

# VAISAKH NEWS LETTER



**HAMSA SIVA SOHAM**



**Gemini 2004 Mithuna**

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The World Teacher Trust - Europe

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

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## INVOCATION

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

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

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

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

Master E.K.

## PRAYER FOR THE YEAR

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



## MESSAGE OF THE MONTH OF GEMINI

Gemini should remind us of the duality of life. Without the duality there is no Creation. It is the foundation of Creation. The duality should be seen as complementary but not self-opposing. The laterals can be seen as complementary and can also be seen as self-opposing. The one who knows them to be complementary is in synthesis. The one who sees them as opposing is in conflict.

What is conflicting in a lower state, is complementary in the higher state. Day and night are complementary, light and darkness are complementary, ascending and descending moon phases are complementary, male-female are complementary, all duality is complementary. Matter and Spirit are complementary, knowledge and ignorance are also complementary.

Perceive the complementary in all the duality that you can see. Pain and pleasure, health and ill-health, birth and death, etc. in Creation, are endlessly dual. To the one who perceives the synthesis of the duality, the whole life shines-forth as a jewel.

Remember that there is no *Deva* without the diabolic, there is no full-moon without the new-moon, there is no birth without death, there is no growth without fall, there is no good without bad, there is no proximity without distance, there is no male without female, there is no Siva without *Sakti* in Creation.

Beyond Creation all is one, within Creation it is necessarily two, one standing contrary to the other, contrasting the other. Recognise this and transcend the duality. Only when you transcend duality you are in Truth, in synthesis.

*cont. p. 6*

## MESSAGE OF THE TEACHER

### STANDARD



The standard for Vedic recitation is the voice of the Teacher. The standard for the Teacher, is the Vedic utterance that he receives from his Teacher. The standard for the text are those who conceived it.

For those who conceived the Veda the standard are the 5 elements, the sun, the moon, and the life.

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#### *cont.: Message of the Month*

Ignorant are the ones who reject one for the other, who prefer one to the other. Rejections are negative desires, through strong rejections, unconsciously one invites what he rejects, for he thinks more of what he hates than what he loves. Ignorant are the ones who deject difficulties, sorrows, ill-health, poverty, etc. They are like the ones who refuse to exhale and try to inhale without exhaling, and vice-versa. These are the ones that are arrested in life.

Understand that life in Creation is like the swing. The swing is enjoyable only if it swings in both ways. It cannot be one way. Be neutral to duality.

Gemini releases you only if you are neutral but not biased in any way of life.



## GÎTÂ-UPANISHAD

- LORD KRISHNA -

To conduct the ordained work and no other, is a discipline in action. Do what is your lot. Do it with dedication, do not indulge into others work. It causes bondage.

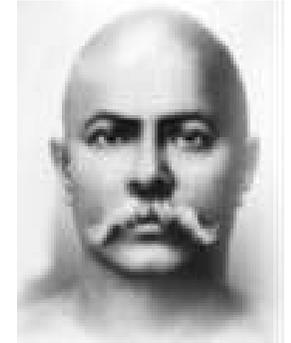
You need to know what is your work and what are the borders relating to it. Knowing borders is as important as knowing your work.

Ensure that there are no loopholes in your work and look not for the loopholes in others work. When you are poking your nose into others affairs, the consequence is, you get distracted from your ordained work.

Do as much as you need to do with focus. Nothing else may bother you, nor do you bother anything else.

Such is the secret of action.

## A WORD FROM MASTER CVV



Be a householder, be in family,  
be in the world.  
But be alone.

Be all in one.  
Do not be lonely.

Be in Me.  
I AM in You.

You can find Me  
in your heart.  
Stay with Me  
and experience the swing of life.



**LORD MAITREYA**  
**AN APPEAL TO HUMANITY**

Manipulating speech pulls you down through time.  
Life gets heavy.  
Every manipulation heaps on you as heavy a karma as an elephant.

Karma grows in leaps and bounds as you keep manipulating through speech and action and it hunts one from life to life.

Men hold useless fears about money, health, fame, ignominy etc.  
Those fears are baseless.  
One should fear manipulation through speech,  
if he does not, he is a stupid.

Learn to hold the tongue in the right way.  
This is our appeal to humanity.



**MASTER MORYA**  
**- MARUVU MAHARSHI -**  
**BEAUTY ESCALATOR**

Beauty is not beauty of the form.  
The beauty is beyond form.

Beyond the form the beauty is in the pattern, in the colours,  
and in the light that shines through colours.

Beyond the light, the beauty is in the vibration of the sounds.  
Beyond the sound there is the beauty of the music of the sound  
personified by *Apsarasas* (the nymphs).

The beauty of the nymphs is in the musical notes beyond the  
Creation.  
These musical notes are *Gandharvas*, they are beyond Creation.  
Beauty as Truth prevails with the *Gandharvas*.

Take to the escalator of beauty and reach the Truth of Beauty.

The Path of Beauty is Agni Yoga.  
Agni transforms the mundane to the Divine  
and leads you beyond.



**MASTER KOOT HOOMI  
- DEVAPI MAHARSHI -**

**INVITATION**

The Divine manifests through the *Antahkarana* in a 4 fold manner.

The Divine is Existence.

He devolves as ego (separative Existence), the ego shines forth as its light of wisdom and reflects through the mind of the body.

Thus, the Divine resides in each human in the *Antahkarana* body as Existence, separative consciousness, its light, and its reflected light.

It is for this reason, the Divine need to be searched in the *Antahkarana Sarira* entering therein.

To enter into *Antahkarana Sarira* is called Initiation.

The successive experiencing of the 4 states are the succeeding 4 Initiations.

We invite you to enter into.



**MESSAGE OF MASTER E.K.**

**MERCURY**

Mercury is the chief implement of alchemy.

Mercury in the higher planes gives discrimination.

Discrimination should enable impersonal ways of handling the opposites.

Such neutral handling resolves the problems

and enables one to approach unity through a precise (mathematical) process.

Such work with Mercury is alchemy.

It puts one out of astral and etheric influences.

May Mercury in Gemini be reflected upon to gain neutrality and precision through discrimination.



## VIDURA WISDOM TEACHINGS

Beyond the mind  
there is the world of light.  
Below the mind  
there is the world of magical illusion.  
Mind has access  
to either of the two worlds.  
Appropriate use of mind and senses  
enables one to be in light.  
Otherwise, illusion prevails.

## SHIRDI SAI SAYINGS

### HUNGER

Do not neglect the hunger of the beings. It is one's duty to attend primarily to the hunger of any being including the stone, the plant and the animal.

The humans have the language to express their hunger. The other beings too have their own language. If you know the language of the soul, you can comprehend and respond. Whosoever responds to others' hunger are dear to Me.



## CHILDREN'S SECTION

### THE DOCTRINE OF ETHICS

The life for the word is truth.

The life for the fort  
is the soldier.

The life for the man  
is character.

The life for the letter  
is the writing.

### Paschimottāsana



## CHILDREN'S SECTION

### YOGA ÂSANAS

### Paschimottāsana\*

Procedure:

1. Sit on the floor with legs stretched and kept together.
2. Catch the two feet with the two hands and bend forward the body as much as you can.
3. The posture is complete when you touch the knees with your nose or with your forehead.
4. The posture becomes easier as you pull the trunk forward and lower it.
5. Do it gently. You will gain the posture through regular practice. Do not force the posture.
6. Do not bend the knees.
7. As you bend forward, exhale slowly. Inhale after the posture is complete. Thereafter let there be slow breathing.
8. Apply your mind upon the Sacral Centre.

Effect:

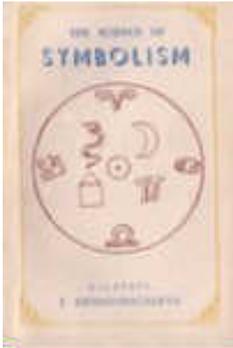
- Removes the fat in the abdominal region.
- Eliminates flatulence and constipation.
- Activates pancreas, liver, kidneys and adrenal glands.
- Cures female sexual maladies.
- Causes spiritual awakening.

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

## BOOK REVIEW

## NEWS - REVIEW

### THE SCIENCE OF SYMBOLISM



This book is a concise treatise on the rituals of the Wisdom Religion. The scope of the present work is to explain the nature and the symbolism of the ritualistic key to the Wisdom. The work deals with the sacramental value of initiations and the changes brought to the student thereby. One of the main attempts of the author is to prove that the content of the initiation rituals belonging to many religions and orders remains the same throughout and that the common content is expressed through many forms, symbols and allegories throughout the centuries.

**Ekkirala Krishnama**

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### ON HEALING



The Science of Healing has much larger scope than what is usually understood. It extends upto rectification of thoughts and neutralisation of emotions which are not natural. The sacred science of Healing works upto transformation of the mental and emotional attitudes of those who are affected. It thus has larger area of operation than mere attendance to physical diseases. Subtler and subtlest matter such as thoughts need to be cured by subtle and sublime methods such as color, sound and meditation.

**K. Parvathi Kumar: On Healing**

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

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

### Association CrearCriar

In Girona, Spain, a group of people, three of them from the World Teacher Trust, have started an association by the name CrearCriar to help parents and mothers raising their children in a free way. For some months, they had gathered meditating on the upbringing and the process of birth (couple, pregnancy, childbirth, upbringing, education...).

They decided to participate actively in the diffusion of what they find that should be the children's right starting point of life, in an upbringing with love. They unite parents and mothers that feel free of raising their children like they believe that they must do it, with true respect, love and sincerity and without manipulations from the outside.

CrearCriar wants give support and information to the parents and mothers that they feel right in raising the children with respect and in accord to the natural "laws."

The whole is a product of long conversations and intense reflection and inquiry and sharing with others the experiences lived through in the upbringing of children.

Their intention is to create a space where they can simply meet to speak, to share feelings or reflections and also to exchange services, information or useful materials (clothes, books, objects...).

You find more information on their website:  
<http://usuarios.arsystel.com/crearcriar>

## GREAT INVOCATION

Let us form the Circle of Good Will.

OMNIA VINCIT AMOS

From the South through Love  
which is pure.

From the West through Wisdom  
which is true.

From the East through Will  
which is noble.

From the North through Silence  
which is golden.

May the Light make beautiful  
our lives.

O Hierophant of our Rite  
Let his love shine.

OMNIA VINCIT AMOS

Let us form the Circle of the World Servers

We bow down in homage  
and adoration

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

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

Let light descend on Earth.

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

May Christ return to Earth.

From the centre where the  
Will of God is known

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

From the centre which we call  
The race of men

Let the Plan of Love and Light  
work out

And may it seal the door  
where evil dwells.

From the Avatar of Synthesis  
Who is to come

let His energy pour down  
in all kingdoms.

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

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

I seek to love, not hate.

I seek to serve and not exact  
due service.

I seek to heal, not hurt.

Let pain bring due reward  
of light and love.

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

Let vision come and insight.

Let the future stand revealed.

Let inner union demonstrate  
and outer cleavages be gone.

Let love prevail.

Let all men love.

Master D.K.



OM is the King.

Uttering OM regain your kingdom

Be a King and move in the King's Way.

The King's Way in you is the Path of Breath.

That is, from nostrils to the Brow Centre,  
from the Brow Centre, to the windpipe,  
to the lungs.

Move consciously in the King's Way  
and regain the throne which is located  
in your heart.

The movement in the King's Way is not possible  
unless the way is clean and clear.

Keep therefore the respiratory organs clean,  
and walk through the Path experiencing OM.  
May you proceed to experience yourself as OM,  
the King.

K. Parvathi Kumar