

# VAISAKH NEWS LETTER



**HAMSA SIVA SOHAM**



**Cancer 2004 Karkataka**

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The World Teacher Trust - Europe

## TABLE OF CONTENTS

INVOCATION OF MASTER E.K.	3
PRAYER FOR THE YEAR	4
MESSAGE OF THE MONTH ☾	5
MESSAGE OF THE TEACHER	6
LORD KRISHNA: GÎTÂ UPANISHAD	7
MASTER CVV	8
LORD MAITREYA	9
MASTER MORYA - MARUVU MAHARSHI	10
MASTER KUT HUMI - DEVAPI MAHARSHI	11
MESSAGE OF MASTER E.K.	12
VIDURA WISDOM TEACHINGS	13
SHIRDI SAI SAYINGS	14
CHILDREN'S SECTION	15
BOOK REVIEW	17
NEWS - REVIEW	18
GROUP FORUM	19
EXTRACTS FROM THE TEACHINGS	20
GREAT INVOCATION	23
OM	24

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The Teachings given in the name of the Masters are all seed thoughts expressed by them. They are elaborated and described by Dr. Sri K. Parvathi Kumar for easier comprehension of an average group member.

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## INVOCATION

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

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

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

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

Master E.K.

## PRAYER FOR THE YEAR

Wash karma in Space.  
On the deep blue slate paint  
ever-elevating colours,  
ever at the Feet of the Master  
in the Vaisakh Valley.



## MESSAGE OF THE MONTH OF CANCER

The sun-sign Cancer gives the tender touch of the Teacher as the Mother. The Mother is Moon, the Father is Sun. Sun in Aries is the Father “RA”. Moon in Cancer is the Mother “MA”. Together they form the sound RAMA.

The Moon is also the Teacher, he reflects the rays of the Father and hence the 4<sup>th</sup> house transmits not only the motherly energies but also the energies of the Teacher.

The tender touch of the Teacher awakens the virtues in the student. The Teacher inspires the student and the inspiration leads to the practice of virtues. As one follows the Path of Virtues, the impurities in the 3 bodies get gradually eliminated. The animal gets sacrificed in him and the human gets resurrected.

The resurrected human, through continues practice of virtues, gains the virginity (purity) in Virgo. Such purity secures the man to walk the Path of Light. Until then, man is insecure. Clearing the dualities of Virgo, since it is a mutable sign, man turns inward in Scorpio to experience the Teacher within him.

The Teacher in Cancer is in the objectivity, the Teacher in Scorpio is in the subjectivity, that is, within the being. Holding on to the Teacher within and serving the purpose of life with the direction of the Teacher within, man reaches the World Teacher in Pisces. Such is the triple Path of the watery signs, Cancer, Scorpio and Pisces.

In Cancer the Teacher is identified with an outer form and name. In Scorpio the Teacher is identified as the divinity within oneself, and in Pisces he is identified in all that is around. Such are the steps relating to the Teacher offered by Cancer.

May you re-dedicate to the Teacher and to his Teachings to follow the Path.

## MESSAGE OF THE TEACHER



The Laws of Nature are the roots of the Creation. These roots sprout from the seed of Truth. The tree can be visualized in the root, the seed can be realized in the shoot of the root. Likewise the Law can be realized in Nature and the Truth can be realized in the Law. Thus, the Truth and the Law are eternal, the Creation is periodical.



## GÎTÂ-UPANISHAD

- LORD KRISHNA -

Comprehend that action is for the general welfare of the surrounding life. Action is originally intended for this purpose. To help, to heal, to support, to strengthen, to tranquillise, to inspire and to enable transcendence.

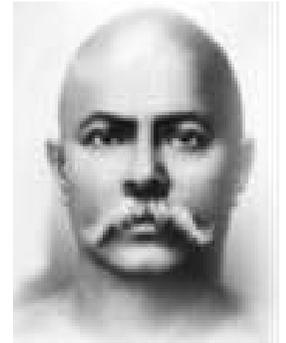
Action is never for oneself. Ignorance is the basis of those who act for themselves. Knowledge reveals that one's welfare is in the welfare of the surrounding life. What is not good for the surrounding life should be considered not desirable for oneself.

Every act should have its basis as goodwill. Goodwill should be the motivating force in all actions. Such action is sacred.

When the action is sacred, it does not cause consequences. When there is no consequence there is no bondage. Such action is equanimity in action.

“Be sequential but not consequential” is an occult statement that needs to be contemplated upon.

## A WORD FROM MASTER CVV



Approach your daily prayers with enthusiasm, with due preparation in the physical, emotional and mental planes.

Recollect Me in your heart  
and visualise yourself in My heart.

I AM in you. You are in Me.

I AM yourself as you.

I AM THAT I AM as Myself.

Stay in Me comfortably and let Me permeate you.

If you let Me stay in you daily for 15 to 45 minutes

I shall repair you in all aspects

and transform you as I AM.



**LORD MAITREYA**  
**INSPIRATIONAL CARVING**

Aspiration has its twin brother, it is hard work.  
Hard work causes perspiration, it leads to inspiration.  
When you are inspired, your aspiration turns to perspiration,  
you do not mind to perspire because you are inspired.

Aspirants are many, 'perspirants' are few, 'inspirants' are rare.

A mere aspirer is impractical.  
A mere worker without aspirations is a bull, a mere labourer .  
He knows only physical exertion.

Therefore work with aspiration.  
Mind not perspiration,  
receive inspiration and move forward.

Aspiring for our Presence without hard work, is illusion.  
Turnout the aspiration into inspiration  
and carve out your being from out of your irregular personality.  
The 'Kings of Beauty' are those  
who unsparingly carved themselves out of their angularities.



**MASTER MORYA**  
**- MARUVU MAHARSHI -**  
**THE PATH OF SILENCE**

Silence by itself is not a path.  
The practice of silence is for a purpose.  
The practice of silence should lead one to mental silence.  
In mental silence search for the Source of the Sound.

What you know as sound is not sound,  
it is the disturbance to the sound.  
Search for the Sound in silence, try to listen to it.  
In this effort, instead of listening to the sound,  
you experience encounters with Light.  
Respect the experiences of life, but move forward in search of  
the Sound.  
The forms of Light (the latent beings) bewilder you, excite you,  
and may even engage you, thus distract you from the pursuit of  
the Sound.

The activity of Light has its base in Sound.  
Dip deeper into you to reach the plane of Sound,  
which is beyond the plane of Light.  
Light relates to the Buddhic Plane, Sound relates to the Atmic  
Plane.

Staying in Light, contemplate on Sound.  
The whole Creation is a Sound and Light show.  
Experience the Sound as yourself.  
Explore the Path of Silence.



**MASTER KOOT HOOMI**  
- DEVAPI MAHARSHI -

**THE YETIS**

The Yetis are rare. Even we rejoice looking at them once in a way.

The Yetis are unbound by the laws of Nature. The 5 elements have no impact on them.

The magic of the senses do not work on them. Sense objects mean nothing to them. They are in the world but not at all from the world.

Their presence transmits pure electricity and the related magnetism.

They don't exist to themselves, it is Existence in form to transmit Presence.

The Yetis unconsciously fulfil the Divine Plan because they are unmindful of it. The Plan happens through them. They do not let themselves into the thought planes, to think of the Plan and to manifest.

Yetis eat little, drink a lot, do not eat cooked food. They bathe twice a day, and use not even herbal soaps. They do not dress their hair, nor do they shave or cut their nails, for they do not live to them. Their body is untouched by disease and does not decay.

Such Yetis are found in the Himalayas once in a way. They are a blessing to the Planet.



**MESSAGE OF MASTER E.K.**

**THE PATH OF CANCER**

Cancer is represented by a beetle in the *Dendheras* Zodiac.

The allegory of the beetle is that it changes some lower forms of other insects into beetles.

So too the Teacher who causes transformations in the student to become Masters, it is a process of magnetization. The Presence of the Master causes the necessary transformation in the student to grow into the Master Consciousness.

The Teacher/Master, does not do anything for this, his presence causes the catalytic action. The presence of the catalyst enables the chemical process. The catalyst does not do anything, it is the presence.

The Presence of the Master is like the presence of the yeast in the milk that transforms the milk into butter. The Master knows to be and not to do. Such Presence only initiates the process of transformation. The yeast does not do it, he IS in milk. Milk works itself, and transforms itself in the presence of the yeast.

This is the Path of Cancer, the Path of Presence.



## VIDURA WISDOM TEACHINGS

The King of glory pass on,  
leaving the kingdoms and the glory.  
The wealthy too pass on,  
leaving behind the wealth  
for others' enjoyment.  
The householder also passes on,  
leaving behind the kith and kin.  
All that the individual carries  
with him  
is the merit or demerit of his actions  
as seeds for future experience.

## SHIRDI SAI SAYINGS



## AWARENESS - THE SILVER SCREEN

Awareness is ever existing. It is continuous. It has neither birth nor death. It gathers matter and disburses. Its gathering is formation of matter from subtle to gross. The disbursement is deforming from the gross to subtle.

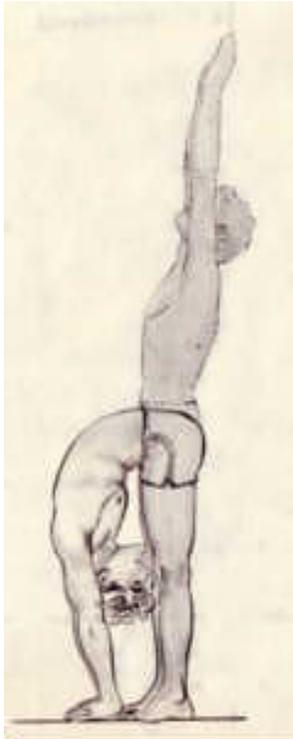
If you can understand the path from subtle to gross and from gross to subtle, you smile away the apparent events upon the screen of awareness.

## CHILDREN'S SECTION

### THE DOCTRINE OF ETHICS

A president without a cabinet  
is ineffective  
like the wheel without the hub.

#### Pādahastāsana



## CHILDREN'S SECTION

### YOGA ÂSANAS

#### Pādahastāsana\*

Procedure:

1. Stand erect and slowly raise your hands together over your head. Let the hands touch your either ears in raised position.
2. Slowly bend forward, along with the head. Let the hands remain in touch with ears while bending.
3. As you go down bending touch the toes with the hands. If possible bend further to touch the knees with the nose.
4. Slowly raise into erect position raising the hands, the trunk and the head.
5. Exhale while bending and inhale while releasing from the bent position. Breathe slowly in the posture when you gain ease.
6. Keep the legs straight while you perform the posture. Do not bend them.
7. Apply your mind upon breathing.

Effect:

- Removes the fat in the abdominal region.
- Eliminates flatulence and constipation.
- Activates pancreas, liver, kidneys and adrenal glands.
- Cures female sexual maladies.
- Causes spiritual awakening.

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

## BOOK REVIEW

### AGNI YOGA – YOGA OF SYNTHESIS



The oldest yoga path is the Raja Yoga Path. And the Yoga of the future is what is called Agni Yoga. We are expected to practice this Agni Yoga in our daily routine. Our contact with others should be taken as the laboratory of our Yoga practice...

When different parts are brought together they are never in oneness, they are only in union. But the different petals of an unplugged flower are not in unity but in synthesis, because the oneness is natural.

The booklet is a public lecture given in Munich on August 23<sup>rd</sup>, 1982.

**Ekkirala Krishnamacharya: Agni Yoga - Yoga of Synthesis**

**Copies:** The World Teacher Trust Europe: [wtt-europe@wtt-europe.ch](mailto:wtt-europe@wtt-europe.ch)

### WISDOM TEACHINGS OF VIDURA



Vidura was the Chief Counsel in the Royal Court of the Blind King. He is an initiate that knew the Law and advised the king untiringly and patiently. He is considered as the Mahachohan (the chief of a Social Hierarchy of the trans-Himalayan adepts) in the Theosophical world. His teachings to the king are eternally valid. They are given in brief, culling out from the Mahabharata. (The Mahabharata is the great epic composed by Veda Vyasa in 18 books. The Bhagavad Gita forms a part of it.)

**K. Parvathi Kumar: Wisdom Teachings of Vidura**

**Copies:** The World Teacher Trust Europe: [wtt-europe@wtt-europe.ch](mailto:wtt-europe@wtt-europe.ch)

**Booklist:** [http://www.good-will.ch/pdf/wtt\\_publications.pdf](http://www.good-will.ch/pdf/wtt_publications.pdf)

## NEWS - REVIEW TOURS OF THE TEACHER

### 36th W.T.T. Intercontinental Tour, 27 May-30 June 2003

#### May Call Festival, Kandersteg (Switzerland) 27 May - 1 June 2003

A group of around 200 brothers & sisters mainly from Europe, but also from North & South America as well as India, gathered in Kandersteg (Berne, Switzerland) to celebrate the 94<sup>th</sup> May Call around The Master Energy in the holy mountain ranges of the Alps.

The subject of the six-day seminar was “Spiritual Psychology Meditations”. The Master brought very deep insights into the inner realms of human constitution and soul awareness, opening the way for a profound dip into the inner life. This May Call Festival enabled serene meditations that culminated around the apex point on 29<sup>th</sup> May. The fire rituals and the ritual of marriage contributed to bring more presence into the gathering. The whole group was delighted witnessing the initiation of the sweet little grandson of the Master, Krishna Hriday, being initiated by the hands of his grandfather into the mantram OM NAMAH SIVAYA. Our Bro. Günter and Sister Anke went through the ritual of marriage in the presence of the Fire, conducted with the blessings of our Master. The German version of the book “The Wisdom of Pythagoras”, written by Master E.K., was released during the group living. The group had also occasion to make excursions to the Blue Lake, Öschinensee and surrounding places amidst plenty of beauty.

#### Seminar Announcement

The dates of the seminar in Visakh, India in January 05 are as follows: Arrival on Jan 8<sup>th</sup>, followed by the Guru Pooja celebrations and then the seminar. Departure on January 28<sup>th</sup>, latest Jan. 29<sup>th</sup>. For information please contact your national WTT-groups or the WTT-Europe, [wtt-europe@wtt-europe.ch](mailto:wtt-europe@wtt-europe.ch)

#### Sri Ram Mantra Booklets

SRI RAM is an age-old mantra related to fire. The sound is uttered and written repeatedly to burn up the impurities, it has the power to purify, protect and direct. Booklets with a short explanation and space for writing the mantra are made available free of cost, and they may be sent back for appropriate installation in chosen places to emanate protection to the surrounding:

H. Ross, Bahnhofstrasse 46, D-48607 Ochtrup, Germany, [H.W.Ross@web.de](mailto:H.W.Ross@web.de)

## GROUP FORUM NEWS & ACTIVITIES (Inputs welcome)

**Name of the group: WTT Argentina, Contact: wtt@wttargentina.org**  
Short reports sent by the groups, from the WTT Annual Report

### 1. SALTA

The group meetings continue in the same way as last year, involving study and meditation. Contact: Sergio Miravalles: mirasergio@hotmail.com, phone: 0054-387-4360070

### 2. MISIONES: UNIVERSO GROUP

Given that the European brothers donated US\$ 3000, this amount was assigned by equal parts to each one of the following projects:

a) Activation of the communitarian orchard at the Center of Help for the Handicapped of Ituzaingó, Province of Corrientes (C.A.D.I.). This is a civil non-profit association that supports about 35 handicapped children and young people. The farm's objective is to provide food for the hall of that organization and to teach farming to the parents of the boys and the boys themselves who are fit enough.

b) Activation of the communitarian orchard in Eldorado Misiones. The received funds are destined to create an orchard within the "Hogar La Buena Semilla" (The good seed home), and maintain an adequate technical direction. Here, a young couple helped by the community (not the govern) assists and functions as substitute parents for about 25 children between 2 and 15 years old who present different problems. Those children are addressed to that home by official agents of the govern. A new bathroom was also built, due that there was only one for thirty people living there. With the orchard they hope to teach the children and also to get an income to help to maintain the place. There are still money for future steps in this direction.

c) Purchasing of an Audiometer for the Pediatric Hospital of Posadas (Misiones) according to a proposal of the sisters Linda and Pilar who conduct some willing service there.

- Groups for study of the teachings of Master D.K (The Tibetan Master) and meditation several days a week, including a group work at Sundays.
- Astrology study and practice with members of the closer group.
- Study of the teachings of Master E.K. and K.P. Kumar.
- Full Moon meditations at an open and public place, one day before the exact date, with recollecting of non expiring foods to distribute among low resources dining halls.
- Full Moon, New Moon and Dhanishtha group meditations at the exact date.
- Group living at Iguazu Falls during Solstices and Equinoxes.

## EXTRACTS FROM THE TEACHINGS

### PREPARATION FOR THE FULL MOON

Dr. K. Parvathi Kumar  
Rigi, November/December 1998

Every full moon is a great opportunity to gain the alignment. Each full moon has its own splendour. We have to understand that full moon enables manifestation of light up to the physical. Everything gets lighted including the body. The alignment between the Sun, Moon and the Earth in the sky is a great moment. If we are poised enough, as the alignment takes place in the sky, it also takes place in us, so that the light is experienced all over.

More than the expectations about full moon it is important to live in silence during the full moon hours. Keep the mind as quiet as possible, as still as possible, by minimizing the speeches and actions, so that the sun ray or the soul ray or the light of the soul is well reflected upon the mind, and the quiet mind is a transparent medium which would enable the reflection of the solar light as lunar light upon the body of seven tissues. Consequently, you experience the magic of the full moon in you.

Full moon is therefore taken as an opportunity given by nature to regain the alignment, and thereby get replenished with the light of the soul which is otherwise hindered to permeate. The light of the soul is eternally present in creation, and it is our alignment of the body, i.e. the mental, emotional and the physical, that would enable the experiencing of that which we all cherish: the light of the soul, the sound of the soul, called the music of the soul and the magic of the creation.

We are all in a way blessed that we have been able to come out of our personality lives to gather here to experience full moon. So, today and tonight offer the culmination of the experience depending upon the alignment that has been worked out. Fortunately the nature is also very co-operative. There is excellent stillness all around. That should also help up to gain stillness inside. What is to be stilled is only the mind. Then you will find the transparent quality

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*cont.*

- According to the suggestion given by Don Pedro Nahum and Sri K. Parvathi Kumar Garu, during the meeting corresponding to the March Equinox at Puerto Iguazú, the group of young people "MITHILA" (WTT Misiones), has made a cash donation (standing as foundation stone) for the creation of a fund destined to the purchasing of a place at Misiones fit enough to conduct future meetings and activities of the WTT and similar groups of Good Will. A place for all.
- Free distribution of homoeopathic medicine.

Contact: Roberto Cattivelli: cattiflia@arnet.com.ar 0054-3752-433171

of the mind. In its stillness mind is there, but is also not there. It is like the glass panel over there which is very clean and enables you to see what is beyond the glass panel. If the glass panel is adequately clean, you don't find glass panel, you would only find that which is on the other side of the glass panel. Only when there is some accumulation on the glass panel, we feel its presence, and we also feel that the glass panel is hindering our seeing what is beyond the glass panel.

The purpose of the mind is also the same. It has the capacity to reflect that which is beyond to enable us to perceive. It is not necessary that we have to overcome the mind. The ancient path of Raja Yoga never condemns mind, because mind, too, is divine. It is to be kept clean. From the standpoint of synthesis, condemnation of anything in creation is not acceptable. If we wish to be students of Raja Yoga or of the Path of Synthesis, don't condemn anything. Everything has its own fitness. As much as you condemn, so much you do not know its purpose. If the mind's screen is clean enough, it looks as though there is no hindrance between the worlds beyond or that side of the world and this side of the world. 'That side' means beyond the five elements and the mind. 'This side' means the mind and the five elements. This is why we need to be devoted on a full moon day.

The word 'devotion' is more misunderstood than understood, because of the quality of inertia. The quality of inertia makes a sublime concept distorted. That is how there is a black magic happening upon the term devotion. When we try to judge things we get into such ignorant states of awareness to condemn devotion. Devotion and emotion are not synonymous terms. Today they are used so. Devotion is well defined in Bhagavad Gita. You should see the scriptures which have originally used these terms. Scriptures are the standard for us. You cannot comment a world scripture which withstood the vicissitudes of time and continue to guide those who seek light. If we have a trait in us to criticise a scripture, it only indicates our ignorance. Any scripture in the world we criticise or judge, it is because we do not get the import which the scripture contains. We look to the scripture from our own blend of qualities. When we get the instinct to comment something, it is better we wait. It is a good mantra: to stop and proceed. Just wait a bit before you quickly comment about something. We are mentally so developed that we are very quick to comment, and then get into criticism and judgement. If you wish to be an occult student, when the trait to comment springs up from within, just wait. You could be wrong.

So, devotion is different from emotion. Please note that! Devotion is the orientation of the personality towards the soul. That is the definition. Emotion is not orientation towards the soul. A devoted person is humble, silent and has the ability to wait, and is in constant effort to link up to the soul. He is building the bridge between THAT and himself as personality. It is a consistent and constant effort to orient the personality towards the soul, meaning, the personality is dedicating towards the soul which is also called alignment of the personality with the soul.

Today we use another term for that as discipleship. Discipleship is nothing but the practice in day-to-day-life where through every moment the effort is to link up to the soul. That is devotion. That is discipleship. If you wish to have a clear understanding, please go through the 12<sup>th</sup> chapter of Bhagavad Gita which speaks of the original import of devotion. A devoted person sees no second thing. He sees THAT only, THAT as human beings, THAT as animals, THAT as plants, THAT as mountains, THAT as ice, THAT as full moon, THAT as breakfast – it is only THAT in varieties of manifestations. It is the key message of the 12<sup>th</sup> chapter of Bhagavad Gita. The one who sees THAT only in varieties of manifestations in the one who is said to be devoted.

Let us devote in that manner to the full moon which would enable us to gain the related bliss which is transmitted through the full moon hours. So, many full moons will come and go. To reach full moon is a God-given opportunity which should be put to use without any kind of glamour about full moon. The trick is that we live more in glamour relating to a concept than to its import.

What I wanted to tell you in a nutshell is: Be devotional to full moon, but not emotional. If you are emotional about full moon, you miss the bliss of the full moon. To link up to the soul enables the mind to experience the light of the soul. That needs quieting the mind a few hours or days before the full moon. That means that we should get back to that quality which is called poise. If we are in hyperactivity, we miss the full moon. If we are in inertia, we sleep away the full moon. It does not exist. So, to gain poise the only key given is recollection of THAT as I AM.

Being in poise you can work with activity and also have the necessary rest. Activity and rest are part of poise. That means, poise should preside over activity and rest. If activity presides, poise disappears. Then there is only activity and rest. People work very hard for two days and then sleep away for a few days. That means, they drive at a speed of 150 km for two hours, and then take rest at a restaurant for one hour. If you drive in poise, you will cover the same distance in three hours. You need not this kind of rest, because that rest is arising out of excessive activity. In spiritual practice also, we are sometimes hectic and sometimes totally out of it. It causes discontinuity, and hence each time you start, it is a fresh start. There is no continuity unless there is poise. The one who lives in poise is said to live in the higher part of his being. The one who lives in activity is said to live in the middle part of the being which is solar plexus. The one who is dominated by inertia is said to live down below the solar plexus where ignorance rules over everything, and he develops his own theories as the new doctrines of knowledge. Dominated by inertia many sublime concepts have been degenerated and distorted. When you transcend the thought you can see through the gamut of your thoughts, and the transcendence is possible only when we gain poise. Poise is the only root through which you reach the status beyond the three qualities.

(Transcription: Doris Zwirner)

## GREAT INVOCATION

Let us form the Circle of Good Will.

OMNIA VINCIT AMOS

From the South through Love  
which is pure.

From the West through Wisdom  
which is true.

From the East through Will  
which is noble.

From the North through Silence  
which is golden.

May the Light make beautiful  
our lives.

O Hierophant of our Rite  
Let his love shine.

OMNIA VINCIT AMOS

Let us form the Circle of the World Servers

We bow down in homage  
and adoration

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

From the point of Light  
within the Mind of God  
let Light stream forth  
into the minds of men.

Let light descend on Earth.

From the point of Love  
within the Heart of God  
let love stream forth  
into the hearts of men.

May Christ return to Earth.

From the centre where the  
Will of God is known

let purpose guide the little wills of men,  
the purpose, which the Masters  
know and serve.

From the centre which we call  
The race of men

Let the Plan of Love and Light  
work out

And may it seal the door  
where evil dwells.

From the Avatar of Synthesis  
Who is to come

let His energy pour down  
in all kingdoms.

May He lift up the Earth to the  
Kings of Beauty.

The Sons of Men are one  
and I am one with them.

I seek to love, not hate.

I seek to serve and not exact  
due service.

I seek to heal, not hurt.

Let pain bring due reward  
of light and love.

Let the soul control the outer form  
and life and all events,  
and bring to light the love  
which underlies the happenings  
of the time.

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate  
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K.



Keep working with OM

Be regular,

be continuous,

be conscious and

be full of intent while working with OM.

It neutralizes all your personality desires.

It expands your personality angles

(narrow viewpoints)

and makes you an angel.

Submit yourself to OM

OM clears

when uttered forth

as per the regulations.

K. Parvathi Kumar