in all is the way. As prayers continue to happen well, the student tends to grow, gentle and peaceful.
8. The one who is called Master is the Brahman who is within and without, who is the in-dweller and the all-pervading one. It is stupid to see the Master as different from Brahman. To see the Brahman in all that is, leads one to experience the infinite, boundless state.
9. Just as there are six seasons in a year and six different flavours (tastes) in food, there will be variety in experiences of life. Just as you take in, variety of foods, accepting varied experiences in life, is what I primarily teach.
10. My training to you continues, until you accept happiness and sorrow, profit and loss, comfort and discomfort, with equanimity beyond the dualities.

When equanimity is settled in your consciousness, I take you as equal to me. I will make you stand as an equal to me. I grace you the state, where, you are no different from 'me'. When I say, "as my equal", it means that you will, like the Brahman, become the permanent one.

*Having become immortal, you continue to 'exist'!*



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*“The instructions that I am giving you now, would in future, get elaborated via another medium and would get separately published. They would surely find expansion globally.”*

*“Another medium would develop his brain, knowledge and culture to take suggestions from different books and publish a separate book according to my views and suggestions”. - CVV*



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