

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Capricorn 2017-18 Makara

Lette No. 9/ Cycle 31 – 21st December 2017 until 20th January 2018

The World Teacher Trust - Global

Invocation



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

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

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

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

Master EK



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Prayer of the Year 2017-2018

**BLISS IS IN GIVING AND NOT TAKING.
SUN GIVES LIFE. HE IS MAN.
MOON RECEIVES. SHE IS WOMAN.
MOON HAS PHASES OF WAXING AND WANING**



Full Moon of Capricorn, 2nd January 2018, 03.24



Message of the Month of Capricorn

The earthy sign of Capricorn is of significance. It signifies a Capra engaged in climbing the mount with focused thought. Capricornians keep setting targets upon earth. Their targets are not beyond the earth. They are unlike Sagittarians who target high into the sky. The Capricornians are achievers on earth. They are down-to-earth and are even earthy. The Capra may reach the peak of the mount, but it cannot think of flying from the peak into the sky. It therefore returns from the peak to the base of the mount. It is not wise enough to think of further heights beyond the earth meaning beyond the matter. Men may take pride in climbing the Everest and setting a flag on top of it. They feel very victorious that they have conquered the highest peak on earth. But what follows next is only climbing down the peak. This limitation of Capricorn can be overcome by the following sign Aquarius where man thinks of skies much more than of mounts. Saturn in Capricorn enables perfecting the relation with matter. But that is not seen as the ultimate of evolution. Such perfection in relation to matter should enable man to lift up from matter into subtle, subtler and subtlest matter. For this reason in the last degrees of Capricorn, Uranus replaces Saturn to enable further ascent. The energies of Uranus would cause the necessary lift-up from the kingdoms of matter into the kingdoms of beauty of light. May the northern coursing of the sun from winter solstice enable aspirants to think of sky and move towards it, wriggling out of the abundance of matter.

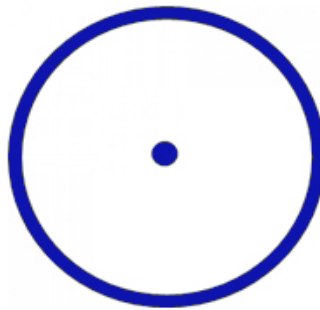


Message of the Teacher

Cyclical Movement

The twinkling lights of space-waters are called NARA; they constitute the essence of myriads of souls. These twinkling lights of space-waters cyclically move in an involutory and evolutionary manner. The cyclical direction and movement given to these twinkling space-waters is called Narayana. The movement of the space-waters in their upward and downward path and their direction is presided over by the principle of Narayana.

In the involutory path the seven planes and seven sub-planes manifest. In the evolutionary path they recede in the reverse order. Visualizing this cyclical movement enables one to stand in synthesis. The symbol for this is the circle with the central point. The central point represents the observer, while the circle around represents the cyclical path.



Contemplate upon the cyclical movement positing in the centre, chanting OM NAMO NARAYANAYA. May the symbol be visualized in deep blue.

Utterances of Lord Krishna



Action with desire is inferior action.
Action for welfare is undoubtedly superior action.
Embrace the latter and thereby reside in the Light of the Soul.
Embrace not the desire and fall into the pit of matter.
(2-49)

When you stand in the Light of the Soul
And perform acts of altruism,
You shall stand relieved of your karma.
Such skill in action is called Yoga.
(2-50)



Lord *Maitreya*

The Tool of Belief

In the eternal journey of the soul hurdles are inevitable. The traveller on the oceans should be prepared for the upheavals of the ocean. One cannot assume the ocean to be a peaceful surface to move on. Even if we name the ocean as pacific, it is equally turbulent. The travel on the sea is associated with many dangers; there can be tsunamis, typhoons, tornados and tidal waves. Human life is comparable to a sea journey. However much the troubles and turbulences are, a skilful navigator overcomes the situations and keeps moving in the direction set. The belief is the sail that he sets. The confidence emerging from the belief enables tiding over the crises and the dangers; the true investment is self-belief. Wherever there is self-belief there is invisible cooperation. The invisible worlds cooperate with the believer. When doubt emerges the connection with the invisible snaps itself. Columbus and such others performed great tasks with the tool of belief more than other navigating tools.

Master Morya
– *Maruvu Maharshi* –

Slavery



Mind has habit-forming nature. It forms habits and lives by the comfort of the habit. It gets enslaved by the habit that it has created. People get accustomed to certain temperatures. When other temperatures prevail they are not at comfort. Likewise people have eating and drinking habits. When the habituated food and drinks are missing the person is unhappy. People build certain rhythms of health, of wealth, of movement. When such rhythms are not present they get out of gear.

This apart, people also build habitual relationships. Their presence causes happiness while their absence causes sorrow. Man and woman get habituated through living in togetherness; if one of them is missing the other is thrown into imbalance. There are many such relationships, in presence or absence of which persons get imbalance. Persons even take pride in their habits, least knowing that they are enslaved by their habits and their relationships.

The fundamental eligibility for being a disciple is not to get enslaved by habits but to live dispassionately. The presence or absence of any thing or person should not disturb one's balance.



Master Koot Hoomi
– *Devâpi Maharshi* –

A Spiral

Review your thoughts every night before you sleep and before you align with the Divine. Analyse the quality of thoughts, speeches and actions: Did they improve or discharge your vitality? Such analysis enables to eliminate devitalizing thoughts, speeches and actions and to integrate vitalizing ones.

If there is no such review life tends to be a 'rodent round the mill'. Life is not just meant for busy working, eating, mating, sleeping, and doing certain formal worships. Such routine life is conditioned by the law of circles. It is by your self-effort you should transform the circular life into spiralic life.

Discipleship is nothing but reaching higher rings of the spiral even while the life moves in circles.

Message of Master E.K.

Practical Instructions



The Veda is full of abstract wisdom. Abstract wisdom enables absorption of Self into Super-Self, Naught. The abstract wisdom of the Veda is endless. You need to relate to it as much as is needed to live un-entangled. There is much water in a fresh water lake, but what you need is to quench your thirst. You don't need the whole lake. Just like you draw a little water to quench your thirst, relate to the abstract God and live life with the aid of the practical instructions of the eightfold path of yoga or the Bhagavad-Gita.



Vidura

Teachings of Wisdom

Acts of goodwill
gain the hearts of the beings.
The surrounding life submits
with all its qualities
to the man of goodwill.

PRACTICAL WISDOM

Too many rules spoil life.
Just follow one.

Saraswathi

Suktam 2 Intuition



There is a way, an intelligent way to work with thought. It is to imagine. Regular imagination, deep, intense imagination, leads to visualization. It is not day dreaming. Day dreamers have neither the will nor the constancy. Seldom they work with the will, much less they can direct the will.

Imagination is scientific. All scientists are imaginative. Jules Verne, Madam Curie, Neil Bohr, Albert Einstein, etc. all were imaginative. Imagination is the basis of all creativity. "Imagine, visualize and create" are the instructions for White Magic. Every scientist is deeply and intensely imaginative. His intense, focused imagination knocks the door of intuition. An idea flashes forth and then in-vention is made. That is the process of White Magic with a scientist. Abraham Lincoln, Mahatma Gandhi and the like, are social scientists. Their intense and focused concern for the well-being of the society unfolded the means to work for social welfare. Jesus Christ, Buddha, Pythagoras, Moses, Zarathustra and the like, are spiritual scientists. In any field of activity, imaginative thoughts can lead to function intuitively. The intuitive function is the function of the soul!

I hope some of you have read the book written by Richard Bach "Jonathan Livingston Seagull". In that book, Jonathan was told by his Teacher: "If you wish to be on that mountain peak, you are there". Jonathan asked: "How is it possible?" the Teacher said: "It is possible. Close your eyes and think that you are there". Jonathan thought. Then the Teacher said: "Open your eyes" and Lo! Jonathan was on the peak! Such is the beauty of the velocity of the Word, when we know how to work with it as thought.

Sitting in meditation, one can reach the centres relating to the body, also

the centres anywhere on the planet and the centres anywhere in the solar system. One can permeate the solar system. Permeation, again, is essentially the quality of the soul, which we are. We are the soul and we have bodies, but we live under a mistaken identity. Our's is 'a case of mistaken identity'. We limit ourselves by our name, form, colour, race, nationality, language etc. We build them, fortify them and hold them close to us. Consequently, we are held by them, then it is limitation. Limitation is what we create for ourselves.



*Cling not to places
and positions*

Only bats do so.

- Master KPK

*Govardhana Celebrations 2017
Bhuvanagar*



Srî Râmakrishna

God Abides in All



The sun's light falls equally on all surfaces, but only bright surfaces like water, mirrors, and polished metals can reflect it fully. In like manner, although God abides in all, He manifests Himself in the hearts of the pious.



On Secret Doctrine

Prayer - Sound

“Esoteric Science teaches that every sound in the visible world awakens its corresponding sound in the invisible realms and arouses to action some force or the other on the Occult side of Nature. More over every sound corresponds to a colour and a number and to a sensation on a plane. All these find an echo in everyone of the so far developed elements and even on the terrestrial plane in the Lives that swarm in the terrain atmosphere, thus prompting them to action”.

It is for this scientific reason every religion insists on speaking truth, speaking truth pleasantly, not to speak truth unpleasantly and not to speak untruth. Their repercussions would be certain upon the world, be positive or negative. In the modern world speaking un-parliamentary words has become a fashion, contributing further to the existing chaos, confusion and crisis. Religions insist upon speaking truth, observing the four coordinal principles stated above. The religions also prohibit critical, judgmental and malicious speeches. Speaking chaste and appropriate words benefits the utterer, as also the surroundings. Manipulative, diabolic speeches with malicious intentions contribute to growth of unrest all around. The reason for growing unrest in the world in spite of technological and scientific development is due to man’s inability to speak appropriately. The one who knows the art of speech can win the whole world. The one who does not know the art of speech can create effortlessly as many opponents and enemies as possible.

Prayers were never allowed in the past to be pronounced vocally, this is because men with impure speeches when utter forth, they cause more

disaster than beneficial results. Seldom people are ignorant of the potent ill effects of the prayer that they utter forth with impure tongues. "To produce good effects, the prayer must be uttered by one who knows how to make himself heard in silence." Where such persons utter prayers the prayer no longer remains a prayer but it becomes a command. Teachers who know the value of the sound do not recommend prayers to be uttered forth vocally. Rather they recommend to listen to the ones who are fit enough to utter the prayer.

A prayer pronounced mentally addressed to divinity within oneself is far more beneficial than a prayer uttered forth vocally, without adequate preparation in terms of purity and goodwill.





Saturn

Truth 2

Suppose I say that only Krishna is the deliverer of this planet. Then, another person will say that it is Siva, and still another person will come and say, "No, no. It is Christ." Then, someone else will come and say, "It is neither Christ nor Krishna, nor Siva; it is Buddha." These are all viewpoints we hold. We thus break our heads in the name of our belief systems.

All the fights in the name of TRUTH are nothing but our ignorance, because we have understood only a part of it. Seeing a part of the TRUTH and trying to establish it, is the ignorant state of humanity. That is how we have been fighting all these centuries, and it will continue, because ignorance prevails.

Madame Blavatsky says, "There can be only one TRUTH." If I say one truth, and in respect of the same phenomena, you say another truth, then we keep fighting. It is seeing from the personality angle. When people live in personality, they cannot see the TRUTH. Only when we start living impersonally, TRUTH can be seen; otherwise, we see according to the colour combination we carry with us. Each personality is a coloured mixture. Some people have more red, some people have more blue or more green. Likewise, we have the combinations, and according to that combination we see. Some people have confused colours, and hence, they carry confused minds; total confusion, and whatever they speak is not understandable. Whatever they do is also not understandable – not only to others but also to themselves!

Discipleship

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

Experience 2

The soul, through the body, is undergoing experience in the school of life. Awaken to the purpose and lessons of experience and extract from life's happenings some spiritual gain. The contest with and purification of the lower nature, the building in of needed qualities, and the field of service are the normal spheres of life experience. Through experiment and experience a man learns much and suffers much. All experiences are needed; the depths, which are burnt in by individual experiences, really penetrate the consciousness and bear fruit. What we know through experience remains forever our own and does not vanish as do the thoughts that enter through the eye from the printed page or through the ear from the lips of others.

A disciple



The Teacher

37. Nischalam

Stable

The Teacher is ever stable; he resides in the immutable part of creation. He anchors therein. Sat-Chit (Existence-Awareness) is the only stable, the rest are unstable and mutable. He takes his abode in it. He stays beyond the five and the three. His stability is compared to stillness. Stillness is fullness. Since he is with the full (poornam), he is still. He is aware that the three qualities and the fivefold world are full of mutations. He is also aware that even in that world of mutation the Lord exists, the consciousness exists. He, too, therefore descends into the world attuning to these two primary principles. The Teacher gets into every world without losing contact with Existence-Awareness (Ishwara). For this reason the Teacher is styled as the 'connected one', the 'anointed one', the 'consecrated one' and so on.

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

Un disciple

Kapila

The Path 3



The recollection of 'I Am' in all leads to liberation. The desire for liberation, on the contrary, conditions one in desire. Liberation is a natural happening when man recollects and remains. Desire for liberation leads to unnatural state and suspends the practice of recollection. The eightfold path of Yoga practice scientifically leads to the successive states of liberation, when well blended with devotional activity. If the blend is biased towards practice than activity, the reach for the state of liberation remains obstructed. The external obstructions are too many for men leading them through series of incarnations. Lack of requirements for livelihood, enmity around, opposition through persons, places and time, changing of places and persons, conflict in vocational and domestic circle etc. The obstructions are internal too, which generate as pride, lack of respect for others, urge for fame and name, desire, internal craving to be recognised as Guru, attachment to the so-called devotees (with a bias to the lady devotees!), the glamour to save the planet, the humanity, etc., the glamour for spiritual movements, for building ashrams of brick and mortar and the urge to possess people. The Yoga practitioner is thus left in the lurch and becomes a prisoner of his own glamour of Yoga. Hence, the need for devotional approach while in practice of Yoga.



Ashram Leaves

Capricorn

"I rise from Earth to spirit and from the pit to the mount. I meditate upon the wild boar which holds the Earth on its two tusks. I realise that I hold the body and that the body is not holding me."

Lord Dattatreya

The Cow 3



The cow that follows Sri Guru Datta or Sri Krishna is the most mysterious cow, capable of performing most wonderful acts. The cow, for instance, conducts the secretions from the glands of the beings. The secretion of the pineal, pituitary, thymus, thyroidal glands etc., are presided over by the cow. The blissful experience of the celestial musical tones and the consequent ecstasy is also the work of the cow. Permeation of life and awareness through the solar ray is also conducted by the cow. Digesting food and drink and transforming the essence of them into blood cells, which form the basis of health, is also the act of the cow. Transforming the blood tissues into the tissues of milk in the mothers is also the sublime action of the cow principle. Cow is thus the basis feeder of all.

Invocation of the Word into will, thought, expression and action, is also another way of milking the cow. Those who are capable of receiving the impressions of higher circles are the ones who can milk the ancient wisdom for the benefit of the fellow beings. To sum up, the entire chemistry of the creation is presided over by the cow principle. Such is the profundity of understanding of the cow by the Vedic seers.



Fire

Sacred Trees 3

In fact, the various herbal materials used in the Fire ritual, are energetically related to different cosmic intelligences. The Deva is pleased when the related energy is offered as food. Our sister Margarita is pleased when she is invited for a pizza, and I am pleased with rice. When we invite a guest we try to offer food that which is liked by the guest, but not that which we like. If I give the food, which I like, to all of you, it is a missionary work. To give the food, which is acceptable to you, is an act of love and respect. So are the Devas too. They are pleased when we offer through Fire, food that which is energetically agreeable to them. Each Deva's energy is experienced and such energy is recognised in the plant kingdom. The herb and plant matching with the energy of Deva is offered, invoking Him through right sound. Such is the Ritual. Please remember that animal meat/ flesh or alcoholic liquids are not used in Ritual. Metals are also not used. The Ritual is wholly vegetarian! (All laugh aloud). In black magic, flesh, alcohol, spirit, kerosene and petrol are used. Even human flesh is used in black magic. The Fire Ritual relating to black magic commences at midnight hours. While the rituals of white magic work are during twilight hours. There are few exceptional nights where they prolong into midnight hours.



Cow The Symbol and its Significance

Ayurveda considers the Cow products in variety of ways to cure different diseases.

PRACTICAL WISDOM

Existence is the other name for God.



Group Prayers

O Lord Agni!
We worship you offering
sticks of fuel with ghee.
May we be noticed by the
seers, angels and celestials.
May you bring their favours to us.

PRACTICAL WISDOM

A teacher does not
decide for you.
He can help you to reach
decisions !

Sanat Kumara

What is True Meditation?



The students want to meditate. But their meditations end in disaster. What do the students do during meditation? They keep on thinking about a symbol, a colour, a sound, a scenery, a divine form and so on. These are all thoughts. Thoughts are the vehicles of traffic. The students keep hitting the thoughts. They cannot go beyond thought. They cannot cross over. Meditation should enable to pass through the thought plan. Sitting and thinking is not meditation. Thinking of divine things is also not meditation. Meditation is the state, where no thought prevails. Meditation happens when one can pass through the gap between two thoughts. The mother in the story wanted the sons to move in-between the gaps of traffic. The teacher also moves dexterously through the gaps to the other side. It is the gap between two vehicles, two thoughts that leads you to the One Self. These gaps are called by some Masters as 'interludes' or 'intervals'. Such intervals exist between inhalation and exhalation, between night and day, day and night, between sleep and awakening, wakefulness and sleep. It is symbolically said that one cannot enter the temple unless he passes through the two pillars.

Daily meditation is therefore to observe the thoughts and pass through the gaps between thoughts. Or observe the thoughts until they are all exhausted. If one sits for long duration, all thoughts get exhausted, just like all movement of vehicles ceases at one point of time or the other in a day of 24 hours. Then the road is seen, the gap is seen, the other side is seen. When there is no traffic of thoughts, one can see the way to move to the other side.



From the Teacher's Pen

Questions and Answers The Etheric Centers

Question: Dear Master, How do we awaken the etheric centres in us, to tend to be better able and to perform well in life?

Answer: Dear Sister, never attempt to awaken the etheric centres in you. Much danger and dire calamity attends persons who arouse the centres through ignorant and forceful methods. Without the required knowledge one should not experiment with the fires of the body which are posited in the etheric centres. Such an effort would cause imbalance in the psyche which may lead one to insanity. Not knowing the powers of fire if one ignorantly opens the doors the fire burns.

Instead you do the following:

- Try to purify your body, senses and mind through right food, right drink and right activity.
- Set a rhythm of daily worship, simple daily study of a scripture and an act of service.
- Develop knowledge relating to the self and its equipment as your body which has layers of Buddhi, mind, senses and physical body.
- Serve the surrounding life without aggrandizing yourself.
- Do not feel yourself more important than your surroundings.

In doing these you fulfil the law and place yourself in the right condition for training and for revelations from within. This is the safer route of Raja Yoga, by which the centres are awakened.

Agni

An Introduction to the Work
of Cosmic Fire, 73



5. The Electric Fire Chiselling the Rock 2

There are time-cycles, where some hammering and some chiselling are needed. It happens according to the need of the time. That is how the 1st ray manifests at times. That is at times of emergency. Otherwise, it remains quiet in all. And it is said to be sleepy in all of us. The spirit sleeps, and then spirit as the basis, the soul functions. And in unevolved human beings, even the soul sleeps, because the matter is active. When matter is too active, the soul sleeps. And the spirit sleeps in the inner chamber. And in people in whom there is the soul slowly becoming active, the spirit sleeps. But if there is too much sleep, and no one is awakening, and the time for awakening has already arrived, what will the Father do? When the child is not getting up, even when it is time for the school? Something is done to see that he awakens! And according to place and according to time, the Father has his own method. Sometimes he balls out and says: "Get up. It is time for the school!" But even then, the son does not bother, meaning, he did not listen, because the matter is too heavy, he cannot listen. So, a kind of 'healing touch' has to be given. Healing through sound did not work, so healing through touch has to be done. So, one or two slaps on the bottom will help the boy to get up.

This kind of visit becomes necessary, when a kingdom in the creation has become sluggish. When it is sluggish, it needs a little more power. That is the only way to see that the man wakes up and behaves well. So, it comes daily in that fashion, it comes monthly in that fashion and also yearly, and in greater cycles. And the Age in which we are living, is one such cycle, where some kind of visit of the Lord of the 1st ray has happened and is happening. Consequently, there is much awakening in this century. It is, what we call, the Aquarian activity and the stimulation of the planetary

principle Uranus which has started activating the kingdom which is sluggish. – I don't have to tell you, which kingdom is sluggish. Too many times, we should not say that. So, the visit comes in that fashion.

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



Master EK

Vishnu Purana
Chapter XXIII



The Earth Globe – Islands, Oceans, Mountains

Maitreya asked: "Oh! Brahman! You have narrated about the creation of the Manu Swayambhuva. Now I want to know about the Earth globe from you. How many oceans are there and how many islands, and how many continents are there described on this globe? How many rivers, how many great cities inhabited by gods?"

(By this we can understand that the creation of the Swayambhuva Manu previously described was not on this Earth. It does not belong to the physical plane, but to the subtler planes of creation, called Lokas. There are seven main Lokas, the seventh lowermost one, the grossest Loka, contains the creation of the Manu, with seven subdivisions, the lowermost of which contains the physical creation which includes the Solar System. This is further subdivided into seven spheres of which our Earth is the fifth from above. To our Solar System our Mars forms the seventh physical body.)

Tell me about the measurements of all this and the very existence of all this Earth globe."

Parasara answered: "Oh Maitreya! Listen to me, I will narrate everything in short. To explain all this in detail, hundred years would not be sufficient.

The islands on this Earth are as follows:

1. Jambu;
2. Plaksha;
3. Salmala;

4. Kusha;
5. Krauncha;
6. Shaka; and
7. Pushkara.

These seven islands are surrounded by seven seas. They are, respectively:

1. the salt water sea (that surrounds Jambu);
2. the sea of sugar-cane juice (that surrounds Plaksha);
3. the sea of alcohol (that surrounds Salmala);
4. the sea of ghee (that surrounds Kusha);
5. the sea of curds (that surrounds Krauncha);
6. the sea of milk (that surrounds Shaka); and
7. the sea of clear water (that surrounds Pushkara).

These are the symbolic names of the 7 spheres around this Earth, which become grosser and grosser until the seventh one is found as the sea of salt water.



The Science of Man

Dr. K. Parvathi Kumar
First Young Group Life Teaching, Part 61
August 2001, Visakh

5. To receive a Lower Measure of Remuneration for the Work done.

It means, you work for hundred euros and only receive ninety euros. Don't work for hundred euros and try to receive thousand euros. The normal human tendency is that we should work less and get more. It should be the other way round. If you are doing a hundred unit's work and getting remunerated for thousands units, you get more and more indebted to the society.

If I collect from you five euros per day and spend on you six euros per day, I don't get indebted to you. It is better that I spend more than what I receive from you. If I collect five euros per day and I only spend two euros per day, then I am indebted to you for the balance of three euros. A debt is bondage. So, never get bound by receiving more than what you give. This is how the rich men get bound. They exploit the less intelligent and the weak and amass wealth and suffer from such wealth.

The sufferings of the rich are far more intricate than the sufferings of the poor. If there is exploitation in the society, it is better to be on the side of being exploited than to exploit. Thus you are relieving yourself from the bondage. You don't have to be totally exploited. The principle is to give more and to receive a bit less than what you give. If you give ten units of energy, you get remunerated up to nine units of energy.

Let compensation for work be a bit lower than what is given. You give service to the society and you receive a bit less than what you deserve as remuneration.

This is a great secret in life. The ordinary thinking is that we should do less and get more. It would bind us to the persons whom we have exploited. All races that have exploited the other races are bound by nature to serve them in the future. When you grab from others, you think you are gaining, but an account is kept for all that you have grabbed.

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

Paracelsus

Health and Healing

Occult Anatomy



The occult understanding of the body nature is important for occult healing. From the occult standpoint the physical body is seen as an automaton. It considers vital body, desire body and mental body also for purposes of healing. The vital body is run by the life principle, while the mental and desire bodies are driven by the principle of awareness. Man incarnates with a purpose, which is called the will of the soul. It is this will that determines to be and to do. This will of man is worked out through form, which is driven by life force.

The ancients thus recognized two streams of force. One is of awareness, of will that functions through the mind, the senses and the body; the other is the stream of life that animates the body. The will of man functions as consciousness. Man is self-conscious while animal is not. Animal too is animated by life, but is not developed in consciousness as much as the human. The consciousness makes man a rational thinking entity. The seat of this consciousness/will is in the brain, found in the pineal gland.

The other aspect – namely the life force, which animates every atom of the body and which constitutes the principle of coherence and of integration, finds its way to the heart and is anchored there. From these two points that is the head and the heart man tries to work with the equipment, called the body.

Every night during the hours of sleep the principle of awareness withdraws itself into itself while the principle of life functions. Many times awareness (the man as such) goes abroad and returns during the wakeful hours. In sleep the magnetic thread or current of energy along with the life force

streams is preserved intact. It also constitutes the path of return to the body. In death, this life thread is snapped or broken. When the life thread is intact, the conscious entity (the man) returns back to the body. When it is cut, it cannot return. The purpose and will of man utilize the thread of consciousness, and with the life current as its means expresses through the body. This conscious entity is called Atma or Spirit.

This also gives rise to another dimension: that man in sleep migrates elsewhere and does not stay in the body. Dream experience is an example for this. Dream experience is an out-of-body experience. The body rests on the bed while man moves to experience known or unknown places or persons, or both. This exit from the body is from the pineal. There are some that exit consciously while many exit unconsciously. The ones who exit consciously are called yogis, while the others are normal average human beings.

The difference between the two is in their awareness. The awareness exists in variant degrees according to the point of evolution and consequent development of mechanism. The mechanism of awareness, consciousness (the human entity), is triple in expression. There are first of all the nadis (not the nerves) and the 7 centres of force, whose glandular plexuses are as under:

1. The head centre	The pineal gland (1)
2. The ajña centre	The pituitary gland (2)
3. The throat centre	The thyroid gland (3)
4. The heart centre	The thymus gland (4)
5. The solar plexus centre	The pancreas (5)
6. The sacral centre	The gonads (6)
7. The centre of the base of spine	The adrenal glands (7)

Through these 7 centres and the related glands the first expression of man takes place.

The second expression is through the nervous system in its 3 divisions,

- cerebro-spinal
- sympathetic and peripheral nerve system, and
- the endocrine system.

The third expression is through the sensorium.

When the quality of behaviour is low, the functioning of these triple expression gets affected. They, in turn, affect the mechanism. Today, most of the diseases emerge from endocrine disturbances, nervous disturbances and glandular disturbances. To rectify this, a way of life, which is peaceful, non-competitive, non-aggressive, simple and qualitative seems to be imperative. The sooner man learns to carve out such life, the faster he reinstates life.

Dr. K. Parvathi Kumar

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

Website: www.paracelsus-magazin.ch/en

Children's Section

On Service

**TAMAS ORIENTED SERVICE
IS NEGLIGENT AND DEFECTIVE.
IT SUFFERS FROM MISTAKES.**

Panchatantra Stories

12. Frogs that Rode a Snake

There was an old snake, who lived near a mountain. Due to his old age, he was unable to prey on frogs. He thought, "I am too old to hunt for food. I will not be able to live long without food, and it is only going to make me weaker to hunt, as well. I have to think of something".

Suddenly, an idea struck him. As planned, he went to a nearby pond, which was full of frogs, and relaxed on the bank of the pond without any intention to hunt. He behaved as though he had nothing to do with the frogs.

At first the frogs ran away, but as he was not hunting, the frogs gathered some courage and approached him. One of them asked, "O Snake! Why do you not hunt, as is your behaviour?"

The snake replied casually, "I have no desire for food, as I am unfortunate. I'll explain to you. Last night, when I was wandering about in search of frogs, I bit a Brahmin's son in frustration of not finding any prey. The Brahmin cursed me. He said, 'From now onwards, you shall be able to do nothing but serve frogs. You will have to live of what frogs offer to you!' And so, I lie here, to serve any frogs who want my services. I can give a ride on my back to any frog who wishes for a ride."

When the news reached the king of frogs, he visited the snake along with his ministers. On being assured by the snake that he means no harm, the king decided to take a ride on the snake's back. The snake rode him around the pond, and the king was very entertained. Even the ministers and other frogs took turns to ride the snake, and they were very entertain-

ned, too.

The snake, too, proved himself a good entertainer by exhibiting various styles of crawling. The frogs, especially the king of frogs, were delighted. The frogs jumped and hopped all the way.

The next morning the snake pretended to be weak and crawled slowly on purpose. The king of frogs, on the other hand, was excited to start the morning with a ride on the snake's back. He observed the snake's behaviour and enquired.

The snake replied, "I am too weak to crawl. I have not eaten for so long, and must eat something to be strong to give you a ride."

The king of frogs thought for a while, consulted his ministers, and decided that they must serve the snake one frog a day to keep him strong. This was what the snake had planned for. He praised his kindness, and gave him and the other frogs a ride on his back.

From then onwards, the snake gave ride to the frogs, and got to eat one frog every day. In a short time, he regained strength. On the other hand, the king of frogs was too excited to realize the frogs were rapidly decreasing in numbers and there were only a handful of them that remained.

The frog king was so completely taken in by the snake's talk that he did not understand his real motive.

One day, a big black snake arrived at the bank of the pond. He was very surprised to see the excited frogs hopping in joy, and riding on the snake's back.

The black snake enquired, "O friend! Why are you carrying frogs on your back? They are our food!"

The old snake explained everything to the black snake. He continued, "I have discovered many different tastes after eating many different frogs here. I have this easy way of life, and enjoying it here."

Over time, the snake had eaten even the larger frogs and started eating the ministers and the king's relatives. Finally, one day, he ate the king also and thus, the entire frogs in the pond perished.

The wise indeed say:

"Beware of deception of offering."

(from the editorial of Dr. K. Kumar on the website: www.jugendforum-mithila.de)

Stories for Young People

Vasudeva's Trust (The Advent of the Lord II)

The Lord was born. His parents, Vasudeva and Devaki, were engaged in higher awareness. Vasudeva ensured that the just born baby boy get mother's milk. He covered the little body with soft cloth, took it and went without hesitating outside. There was a thunderstorm. The security men slept in their warm cabins. They had turned the keys in the locks of the door, but forgot to fasten the bolt.

Walking in trance, Vasudeva went along to the village Vraj. He passed the river Yamuna without noticing its flood. As he reached the shore, he awakened and wondered how he could pass it. Again he fell in Samadhi. There was a big cobra which protected Vasudeva and the baby against the rain with his hood and lightened their way with an immense diamond. Vasudava did not get aware of this. He reached his destination, the house of Nanda and Yasoda. Gently he took the baby girl from the arms of Yasoda and replaced it with the baby boy. He wrapped the baby girl and swiftly went back. Again he was absorbed in state of Samadhi. When he regained his objective awareness, he found himself with the baby girl in prison. He handed the baby to Devaki. She hopped to keep the little girl, because Kamsa had nothing to fear of it. Vasudeva knew it was not possible. He comforted his wife.

In the meanwhile Kamsa heard, Devaki had delivered and rushed to the prison. He was furious finding a newborn baby girl instead of a boy. He supposed deception. He tried to kill the baby, but mysteriously it vanished.

Master EK: "The World Teacher". 2012. Chapter 22.

Compiled by BK

WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

Spain

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Activities :

PROYECTO ROCKME

Description: 10 nurseries.

Location: Nilagiris Area, India.

Beneficiaries: 40 children.

Activities: Meditation; Meals; Ayurvedic treatments; Prayer; Mindfulness.

PROYECTO KARUNA

Description: Music school for children from low income families.

Location: Wayanad, Kerala, India.

Beneficiaries: 13 children.

Activities: Vedic Classical music classes; Healthy habits education; Organic gardening; Animal care; Naada Yoga (musical yoga); Meditation; Ayurvedic treatments.

SARADA HOME

Description: Shelter house for abused ladies.

Location: Ooty.

Beneficiaries: 10 ladies and 3 children.

Activities: Housing; Workshops on: costume jewelry manufacturing, sew-

ing, cooking, paper bags manufacturing.

PROYECTO POORNA

Description: Schooling for children from low income families.

Location: Gandhi Nagar (Ooty).

Beneficiaries: 3 children.

Activities: Schooling.

PROYECTO TOCK TOCK

Description: After-school activities for children with high learning capacity.

Location: Chennai.

Beneficiaries: 16 Children.

Activities: Courses on English language and Computers.

PROYECTO NICE

Description: Community education.

Location: Different villages in the Niligiris Area.

Beneficiaries: General population.

Activities: Briefings on hygiene and healthy habits; Ecology; Waste management; Recycling; Providing organic cleaning products.

PROYECTO KUMBA

Description: Dispensary.

Location: Gandhi Nagar, Ooty, India.

Beneficiaries: 900 residents of Gandhi Nagar.

Activities: Health care; Medical treatments; Ayurvedic treatments; Yoga; Pranayama; Hospital transfers.

RAMAKRISHNA OLD HOME

Description: Old people's home.

Location: Gudalur.

Beneficiaries: 25 old people.

Activities: Housing; Housekeeping; Exercising; Yoga; Singing and dancing; Medical treatments.

PROYECTO CHILDLINE

Description: Sheltering juvenile beggars.

Location: Ooty, India.

Beneficiaries: One boy and one girl beggars.

Activities: Housing expenses in hostels.

PROYECTO SUNRISE

Description: Secondary school restoration.

Location: Jhap, Nepal.

Beneficiaries: Secondary school for young ladies.

Activities: Sri Lakshmi School restoration.

HEADQUARTERS IN INDIA

Description: Es Poorna headquarters in India.

Location: Ooty, India.

Beneficiaries: Volunteers.

Activities: Headquarters in India; volunteers accommodation; dispensary for Kumba Project.

PROYECTO AQUÍ

Description: Es Poorna General Headquarters.

Location: Poble Sec, Barcelona.

Beneficiaries: Poble Sec neighborhood.

Activities: Catalan, Spanish and English classes; Cooking classes; Ayurvedic treatments; Bach flowers treatments; Homeopathy treatments; Meditation; Mindfulness; Talks; Snacks for being together.

Picture to the Month of Capricorn

Capricorn – The Column of Consciousness



Space is the true representation of the divine principle. As we are in a form, it is very difficult for us to align to the space. That is why we are advised to meditate on white light. The Sushumna column present in us is full of this white light. It is like a lighted axis. We should visualise this column connecting the Sahasrara to Muladhara as a bright white column of light. We should remain meditating on that light. We can either visualise the light in one of the seven centres or we can visualise it as a column of light connecting the seven centres present in us.

From the teachings of Dr. K. Parvathi Kumar

Book Review

The Mandra Scripture



The Mandra Scripture is an Aquarian rendering of the Bhagavad Geeta, the celestial song of the Lord. Master E.K., to whom the Grand Wisdom of the Bhagavad Geeta was revealed, directly dictated afresh the celestial song in a very simple and lucid manner. This is not a commentary on the Bhagavad Geeta. It is Bhagavad Geeta rewritten, directly communicating the import for the benefit of the seekers of Truth. Master E.K. had an unique ability to dictate at length any profound wisdom-concept, wisdom-key or a scripture. This book is meant for the aspirants all over the world to be used upon themselves for self-transformation and self-realisation.

Ekkirala Krishnamacharya : The Mandra Scripture

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

Venus. The Path to Immortality



There is much misconception by the human minds of the function of Venus as a principle and as a planet. It is often associated with desire and sex. This book clears such misconception and hints at the glory, the beauty and the experience of Venus. It also hints at the process of purification and detachment from the matter through a proper understanding of and working with the Venus Principle. Venus stands for pure Love-Wisdom, and immortality. It also paves way to build the Etheric Body, the vehicle of light. The secrets of that are hidden in Venus principle.

K. Parvathi Kumar : Venus. The Path to Immortality

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

PDF: <https://worldteachertrust.org/en/web/publications/books/venus/main>

Astrological Important Days in December 2017/January 2018

21.12.	15:28	4 th phase of ascending moon starts	☉ 29°55' ♈ / ☽ 05°55' ♋
५		<i>Contemplation upon Ganesha</i> (End 22.12. at 17:53)	
	17:28	☉ → ♏ / Sun enters Capricorn	
		Winter Solstice: Birthday of Jesus Christ	
		☉ in ♏ – Every morning: <i>Contemplation upon the brilliant-white 5-pointed star during the twilight hours</i>	
22.12.	14:41	23 rd constellation <i>Dhanishta</i> starts	☽ 17°26' ♋
♀	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 23.12. at 17:13)	
25.12.	22:13	● 8 th phase of ascending moon starts	☉ 04°17' ♏ / ☽ 28°17' ♏
☽		(End 26.12. at 22:14)	
28.12.	19:47	11 th phase of ascending moon starts	☉ 07°14' ♏ / ☽ 07°14' ♏
५		<i>For healing</i> (End 29.12. at 17:24)	
29.12.		December Call Day	
01.01.	07:14	Phase of full moon starts	☉ 10°46' ♏ / ☽ 28°46' ♏
☽		<i>Contemplation upon the 8-petalled Heart Lotus</i>	
02.01.	03:24	☉ Full moon of Capricorn	☉ 11°38' ♏ / ☽ 11°38' ♏
08.01.	11:16	● 8 th phase of descending moon starts	☉ 18°05' ♏ / ☽ 12°05' ♏
☽		(End 09.01. at 11:45)	
11.01.	14:41	11 th phase of descending moon starts	☉ 21°17' ♏ / ☽ 21°17' ♏
५		<i>For healing</i> (End 12.01. at 16:53)	
16.01.	00:41	Phase of new moon starts	☉ 25°47' ♏ / ☽ 13°47' ♏
♂		New moon point of Capricorn: <i>Contemplation upon ,The Pledge'</i>	
17.01.	03:17	● New moon of Capricorn	☉ 26°54' ♏ / ☽ 26°54' ♏
18.01.	20:32	23 rd constellation <i>Dhanishta</i> starts	☽ 17°26' ♋
५	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends 19.01. at 22:57)	
20.01.	04:09	☉ → ♏ / Sun enters Aquarius	
१		☉ in ♏ – Every Sunday (21.01., 28.01., 04.02., 11.02., 18.02.): <i>Invocation of Aquarian Energy via Master CVV</i>	
24.01.	11:47	● 8 th phase of ascending moon starts	☉ 04°24' ♋ / ☽ 28°24' ♏
♀		(End 25.01. at 10:44)	
27.01.	06:45	11 th phase of ascending moon starts	☉ 07°14' ♋ / ☽ 07°14' ♏
१		<i>Contemplation upon the Third Eye</i> (End 28.01. at 03:58)	
30.01.	17:53	Phase of full moon starts	☉ 10°45' ♋ / ☽ 28°45' ♏
♂		<i>Downpour of Aquarian Energy via the third eye unto all the centres of the body</i>	
31.01.	14:26	☉ Full moon of Aquarius (lunar eclipse)	☉ 11°37' ♋ / ☽ 11°37' ♏
07.02.	04:15	● 8 th phase of descending moon starts	☉ 18°17' ♋ / ☽ 12°17' ♏
♀		<i>Contemplation upon Master CVV</i> (End 08.02. at 05:43)	

All times are in CET (Central European Time)/UTC+1 (Universal Time Coordinated plus 1 hours);

From: »Astrological Calendar 2017/2018«; www.worldteachertrust.org;

Publisher: The World Teacher Trust-Global, Föhnhafen 1, CH-6440 Brunnen.



The Great Invocation

Let us form
the circle of good will.
OMNIA VINCIT AMOS.
From the South
through love,
which is pure,
from the West
through wisdom,
which is true,
from the East
through will,
which is noble,
from the North
through silence,
which is golden.
May the light make
beautiful our lives.
Oh! Hierophant of our rite,
let his love shine.
OMNIA VINCIT AMOS.
Let us form the Circle of the
World Servers.

We bow down
in homage and adoration to
the glorious
and mighty hierarchy,
the inner government
of the world,
and to its exquisite jewel,
the star of the sea
– the World Mother.

From the point of light
within the mind of God,
let light stream forth
into the minds of men.
Let light descend on earth.

From the point of love
within the heart of God,
let love stream forth
into the hearts of men.
May the Lord return
to earth.

From the centre
where the will of God
is known,
let purpose guide
the little wills of men,
the purpose
which the Masters
know and serve.

From the centre
which we call
the race of men,
let the plan of love and
light work out,
and may it seal the door
where evil dwells.

From the Avatâr
of Synthesis
who is around,
let his energy pour down
in all kingdoms.
May he lift up the earth
to the kings of beauty.

The sons of men are one,
and I am one with them.
I seek to love, not hate.
I seek to serve,
and not exact due service.
I seek to heal, not hurt.

Let pain bring
due reward of light
and love.

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

Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate
and outer cleavages be gone.

Let love prevail.
Let all men love.



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

ISA VASYA