

# Vaisakh News Letter



HAMSA SIVA SOHAM



Capricorn 2019 Makara

Letter No. 09 / Cycle 33 – 22nd December 2019 until 20th January 2020  
The World Teacher Trust - Global



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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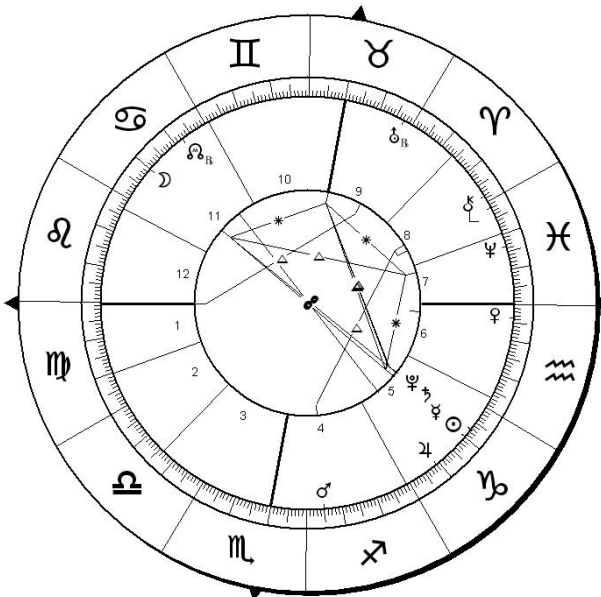
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## Prayer of the Year 2019-2020

A Clean Life  
 An Open Mind  
 A Pure Heart  
 An Eager Intellect  
 An Unveiled Spiritual Perception  
 A Brotherliness for One's Co-Disciple  
 A Readiness to Give and Receive Advice and Instruction  
 A Loyal Sense of Duty to the Teacher  
 A Willing Obedience to the Behests of Truth  
 A Courageous Endurance of Personal Injustice  
 A Brave Declaration of Principles  
 A Valiant Defence of Those who are Unjustly Attacked  
 A Constant Eye to the Ideal of Human Progression and Perfection  
 which the Secret Science depicts  
 These are the Golden Stairs  
 up the steps of which the learner may climb  
 to the Temple of Divine Wisdom.



Full Moon of Capricorn, 10 January 2020, 20:21 h

## Message of the Month of Capricorn ♄

Traditionally Capricorn is associated with Capra, the mountain goat. But Vedic astrology speaks of Capricorn as a crocodile. The grip of crocodile in water is strongest of the grips, and being in water, it remains unseen. The Vedic saying about Capricorn is 'a deer face and a crocodile grip'. Capricornians are ruled by Saturn and nothing slips from the grip of Capricorn. A Capricornian is authoritative, highly organized; they believe in completion of tasks and mastery over matter. They are capable, hardworking, serious, practical, ardent, trust-worthy and are always grounded. They do not have much to imagine. They do also not believe in imagination. They have a very organized mind and well-structured daily routine. They cannot be flexible and many times are machine-like.

Saturn transiting Capricorn is the best time for Capricornians. They are saturnine in their life and hence there is no special impact of Saturn on them except when Saturn transits their birth moon.

They have a high sense of responsibility and are always concerned about maximum utilization of available resources. They leave no stone unturned. Being the tenth house of zodiac, they are concerned about fulfilment of life. The Capricornians are in good times with transit Saturn and Pluto in Capricorn. They are thrice lucky when Uranus moves into Taurus as this forms a trine and enables them to manifest ambitious projects. Achievements come in time to Capricornians. Patience and perseverance, which serve as the dish of success, are household products of Capricornians. All that a Capricorn needs is to set himself wholeheartedly to the self-chosen projects. If they are willing to explore spiritual dimensions of life they would do well, for their focused minds can tend to be intuitive. Jesus Christ is but the best example of the spiritual side of a Capricorn.

Contemplating upon the dark blue, adds enough depth to Capricorns. Associating with natives of Virgo, adds splendour to their life. Relating to morning Sun daily enables a vertical rise to their energies. They are generally stuck with tradition yet they grow well if they develop sensitivity towards Aquarius and the energies of Uranus. Their confidence is their asset since their motto is, 'I succeed at anything I put my mind to'.



## Message of the Teacher

### The Wheel of Time

The wheel of time is the Master of the creation; no one can escape from the gifts and problems that the time throws out as it flows. There is only One who can help overcoming the merciless dimension of the wheel - the One that holds the wheel. Meditate upon the cosmic person who upholds the wheel of time by his right hand index finger. May that be the practice for the year 2020.



## Utterances of Lord Krishna



The knower knows that  
The three qualities are at work in creation  
And that creation is a triangular activity.  
Knowing so he witnesses it, even while he participates.  
(3-28)

Stung by desire, the ignorant are caught  
In the web of the creation.  
Let not the knower disturb them.  
Do not disturb the simple-minded.  
This is the dictum.  
(3-29)



Lord Maitreya

Maitreya Community

The True Friend

To achieve great deeds, cooperation of the fellow beings is fundamental. The avatars demonstrate it. When the divine came down as Rama, he sought the cooperation of the monkeys to fulfil the task. When the divine came down as Krishna, he sought the cooperation of the righteous to fulfil the task against the abler ones. Do not ever discard when cooperation is forthcoming from the surroundings. Be intelligent and be patient enough to accept every cooperation as it reaches up to you.

Know that those who cooperate with you are your friends. Do not be under the illusion that your friends cooperate. A friend that does not cooperate is truly not a friend. Learn to find friends among those who cooperate with you. The other approach is full of difficulties. Nurture those who cooperate with you. Ensure their uplift, do not ever neglect them.

There is a paradox in the world that man looks for cooperation from quarters from where he does not receive it while he ignores the quarters from which the cooperation comes.



Master Morya  
*Maruvu Maharshi*

Practice not Preach



We prefer that you practice Dharma. Preaching Dharma has no value. The true practice of Dharma is the true teaching and preaching. Act upon the little Dharma that comes to you and be alert to perform your part of Dharma towards the fellow beings. When nature finds trust in you, it entrusts you with larger possibilities to perform Dharma. Nature cooperates and fulfils many beings through you. Nature does not trust indifferent persons and irresponsible persons. Nature cares for those who sincerely care for others.

The lives of the initiates or disciples are but lives that demonstrated Dharma in simplicity. They never believed in preaching and publicizing Dharma. There is much humdrum in the name of goodwill while the acts of goodwill do not match up to the claims made. Better, conduct acts of goodwill which would by themselves spread fragrance around. Let there be no advertisement and aggrandizement in the name of goodwill.

Did you ever see a butterfly joyfully moving in the flower garden? The very existence of the butterfly is one of beauty and joy. Every sensitive person would like that the butterfly lands on him or her. Such should be the goal of a goodwill worker. His sight, his acts of goodwill and his movements would be of great joy to the surrounding beings. Even the animals and plants orient to such beings.

Let life be lived like butterfly sharing and distributing joy all around through acts of goodwill.



Master Koot Hoomi  
*Devâpi Maharshi*

Sambala 20

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

In tune with changing times, one should leave certain activity to embrace certain incoming activity. To hold better things, you need to release what is already in hand. This knowledge is important. Otherwise you neither hold the earlier activity nor the incoming activity. Always hold as much as you can and do not hold more than what you can.

When you are keen to hold certain more valuable things you may have to find what is it that can be jettisoned for now. The Aquarian age brings in global values along with global spirit. You cannot hold the global spirit while holding only local values. You need to grow to be a global spirit in which your values are also global.

The problem with the humanity is that every community is stuck with its local values. They wish to be global but they continue to impose the local values upon a global platform. The global religion is a prophecy which is being regularly massacred by men of goodwill with lesser understanding. Every community has to rise in Aquarian age into the substance wriggling out of their structures and forms. God in Aquarian age itself is called energy. To experience energy beyond form and beyond name is all about Aquarius. To reduce it into form makes it Piscean. Let not the goodwill worker walk into the past. Sambala hits hard such attempts.

## Message of Master E.K.

Joy



Our path is to experience the divine as the under-current of events in each and every activity and rejoice through such experience. This is what I mean, 'may we transact light in terms of joy'.



## Master CVV-Yoga

### Aphorisms to Disciples 20

58. Through my prayer you can cause adjustments in the mental plane. You can also make effort to heal the 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.

59. 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.

60. 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.

## Vidura

### Teachings of Wisdom



Qualitative action during the day  
contributes to the comfort  
of night's sleep.

Qualitative action meets  
the providence of  
the rainy season of life.

Qualitative action  
during the middle age  
contributes to the comfort  
in the old age.

Qualitative action in life contributes  
to the life after death  
in a congenial way.

#### PRACTICAL WISDOM

God is Existence  
Experience the Existence.  
Belief is needless.



Saraswathi

## Suktam 4 The Ability to Assimilate 2

Through the sacred sound of the Word, every branch of knowledge becomes accessible. The ability to assimilate knowledge becomes immeasurable. In the book “Spiritual Astrology” written by Master E. Krishnamacharya, under the caption Leo a description about the importance of working with sound for one hour daily is explained. It says: “Prayers should be loudly uttered by the student of the first three levels so that he can fix up his mind on his own sound and its import. The import of the sounds in prayer is God, the form of God being only according to the comprehension of the student. His very physical sound is the three-headed dog of Leo. Musical utterance requires sound as vehicle, which is composed of three main scales with seven subscales each. “Seven are the layers (of sound) and three times seven are the sticks of fuel for the Purusha” (Purusha Sukta). Mantrams work only as sound vibrations at this stage. As the student gradually attunes his voice to music, his voice is raised from the sound of lower Leo to the music of Cancer and then to the regulation of Prana in Gemini. Then only, he can utter forth the voice of Taurus. The word of the average man has no effect upon others except through motives. This state is represented by Leo, which stands 90 degrees apart from Taurus. When this fourth part of the circle is covered by the student in the path of the reversed process (the path of the equinoxes), his word is no more conditioned by motive. His is the word of love, which controls and helps the transformation of the fellow beings”.

Srî Râmakrishna

God in All



Do you know what I see?

I see Him as all.

Men and other creatures appear to me only as hollow forms, moving their head and hands and feet, but within is the Lord Himself.

#### PRACTICAL WISDOM

Growth comes from stability.  
Existence is the stablest state.  
Be with it and flower out.



## On Secret Doctrine

Skandhas

When we speak of astral body and astral light, we speak of skandas - the germs of life on all the seven planes of the being. They make up the totality of subjective and objective man. The skandas are closely united with the pictures in the astral light, which is the medium of impressions. The skandas are the vibrating germs of life connected with the subjective and objective form of man. They are the inks which attract the reincarnating ego. The germs of life left behind when the being is disincarnating will be repacked again and will constitute the new form; and their qualities decide the personality of the reincarnating ego. The person comes back with the same quality with which he leaves the body on account of the vibrations he has in all the seven planes; it neither improves nor deteriorates during the interval. The seven planes are made up of the skandas which carry the same vibration, light and vitality as before, which the soul left when disincarnating, to enable the journey of the soul. Wherever one exits the journey he re-enters at the same point to proceed further.

A mental change or a glimpse of truth or a realization of some dimension may happen when the person is facing death. Since death is a crisis man touches certain odd realities which may be retained by him in his mental and emotional plane. When he returns again the related germs of life (skandas) continue to be and be supportive. They would have an enormous effect upon the future life. That is the reason why death is also seen as an opportunity to progress, if not an initiation. This flash of realization may remain as a reminder, while a general pattern of misdeed also remains which he is required to work with. The basic idea of death bed repentance is to institute certain vibrant skandas in oneself to enable the progress. This is how nature helps even through death for the evolution of the beings.

The karmic effect of the past life necessarily follows and the man reincarnated



picks up also the vibratory impressions that he gained during the last death. Nature gives nothing free and it is for the man to develop the right skandas through effort and even bring in skandas of greater vibration and radiation through right attitude and action.

The east therefore offers prayers to the most ideal form of seven planes which constitute the best possible skandas. There are worship hymns relating to skandas which would enable building of the right sound vibrations through which better skandas can be formed in oneself.

The skandas are karmic and non-karmic as well. They tend to be karmic when actions are unconscious or ignorant. When unconscious actions take place the elementals that are produced by skandas will go around causing the disturbance and again return to him sooner or later. The elementals are simply efforts produced through conscious or unconscious acts conducted by the beings. As long as desire constitutes the basis for action man continues to create karmic skandas.

HPB gives a very strong message through the following example: “If you are badly taught by me and thereby you do something wrong you would go on and after my death, you will sin through me and I have to brave the karma”. Such is the infallibility of the skandas at work. She says, even Buddha made mistakes. He applied teaching to people who were not ready and this had produced karmic impact on him. Therefore, one should not be enthusiastic in teaching and guiding others. It is always better that one minds his business. Others may observe and pick up whatever they wish but let nothing be taught and much less propagated.



Saturn

Transformation

The Policeman

Saturn is one form of representation of Yama, the Lord of Regulation, who is presiding the South. Saturn is one form of him. Yama means Pluto. Pluto is a bigger dimension of Saturn, therefore, Saturn is said to be the son of Yama. Yama is the Lord of Death who appears hideous to sinners, but pleasant to righteous people. If the Lord of Death appears, he looks so terrible to us, because, we are shy of dying, but to those who are really full of light, to them, he appears as a good friend, looking very brilliant, shining and even beautiful. Morality is framed by Jupiter and is necessitated by Saturn. He will bend us to be moral, otherwise, he will give us one or two blows, so that we become moral. Jupiter gives us the rules of the game, and Saturn gives the punishment when we do not follow the rules. Thus, we feel the presence of the policeman more than the presence of the legislator. The legislator says that we should move on the right side of the road when we drive our car in Europe, that is the legislation. If there is no policeman, we will not obey it, but if we know that the police is very efficient, we will definitely be on the right side. Otherwise we will tend to be on the left. That is how Saturn works, like the policeman. He is on the punishment side of things to keep us on the right side of life. The working of Saturn is very slow, very deep and long standing. He gives us good lessons to remember for life. His grip is slow, but sure. He slowly grips us. Things of permanent value and plans of a very stable nature are governed by Saturn. He is a slow-moving planet and goes round the zodiac once every 30 years. During the first round he touches all the sensitive points of the horoscope, and makes man gain the sufficient experience.

## Discipleship

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

#### Self-Pity

To many there comes that difficult time wherein they are enveloped in the blackness of despair. There is no desire to live on and no power to do anything. There is nothing within, with which to grow forward, with which to face the future - no joy, no optimism and no hope of real betterment of conditions. When there seems no reason for existence, when there is nothing towards which to look when the future is threatening, when all past effort has been futile, when seemingly forsaken by all and nothing remains but to die, it is then one needs discrimination and to weigh up and calmly reason out the matter.

We must go in, and life can hold much, if we face it as it should be faced. Persevere until the end of the enveloping cloud, out into the sunlight. Let in the restorative forces of reason, faith and hope and expect results.

Eliminate self-pity; all that comes to one is the working of the law and offers opportunity. Self-pity is a powerful and deluding force. It exaggerates every condition and dramatizes a person in his own thoughts. Only the individual can handle his self-pity and free himself from inner emotional storms. A 'don't care attitude' of indifference is one of the quickest ways by which to affect our release. It is not a 'don't care' attitude towards others but towards the emotions. It leads us to assume emotional pain or distress matters in the very least. These reactions are simply recognized, lived through and not permitted to produce any limitation.

A disciple



## The Teacher

### 62. Ghana Chinmayam

#### Consciousness condensed

A Teacher is but consciousness in form. Ghana Chinmayam means condensed consciousness. In fact, consciousness cannot be condensed. Even to condense mercury it is a difficult process; mercury stands for buddhic consciousness. But consciousness pure is far beyond the buddhic consciousness. The steps from buddhic consciousness to pure consciousness broadly are: soul consciousness, universal consciousness expressed through the cosmic person and then the pure consciousness.

Pure consciousness is the substance which is bound like a beast with the help of sound by the Devas to prepare the cosmic person. And from the cosmic person all other forms of creation are brought out with the related states of consciousness. (Refer to commentaries on Purusha Sookta by Master E.K.)

It is a process of limiting the unlimited pure consciousness to a form of cosmic person. Later, this cosmic person is sacrificed further to bring forth the various beings and forms of beings. In other words it is the modulation of pure consciousness into successive inferior states. Just like vapour is condensed to be water and water is further condensed to be an ice block. The process of condensation of consciousness leads to the sevenfold creation.

The Teacher, too, is a condensed unit of pure consciousness with no impurities or distortions in it. He went through the process of enlargement from being human to Divine and from Divine to be Cosmic. He returns again in a condensed manner like a crystal. The popular name now used on the globe is Christ. Christ represents crystallized or condensed cosmic consciousness, regarded as the World Teacher, of course he is called Lord Maitreya in the East, Lord Christ in the West and the Lord Maitreyee Buddha by the Buddhists and Imam Mahdi by the Islamists. It is to the same condensed pure consciousness, which different belief systems refer to with different names.

Every man is potentially a cosmic man. Some of the humans who realized this

through a process of enlargement of consciousness come back to help the remaining humans. These are called the Teachers.

Between the cosmic man and the human, the difference is in the degree of purity and the degree of effulgence of the pure consciousness. If the humans at large represent flood waters, the Teachers represent the crystal clean waters, the pristine waters. The process of transforming the muddy, flood waters to be crystal clear waters is through evaporation and condensation. All Yoga practice is but a process of evaporation and condensation of human consciousness by which undesirables, all impurities, are eliminated. After such complete elimination the consciousness remains within and around the body as an example for others to follow. For this reason, a Teacher is said to be condensed consciousness.

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



Nicholas Roerich: Maitreya

## Kapila

## Nirvana



The transformed man has no non-God situation. In all the four dimensions, he visualises God/Self/I Am only. Form, name, place and time do not illusion and condition him. There is no other. Even the body is experienced as That or Self. Unity is gained in totality. This is called Nirvana. The light of lower candle-power is absorbed by the light of higher candle-power. Only one illumination remains. Likewise, the thought relating to body also dissolves in God's presence.

Clay is made into a pot. Pot is understood in two portions, i.e., the pot and the clay in the pot. The name 'pot' and the 'form' of pot are attributed to the clay by us. They do not exist to the clay. Likewise, the Self in creation is looked as Self and non-Self. The non-Self is what we see out of our attributed nature. To the clay there is no name consciousness as 'pot' or form consciousness as the form of pot. To the Self also there is no name consciousness or form consciousness. It is just consciousness without feeling. As clay, it exists with or without the pot. When the pot is broken, clay remains. When the pot is made, clay remains as clay in the pot. Either way, clay remains as clay. So is the Self with or without form. As long as clay is available, the pot availability is there. As long as Self is, the creational possibility is there. Self is eternal and hence the creation too is continuously eternal, with its series of periodicities. Creation is of Self, from Self and is held by Self. Hence, only the Self is constant, immutable, stable and fixed. All its transformations are transitory.



## Ashram Leaves

## The Background

Every circle has a centre.  
Every centre is a circle  
to the centre within.  
Even the inmost centre is  
upon the background.

### PRACTICAL WISDOM

Searching for God is Ignorance.  
Seeing God is Wisdom.



## Lord Dattatreya

### Maha Mantram 2

The sound given by a Sat Guru to a disciple forms the link between the Guru and the disciple. It need not always necessarily be DRAM. Depending on the need and the state of awareness of the student, the Sat Guru initiates the student into a sound. When the sound is uttered as per the given regulations, the presence of the teacher manifests. The presence of the teacher is like the presence of the yeast that transforms the milk into yoghurt. The catalyst in a chemical process causes the chemistry by its sheer presence. It does not go through the chemistry. So also the very presence of the teacher causes the required chemistry in the energy system of the student and transforms him. The presence influences but does not involve. Such is the beauty of the work of the teacher in the student

Normally the taste of the mantram is experienced in a cycle of 12 years, when practiced as per the regulations. The student cannot choose the mantram from the teacher. When the time is appropriate, the teacher himself gives the required mantram. Mantram cannot be demanded, but can be gained by right approach to life. The teacher too, cannot be found by external search, he is drawn to the one who conducts in life with the right orientation.

The given mantram should be practiced secretly and there should be no iota of publicity relating to it. Continues recitation in silence, with inner and outer purity of life, would enable the fulfilment of the mantram. If one carves out his life in such a fashion that he does not seek material benefits from others, but on the contrary, extends such benefits to others, he would be able to gradually come out of his obligatory karma relating to the world and that would enable him to realise the mantram faster.



## Fire

### Detailed Explanation 5

#### V. Offerings to the Planetary Devas



OM NAVAGRAHEBHYA SWÂHÂ NAVAGRAHEBHYA IDAM NA MAMA

Offering to the planetary Devas.

OM ADITYAYA SWÂHÂ. ADITYAYA IDAM NA MAMA

Offering to the Lord Aditya the Cosmic Lord of the SUN.

ADITYA is the Cosmic Sun Centre. He manifests also as Solar Centre. He is the essence of Light in all the planes of Existence. He exists in us in Sahasrara as Aditya, in Ajña as Savitru, in the Heart as Surya, the Sun. He is the principle of consciousness and life, the Soul.

OM SOMAYA SWÂHÂ. SOMAYA IDAM NA MAMA

Offering to the Cosmic Lord of Reflection, the Lord of MOON.

SOMA is the reflecting principle in Creation. He is the Crescent Moon on the head of Siva, the Absolute God. He causes the reflection of the Absolute Light. The whole Creation is successive reflection of Light in the involutory order, in all planes. He is the Cosmic Moon Principle. He reflects through Neptune in the solar plane and through Moon and Venus in the planetary plane. He functions in us as the mind principle at all levels. Solar Plexus is his Centre in us.



## Rudra The Lord of Cosmic Will and Vibration

### A Few Dimensions of Rudra 13 Oshadhi Pati

Oshadhi means healing herbs. Pati means Master. Rudra is the Master of the healing herbs. He resides in the herbs as the power of healing. An herb is thus distinguished from other plants by the presence of Rudra in it.

## Sanat Kumara



### Witnessing

Know the key of witnessing. Witnessing enables you to be distant to that which is being witnessed. One cannot witness that which is a part of self. If something is kept too close to your nose you cannot see it well. If it is kept at a distance of 10 to 15 cm from one's nose one can see better, better than before. Witnessing requires distancing from that which is to be witnessed. Again, one cannot witness if it is too far. In yoga this principle is upheld to accomplish what is to be accomplished through yoga. Remember, the other name for witnessing is observation. "Be an observer, be a witness", say the saints of yoga.

When you are in a situation learn to be an observer to the situation, more than being a participant. The state of a participant is involvement. The state of an observer is non-involvement. To be a witness or an observer is to be an audience. When the play is on, the audience observes the play. When the movie is on, the audience observes the movie. The play or the movie in this context is one's own life. To observe one's own life, to witness one's own life is a faculty that one has to develop. Each one is no doubt a player of his or her life. But through practice one can develop an observer in oneself. It means a part of oneself remains an observer while the other part is a player. This is a very important step for aspirants who would like to walk the path of discipleship.



## From the Teacher's Pen Questions and Answers

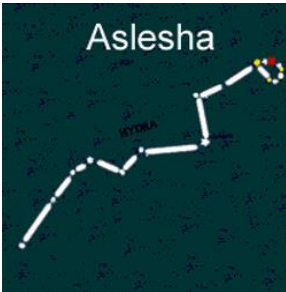
### Work for Union, not for Division

*Question:* Dear Master, globally there is a tendency for regionalism instead of globalization. Is it a retrograde step of humanity?

*Answer:* Dear brother, the intentions of isolationism indicate inability to think in larger terms. When we cannot think in larger terms, we shrink and also pull the activity down. Globalization was a hierarchical thought. Hierarchy always works for unification and not for division. The hierarchy strived for unification of Germany. It also strived for unification of Europe which is still in process. From the hierarchical standpoint, exit of Britain from the European Union is a retrograde step. Similar shrinkage is happening in countries like United States, Spain and India as well. In the United States, there is elated demand for white Australia, America for Americans, British imperialism and so on. Even in India, the thought is shrinking from being national to be regional. Every effort for unification is countered by the old habit of separativity and division. We as goodwill workers should always work for union and not for division even at the family level. We cannot work to divide. We should work to unite, hold on to the spirit it generates and its own strength through time. It is indeed a goodwill work at planetary plane to think of unity but not division. Even in Spain, such tendencies are prevalent as between Basque, Catalonia and central Spain.

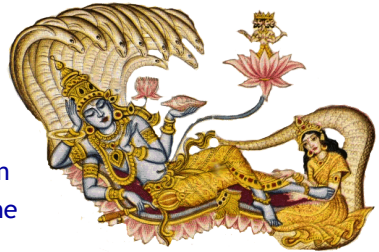
## The Wisdom of Nakshatras

### Star 9: Aslesha



Aslesha, the 9th star of the zodiac, is a star relating to the energy of Naga, the serpent. It is also known as Hydra or Cancri. The ruling planet of this constellation is Mercury. Intellectual reasoning is its strength though, sometimes they have confused emotions and inherent insecurities. The symbol of this constellation is a coiled serpent. It is a sharp Nakshatra which affects the close surroundings. In

unfamiliar surroundings, it remains withdrawn like a cat. In familiar conditions they are good leaders and managers. Since the constellation falls within the sign Cancer Moon also has a great impact on Asleshans. Lakshmana, the younger brother of Lord Sri Rama, and also Mahatma Gandhi belonged to this constellation. In Hindu Puranas, the constellation is but a reflection of the coiled serpent of time upon which the Lord (Vishnu) rests.



Being a serpentine constellation, they are secretive, strong willed, wait to strike effectively with a combination of emotion and intellectual reasoning. Their emotion sometimes overpowers their intellectual reasoning and affects the close surroundings.

The natives of Aslesha are prone to fits of anger and they move like nomads in pursuit of life. They like intimate connections and keep away from unfamiliar situations. Their serpentine nature has the advantage of being able to gain wisdom and associate with wise people, just as Lakshmana in association with Rama and Hanuman demonstrated great wisdom. The chin and the nails in the human body are ruled by this constellation.

Like the serpent that moves on the torso, they can be very earthy and can even be very deceptive. But amidst the serpents, there are many divine serpents

that can demonstrate great wisdom and super-natural healing powers. They have the ability to transcend. Nagarjuna is an outstanding example of Aslesha whose wisdom and powers of healing surpassed all contemporary philosophers. Mercury being the ruler, the lucky number of this constellation is 5. Number 9 is also agreeable to this constellation since it happens to be the 9th constellation.

The natives of Aslesha have much responsibility in life. They are willing to be responsible and are not known to be evaders. They are very protective of their kith and kin.

The natives of this constellation would do well to worship any deity that is in association with a serpent. For example, Lord Vishnu resting on a coiled serpent, Lord Shiva wearing the serpent as a necklace, as bracelets and as shoulder ornaments, like Kumara associated with a peacock and a serpent or the serpent god himself as the Mexicans worship.

Aslesha is considered to be a clinging star. It clings to surroundings namely family members, close relatives and friends. With their energy they entwine the family. With their comfort all family members are within its ring of entwinement. The members of the family have a dual experience with Aslesha natives. They feel constricted and possessed while they also experience the emotional bondage and the related love and benedictions. It is difficult for Asleshans to release themselves from their attachments.

With the ruling sign of Cancer being Moon in which Aslesha constellation is and with Mercury as the ruler of Aslesha, the natives of this constellation are curious by nature. They want to know the things around them, and among things known they try to discover the deeper side of events. They have a very good ability to adjust in given surroundings.

It is well known that serpents live in subterranean regions. Dealing with subterranean products is very propitious to the natives of Aslesha such as mining, oil and gas exploration, underground water management etc.

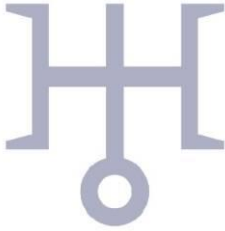
An outstanding characteristic of Aslesha is tapas (penance). Bodily mortification, penance, severe meditation and religious austerities are easier to practice for the natives of Aslesha compared to other stars. These are but the qualities of Nagas, the divine serpents. Even the gods worship Aslesha the divine serpent to drive away demons. Ancient civilizations without exception were worshipping serpents, especially in the month of Scorpio, to gain the

favour of the power of serpent and to win over the darker side of their beings. Though powerful, Aslesha is Dharma-oriented or law oriented. Their primary motivation is to follow the law of nature and not to rebel against the law.

Naga-champa is the tree for this constellation. The flowers of this tree are offered to Lord Shiva for fulfilment of worship. There is a special tree called Nagalinga tree (cannonball tree) which gives out Nagalinga flowers. One does not miss to recollect serpents when they seek the stacks of this tree and also its flowers. The bird which is related to this constellation is a small blue sparrow.



The natives of Aslesha are tremendous fighters; they keep fighting for their cause until they conquer. They are generally successful persons. The planetary principle Saturn is friendly with Aslesha for the simple reason that Aslesha is law-abiding and Saturn is the regulator of the law. The planetary energy of Mars is not in good terms with Aslesha, leading to arguments and fights. Jupiter, a benevolent planet, remains a good friend to Aslesha whose ruler is Mercury. The nodes and anti-nodes stand acceptable to Aslesha and vice versa. Some of the strengths of the Asleshans are that they are independent, clever, argumentative, versatile, sharp, philosophical, multiple talented, passionate, disciplined. The weaknesses are nervousness, unstable, moody, tactless, deceptive, secretive, impolite, possessive and suspicious.



## Uranus The Alchemist of the Age

### Group Consciousness

Remember, the measure of discipleship is in its usefulness to the surrounding life. How qualitative is your group relation? Unless one sacrifices one's own ego, one cannot have right relation to the group. And it is not so easy to sacrifice one's personality or one's ego overnight. It requires a self-imposed discipline. The group interests are more important than one's own interests. The group requirements stand in priority to individual requirements. One's progress is secondary to the progress of the group. The group should stand first and one should stand second to the group. The principle of group starts with the family group and then the other groups. If we forget to develop right relation with those who are around us, it means that we are not making much progress.

The Aquarian Age which emphasizes upon group consciousness can give us right blissful living only if one cares to look for the needs of the surrounding life and feel responsible and respectful to such life. Individual growth should be made subservient to the welfare of the group. One should try to equip oneself more and more in such a fashion that one is capable of serving greater number in greater measure.



Master EK

Vishnu Purana Chapter XXVI

The Lokas 2



Maha Loka

Beyond the orbit of Dhruva, you will find Maha Loka where the living beings live through one full Kalpa. This Loka extends through one crore of links (one crore equals ten million), where beings live through one Kalpa.

Jana Loka

Two crores of links beyond that, you will find Jana Loka inhabited by the sons of Brahma, the Creator. They are called Sanaka, Sanandana, Sanat Kumara and Sanat Sujatha.

Tapa Loka

Four times this distance away, you will find Tapa Loka where the Devas exist and shine without heat.

Satya Loka

Seven times this distance beyond Tapa Loka there is Satya Loka, the Plane of Truth. The beings of that Loka do not die a second time. That means they have only one manifestation and one withdrawal during the breath of one unit creation.

All that you see, perceive, feel, think and imagine about this Earth is only 1/4th of what it is. I have described much about it previously.

Bhuva Loka

The second plane above and beyond this Earth is called Bhuva Loka.

Swa Loka

The region beyond this plane and up to the region of the centre of rotation is called the second main division. It is called Swa Loka. These are the three main divisions, speaking geocentrically. They are Bhu Loka, Bhuva Loka and Swa Loka.

Jana Loka, Tapa Loka and Satya Loka are the three worlds beyond these first three. They are called the created planes, while the lower three planes are not created. It means that the three higher planes are creative by nature and the three lower planes are non-creative or constructive. It can be further explained that the Creative Planes exist in the Plane of Concept beyond form. The three lower Planes are subordinated to forms. The region between the Creative and non-creative Planes is called Maha Loka. By the end of a Kalpa it goes into total dissolution. These are the seven worlds described by me.

### The Layers of the Egg of Brahma

Similarly, there are seven anti-worlds or nether regions corresponding to these worlds above. These two sets of seven planes are wonderfully fitted into the Egg of Brahma. This whole Egg is a unit which extends above, below and sidewise with the Sun as the centre. It can be compared to a wood-apple fruit with its seeds as the various Lokas. This Egg contains 10 layers called the layers of water. These layers permeate around this Egg. Around these layers, there is the layer of fire. Around the layer of fire, there is the layer of air. Around the layer of air there is the layer of space, the All-Brilliance. This Space exists as the origin of all existences. Every layer described above is composed of 10 sub-layers.

### Mahat

All these layers are surrounded by Mahat, the Globe of Space-Mind.



The Egg of Brahma



## Paracelsus Health and Healing

### Quality of Life vs. Sickness

The wisdom teaching frequently poses a question of what use it is if man returns to his former life after his convalescence? It is senseless from the standpoint of wisdom if man does not change his way of living after recovering from a serious illness. Life *must* be better organized after each recovery from deep sickness. It *must* be made healthier. Life *must* improve qualitatively after every recovery.

Every profound sickness is a message that demands a little more qualitative life. *Pay attention to the quality of life; it is not enough if attention is paid only to quality of food.* It must be known that the cure is to the person but not to his corpse.

It is customary to think that sicknesses such as cancer, arthritis, diabetes and the like, are hereditary. While there is some truth in it, protection can be given and prevention can be ensured by giving the right discipline to the children right from childhood.

Quality, quality, quality! Is the cry of the wise ones. It remains till date a cry in wilderness. It is time that humanity stops speaking and starts working on the quality of life. It is not enough if man knows, but it is imperative that he acts. "Cancer is a scourge of humanity and it inevitably spreads. The chief measures against cancer are preventive measures. Those who do not eat meat, drink alcohol, wine, tobacco, narcotics etc. and who keep their psychic energy pure, who cleanse the stomach once every season with water, milk, fruit juices, need not think of cancer", says an ancient Master of Wisdom. The truth of it deserves to be put to experiment.

This is a measure to be implemented by all healers and health practitioners vis-à-vis their patients.

Dr K. Parvathi Kumar

## Dimensions of Ancient Wisdom

Dr K. Parvathi Kumar  
Group Life Teaching, Part 9  
June 2018, Billerbeck, Germany

When It is in the plan that man has to satisfy the others - satisfying in the sense fulfilling the needs of the others. The man periodically manifests himself to uplift the fellow beings and thereby deserve his existence on the planet. This is the chief reason for man to relate to the objective world according to the original plan of work. It is called Yagna, a sacrifice fulfilling the minerals, plants, animals and humans. All beings are seen as fellow being, not only humans.

The scriptures say, that man descends periodically into matter, and with every breath, he should uplift his fellow beings and by that elevate the fellow egos existing in the form of atoms of the lower kingdom in the tissues of his vehicle. The process of Pranayama, when properly understood, with the air of intuition and the grace of the Guru will enable a personal expression in the outer world. Each time we breathe in, we breathe in the Cosmic Man into us, and also where the Cosmic Man expresses the outlines relating to him as our image. With the help of that inhalation, there is the entry of the Cosmic Man into the individual person. And we are supposed to express Libra in the work of the cosmic plan as a medium. Man is the medium who can bring the plan upon earth by serving all that surrounds him. And at every exhalation, the man returns to the Cosmic Person.

So, from Cosmic Person, the man emerges and takes a seat on the diaphragm and conducts the work with the help of the body which is threefold in nature. It has the mind, the senses and the body as an equipment. The equipment is utilised to perform duties in the outer world. That is how inhalation enables the incarnation of the divine into man. Exhalation enables the man that has descended to get back and join again the Cosmic Man.

That is how there is a descent and an ascent. The Cosmic Person breathing out corresponds to breathing in. Each time we breathe in, we are only breathing in the Cosmic Person. Each time we breathe out, we try to join the Cosmic Person.

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

## Stories for Young People

### On Service

When life is filled with non-essentials  
one finds no time to Serve.

#### 9. Lotus Ponds

He was the only son of the local ruler. He himself tells of his childhood: "I was spoiled, extremely spoiled. My father's house had lotus ponds built for me: In one place blue lotus flowers, in one place white lotus flowers, in one place red lotus flowers: and this only for me. I did not use any ointments other than those from Benares. From Benares came the cloth of my headgear, of my jacket, of my undergarment, of my overcoat. By day and night, a white umbrella was held over me so that I would not be bothered by cold, heat, dust, blades of grass or dew". At the age of 16 he was married and enjoyed the pleasures of married life.

He had a habit of watching closely. The lotus flowers closed and opened, blossomed and withered. His father and the people around him grew older, as did he himself. Children were born to him and grew up. The people around him fell ill and died, like his mother, at his birth. The joys of life had one mistake. He says: "I strive for what is subject to the law of birth, aging, illness and death, of worries and mistakes. Then I thought: Why do I strive for what is subject to this law? Shouldn't I be striving for what is not subject to this law, for the highest peace, because I recognized the disadvantage of it?"

According to his own testimony, he was still young ("in the first youth force") when he left his home and joined the wandering ascetics. These sought for peace by suppressing the body's striving for joy and by renouncing food and all comforts. Gautama studied their teachings and methods and did the same. He exhausted his body until it was emaciated to a skeleton. He did not feel closer to his goal by these agonies. He decided to eat again and searched for another way to his goal. He remembered his childhood: "When my father ...was busy, I sat in the cool shade of a jambu tree, far from desires, far from unwholesome things, I achieved the first deepening ...consisting of joy and happiness ... As a result of this memory I knew: This is really the way to awakening".

He found the way: not the body had to be suppressed, but the thoughts had to be freed from likes, dislikes, all attachments to what was transitory. Gautama Buddha taught people to rise into the inner land of peace and imperishable lotus ponds by observing their breath.

*Stories and quotes after Volker Zotz: Buddha - with self-testimonies and pictorial documents. Hamburg 1991.*



Padmapani: Buddha with a lotus flower (Ajanta)

## Window to World Service News & Activities (Inputs welcome)

### Argentina

**Name of the Group:** Litoral Group

**Contact:** Indiana Spada, yayisantafe@yahoo.com.ar

**Address:** Francia 2442, 3000 Santa Fe (Santa Fe), Argentina

**Phone:** +54 3424607123, +54 3424354330 (español), +54 3424565213, +54 3424651120 (English)

**Website:** <http://www.casadelapaxcultura.com.ar>

### Activities, Part 3:

Activities of the Association Casa De La Pax Cultura:

<https://casadelapaxcultura.com.ar/>.

We are a non-profit civil association. Our inspiration: Work to lay the foundations of a Culture of Peace. We start with ourselves, we continue with our links, our community, our city, province, country, America, the whole planet.

How do we do it?

- Diffusion of the Banner of Peace.
- Diffusion of September 21st as the International Day of Peace.
- Diffusion of peaceful means for the resolution of conflicts.

What activities have we carried out for that purpose? Let's mention last year's.

- Community Mediation Course in the city of Santa Fe for 130 people by agreement with the Ombudsman's Office of the Province of Santa Fe. It was developed in 10 classes of 4 hours each from April to June/2018, aimed at people who live or work in vulnerable neighborhoods of the City of Santa Fe and was completely free. The teachers did not receive any fees for their work.
- Community Mediation Course in the city of Reconquista by agreement with the Defensoría del Pueblo de la Pcia. de Santa Fe and the Ministerio Público de la Acusación de Reconquista. Aimed at people who work in the

field of Justice and community tasks. People from the city of Reconquista and surrounding areas attended: Las Toscas, Malabrigo, Calchaquí, Berna, Vera, Romang, Avellaneda, 150 in total. In 10 classes of 4 hours each, developed in 5 intense days. Free for attendees.

- Courses "Training in constructive approach of conflicts and construction of the coexistence" by agreement with the Ministry of Security of the Province of Santa Fe through the Program "Links". There were 3 simultaneous courses dictated by teachers from the city of Rosario, in the Northwest District of Rosario, in Casilda and in Roldán. Aimed at people who live or work in vulnerable areas.
- Celebration of April 15, the day of the signing of the Roerich Pact, in the Plazoleta de la Paz in the city of Santa Fe.
- Inauguration of Misiones Node in Ruiz de Montoya, Misiones Province.
- Reopening of Nodo Recreo, in the town of Recreo, Pcia. de Santa Fe.
- Inauguration of Pavón Node in the town of Pavón, Province of Santa Fe.
- Inauguration of Nodo Rosario, in the city of Rosario, Province of Santa Fe.
- Participation in the Third Conclave of the Grupo Litoral in the month of March.
- Presentation and offering of the Peace Flag to the Nicolás Avellaneda Technical School.
- Presentation and offering of the Peace Flag to the "Simón de Iriondo" school in the town of Alto Verde and celebration of September 21 in the Plaza de la Paz in front of the aforementioned school with the participation of students, teachers, parents and neighborhood.
- Participation in the planting of trees sponsored by the Defensoría del Pueblo de la Pcia. de Santa Fe in the Federal Park in the area adjacent to La Redonda, in the city of Santa Fe. We contribute with 3 specimens of medicinal eucalyptus.
- Participation in the Conference of the International Congress of Mediation held in Rosario.
- Talk and delivery of the Banner of Peace in the Brotherhood of Joy Group.
- Presentation of the Banner of Peace to the Renacer Group (made up of mothers and fathers who have lost sons or daughters) in Santa Fe, Esperanza and Huerta Grande, Córdoba Province.
- Request to the Municipality through the Conc. Basile of the setting in



conditions of the Plazoleta de la Paz of the city of Santa Fe.

- Active participation in the rejection of the draft amendments to the Mediation Law in the Province of Santa Fe.
- Participation and presentation of the Banner of Peace in the International Congress of Biosalud.
- Participation in the VIII edition of the FOS.
- Adherence to the AIS proposal to declare 2019 "Year for Peace, work with the land" in the framework of a proposal that covers 5 years of work for peace and to participate in the activities that are organized for this purpose.
- Participation by invitation of the Ministry of Education in the Bullying Network, aimed at developing this theme in schools.
- Participation in the Congress of the Foundation for the Development of New Thought held in Havana, Cuba in December/2018.
- Participation in October/2018 in the First Regional Forum of Argentina of the Forum "The Spirit of Humanity" initiated in Reykjavik, Iceland in 2012.



CASA DE LA PAX CULTURA

## Picture to the Month of Capricorn

### Capricorn - The Mount of Initiation



The basis for reception of the five-pointed brilliant star is a pure mind. It is this five-pointed star which descends into a pure mind. This is called the white dragon. The white dragon is in truth a blue dragon. White in its great depth is blue.

To bring this white dragon more effectively into us, the month of Capricorn helps us. It is recommended that we make a posture of a five-pointed star facing the East during the dawn hours, so that we will be able to invoke the white dragon into us. This posture in the month of Capricorn during the hours of dawn makes the white robe to descend more into us. Understand that the white dragon is nothing but the white robe which descends into us. That is the reason why this exercise is recommended.

*K. Parvathi Kumar, extract from a talk on Capricorn, January 1991.*

## Book Review

### Lessons on Purusha Sooktam



Purusha Suktam is a hymn of the Rig Veda that is offered to the Cosmic Person as a worship Sukta. The Veda recognises a Cosmic Man who was prepared and fixed (crucified) in the Mahat by the Devas and the whole universe is visualised in him. The Cosmic person is described as having four hands which represent the four-fold creation. Later when creation progressed, human form is also prepared in the image and likeness of the Cosmic Person.

Master E.K. regularly chanted Purusha Sukta for decades and imparted the Sukta to his followers. He instructed his followers to regularly chant Purusha Sukta on a daily basis.

E. Krishnamacharya: Lessons on Purusha Sooktam

Info: Kulapathi Book Trust, kulapathibooktrust@gmail.com

### Mithila



The 21st century man has lost his direction; he is unfit to direct the incoming souls, viz. the children. The book "Mithila" offers support for people who wish to save the children from the bad influences of our society.

"Mithila" is the name of the ancient-most school of Wisdom. This book contains wisdom systematized, to find alignment that enables self-realization. It is meant for all children who seek the Kingdom of God upon Earth. It offers a comprehensive New Age School syllabus intended

for teachers and parents to train the young ones. The content of the book can be taught to children as a subject in their school or it can manifest as a Sunday School.

K. Parvathi Kumar: Mithila

Info: The World Teacher Trust, [info@worldteachertrust.org](mailto:info@worldteachertrust.org)

PDF: [https://worldteachertrust.org/\\_media/pdf/en/mithila.pdf](https://worldteachertrust.org/_media/pdf/en/mithila.pdf)

## Astrological Important Days in December 2019/January 2020

22.12.	05:19	☉ → ♑ / Sun enters Capricorn	
☉		<b>Winter Solstice:</b> Birthday of Jesus Christ	
		☉ in ♑ – Every morning: <i>Contemplation upon the brilliant-white 5-pointed star during the twilight hours</i> ☆	
25.12.	06:47	Phase of new moon starts	☉ 03°07' ♑ / ☽ 21°07' ♀
☿		<b>New moon point of Capricorn:</b> <i>Contemplation upon 'The Pledge'</i>	
26.12.	06:13	● New moon of Capricorn (solar eclipse)	☉ 04°07' ♑ / ☽ 04°07' ♑
29.12.		<b>December Call Day</b>	
☉	16:00	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°28' ♃
	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends 30.12. at 18:17)	
02.01.	16:30	● 8 <sup>th</sup> phase of ascending moon starts	☉ 11°41' ♑ / ☽ 05°41' ♀
♃		(End 03.01. at 18:56)	
05.01.	22:37	11 <sup>th</sup> phase of ascending moon starts	☉ 15°00' ♑ / ☽ 15°00' ♀
☉		<i>For healing</i> (End 06.01. at 23:32)	
09.01.	22:04	Phase of full moon starts	☉ 19°03' ♑ / ☽ 07°03' ♀
♃		<i>Contemplation upon the 8-petalled Heart Lotus</i>	
10.01.	20:21	○ <b>Full moon of Capricorn</b> (lunar eclipse)	☉ 20°00' ♑ / ☽ 20°00' ♀
17.01.	02:58	● 8 <sup>th</sup> phase of descending moon starts	☉ 26°24' ♑ / ☽ 20°24' ♀
♀		(End 18.01. at 01:03)	
19.01.	22:21	11 <sup>th</sup> phase of descending moon starts	☉ 29°15' ♑ / ☽ 29°15' ♀
☉		<i>For healing</i> (End 20.01. at 21:36)	
20.01.	15:54	☉ → ♒ / Sun enters Aquarius	
☽		☉ in ♒ – Every Sunday ( <b>26.01., 02.02., 09.02., 16.02.</b> ): <i>Invocation of Aquarian Energy via Master CVV</i>	
23.01.	21:48	Phase of new moon starts	☉ 03°18' ♒ / ☽ 21°18' ♑
♃		<b>New moon point of Aquarius:</b> <i>Contemplation upon Mahâdeva, the Lord Absolute, into whom all the worlds recede – Śiva Râtri; Contemplation upon 'The Pledge'</i>	
24.01.	22:42	● New moon of Aquarius	☉ 04°22' ♒ / ☽ 04°22' ♒
26.01.	00:06	23 <sup>rd</sup> constellation <i>Dhanishta</i> starts	☽ 17°28' ♃
☉	21:00	<b>Dhanishta-Meditation</b> ( <i>Dhanishta</i> -constellation ends 27.01. at 02:19)	
01.02.	13:41	● 8 <sup>th</sup> phase of ascending moon starts	☉ 12°07' ♒ / ☽ 06°07' ♀
♃		(End 02.02. at 15:34)	
04.02.	17:20	11 <sup>th</sup> phase of ascending moon starts	☉ 15°18' ♒ / ☽ 15°18' ♀
♂		<i>Contemplation upon the Third Eye</i> (End 05.02. at 17:01)	
06.02.		☉ Sun in constellation <i>Dhanishta</i> until 19.02.	
♃		<i>Daily meditation upon the receipt of Dhanishta energy</i>	
08.02.	11:32	Phase of full moon starts	☉ 19°07' ♒ / ☽ 07°07' ♀

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

From: »Astrological Calendar 2019/2020«; [www.worldteachertrust.org](http://www.worldteachertrust.org);

Publisher: The World Teacher Trust – Global, Kohlhüttenstr. 10, CH-6440 Brunnen.



## The Great Invocation

Let us form  
the circle of good will.  
Omnia Vincit Amor.

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.

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 Avatar  
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.

*Master DK*



Angustamaatraha Purusho,  
Madhya Atmani Thisthathi.  
Eeshano Bhootha Bhavyasya,  
Nathatho Vijugupsatey.

Meaning:

The thumb sized miniature form  
is centrally placed in the person.  
In the centre of the miniature form  
is the Master of the universe.  
Relate to the resplendent thumb sized being in you  
and to its centre.  
It relieves you from the past and from the future.

Katha Upanishad