

Vaisakh News Letter



HAMSA ŠIVA SOHAM



Leo 2018 Simha

Letter No. 4/ Cycle 32 – 22nd July until 23rd August 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



Letter No.4/cycle 32 – 22 July until 23 August 2018

Contents

Master E.K. • Invocation.	2
Prayer of the Year	4
Eleventh Moon Phase Prayer.	5
Message of Leo	7
Message of the Teacher	9
Utterances of Lord Krishna	10
Lord Maitreya	11
Master Morya – Maruvu Maharshi.	12
Master Koot Hoomi – Devapi Maharshi.	13
Message of E.K.	14
Message of Master C.V.V.	15
Vidura Wisdom Teachings.	16
Saraswathi	17
Sri Ramakrishna.	18
On Secret Doctrine	19
Saturn	20
Discipleship.	21
Teacher/Kapila/Ashram Leaves	22
Lord Dattatreya/Fire/The Cow	26
Group Prayers	29
Sanat Kumara	30
From the Teacher's Pen	31
Agni	32
Vishnu Purana Master EK.	34
The Science of Man.	35
Paracelsus - Health and Healing	37
Children's Section	39
Stories for Young People	42
Window to World Service	43
Image of the Month	44
Book Review	45
Astrological Important Days	46
Master D.K - Great Invocation.	47

Dr. Sri K. Parvathi Kumar is President of the 'World Teacher Trust' and Founder of the 'Vaisakh Newsletter'. 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.

Contact : The World Teacher Trust - Global

The Vaisakh Newsletter in English and French: info@worldteachertrust.org; German: wt@kulapati.de, Spanish: WTT Argentina: wtt@wttargentina.org, WTT Spain: wt.spain@gmail.com; Brazilian Portuguese: brasil@worldteachertrust.org

Prayer of the Year 2018-2019

**MAY WE EXPRESS GOOD WILL IN ACTION.
MAY WE UNFOLD THE POWER TO MANIFEST.
MAY WE ENTER THE WORLD FOR THE LORD.
MAY WE STAY UNITED IN ALL WAYS.**



Full Moon of Leo, 27th of July 2018, 22.20

Eleventh Moon Phase Prayer

The eleventh moon phase is considered to be most appropriate for relating to the divinity because there is a sextile aspect that happens between the Moon, the Sun, and the Earth by which you draw very congenial, harmonious, agreeable energies by which our system gets nourished. That is why as much as full moon is worked out by an aspirant, eleventh moon phase is also worked out.

Step 1:

Utter forth "OM NAMO BHAGAVATHE VASUDEVAYA", 3 times and visualise unfolding of the 3 outer layers of Anahata.

Pause for three breaths

Step 2:

Again utter forth "OM NAMO BHAGAVATHE VASUDEVAYA", 3 times and visualise unfolding of the second set of three petals of Anahata.

Pause for three breaths

Step 3:

Again utter forth "OM NAMO BHAGAVATHE VASUDEVAYA", 3 times visualising unfolding of 3 petals of Anahata of the third layer.

Pause for three breaths

Step 4:

Likewise, utter forth "OM NAMO BHAGAVATHE VASUDEVAYA", 3 times and visualise the inner-most layer of three petals unfolding, flashing forth electrical blue from the centre.

Step 5:

Contemplate upon the emerging blue for 15 Minutes.

Step 6:

May the blue pervade from the centre to the circumference of the lotus, the colour gradually changing from electric blue to transparent honey to golden colour and to brilliant orange colour.

Step 7:

Visualise that the golden yellow and orange colour are spreading all over oneself and spreading all around.

Let this be the healing prayer on the eleventh Moon phases.

The mantra: https://worldteachertrust.org/_media/media/audio/06_om_namo_bhagavate_vasuevaya.mp3



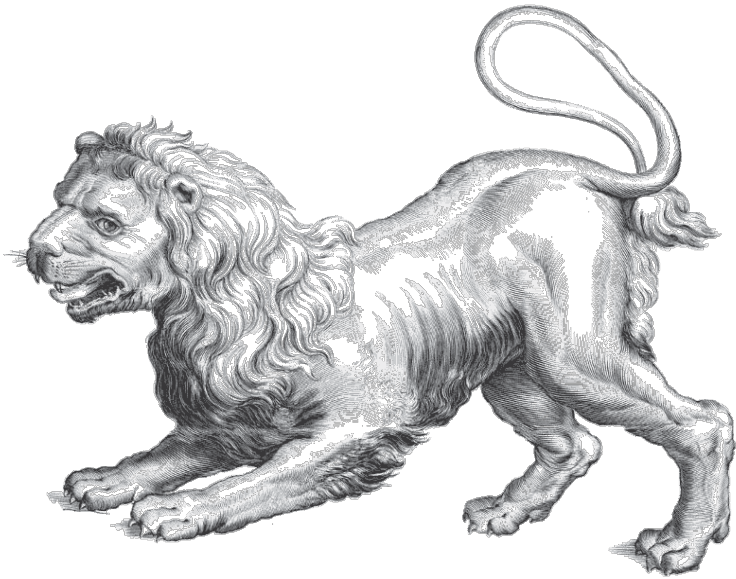


Message of the Month of Leo

Sun's entry into Leo is considered as homecoming. At home one is natural and normal. Sun's travel through the other eleven zodiacal signs imposes work on the Sun. He has eleven different activities to be carried out through eleven sun signs, while at Leo he stays normal, natural and self-contained. He stays as I Am. The fifth house of the zodiac gives the message of I AM, while the tenth house of zodiac gives the message of THAT. That I AM is the truth while I AM is an expressed truth (or son). The fifth house is considered to be the house of son as also the house of the Sun. In a jungle even the cub is respected by other animals, since it happens to be the sibling of the Lion King. So is a Son of God through whom the God is presented. The cub in the cave is like the man in the heart. The cub is in the lion's cave and the cub grows gradually to be a lion and to be a ruler. So is the one who enters into his heart center. The one who enters into the heart with the help of respiration and pulsation regains self-rule. He rules himself and lets others rule themselves. The way he rules himself tends to be an example for others to follow. A true leonine personality is never on the lookout for followers but followers do happen since he engages himself in self-rule. The man of self-rule gains much ground within, with the help of the sound within the cave of the heart. The cave sounds eternally So-Ham. Relating to the sound So-Ham..., the one in the heart gains the presence of the source from which he emerges. The source is THAT and the emergence from the source is I AM. THAT I AM is the truth that should be realized through self-rule and through associating with the Sound So-Ham.... This is the major, immediate and eminent work for all aspirants. They should necessarily rule over their nature by entering into the heart and relating to the sound. Such aspirants in due course tend to be self-governed disciples whom others tend to follow. But the disciple does not divert his attention towards the followers. Instead he tries to gain identity with THAT with the help of the sound So-Ham...

The purpose of Leo is fulfilled and man gains the identity of THAT I AM.

THAT I AM is the state of the Son of God while I AM is the state of the son of man. From son of man to Son of God a change of identity is possible through the cave of Leo which is considered to be the cave of heart where the pulsating principle is resonating. May the disciples avail the Sun's transit through Leo to regain their normal and natural state.





Message of the Teacher The Descending Divinity

The sound 'HARI' dispels ignorance. The fears and anxieties disappear giving way to the agreeable Blue.

Hari is the engulfing fire that gulps lust, anger, illusion, pride, prejudice, jealousy and egoism. The sound uplifts men from duality.

Hari means the descending divinity.

Utterances of Lord Krishna



Devoid of dualities,
When mind is in alignment with the Self
It remains ever peaceful
Though engaged into the world.
(2-64)

Align mind
Unaffected by dualities.
Stay stable
Yielding the bliss of existence.
(2-65)



Lord *Maitreya*

See God in the First Person

THAT I AM is the truth of the being. THAT is eternal and is boundless too. I AM in association with THAT tends to gain the boundless state and also the eternity. Disassociating with THAT I AM not only gets circumscribed but also suffers the fall in awareness. Such disassociation is an unfortunate state. Man is essentially divine but as he disassociates with THAT he falls with the impurity besides being constricted. The fall is so complete that he denies to himself his essential divinity and unity with the divine. He gropes in darkness, experiencing the nightmares of sleep. He even dreams that he needs to be awakened from the dream, but even then the impulse is part of his dream and is therefore confused.

Man is known as Nara meaning an expression of Narayana. Narayana is the four-syllabled mantra representing the four states of man – Existence, Awareness, Thought and Action. Recollecting the fourfold mantra has been given to Nara (man) to regain knowledge of his fourfold state.

The temple of Ibez initiated beings into the four-syllabled mantra so that one lives as an expression of the fourfold God.

In the age of Kali self-realization of God is replaced by exterior symbols of God such as a four-armed deity or the fourfold cross. When man tends to see God as the second or third person the God is lost; he should be seen in the first person as THAT I AM.

Master Morya
– *Maruvu Maharshi* –

Stop Raising Structures for God



Men are busily engaged in building temples, churches, mosques, synagogues and other structures for God. The key to raise structures for God is within. The human form itself is a temple in which God lives as the image of man. To build structures for God is to help them find the structure within and realize God as I AM.

God built humans and started living therein. Instead of realizing the god-built structures, man built structures of brick and mortar, least realizing God. Each time man looks at the image of God he should recollect that the image is no different from Him and His form is the true temple. It is about time that man stops building crazily temples, churches, mosques, synagogues etc. and start realizing his own form as the temple with himself as image of God within.

It may look harsh but the activity of raising structures for God is but a foolish activity and should be stopped at once. When there are natural temples why do we need man-made temples?



Master Koot Hoomi
– *Devâpi Maharshi* –

Sambala 3

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

The path to Sambala is the path to the truth. Truth is beyond all religions and cannot be coloured by religion. The path is open to those who offer themselves to the path of service in every walk of life. The teaching of Sambala peers through and unfolds the petals of the heart lotus. The teachings continue to inspire even during the sleep hours and awaken the students into service.

It is futile to look for Sambala in the deserts of Gobi. It is an ashram in the ethers and is the Lighted One. Depending upon the purity of heart, Sambala approaches the beings. Your association with the thought of Sambala itself starts the process of purification. The thought of Sambala even vitalizes and lifts-up your pranic pulse.

An ardent wish to relate to Sambala would lead your life into the related paths which would eventually lead you to the touch of Sambala. Recollecting Sambala has no specific rules and regulations. Associate the recollection with your pulsation; it enables you to gain the touch of Sambala eventually.

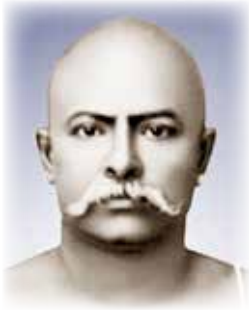
Let the thought of Sambala be the very first thought on your awakening.

Message of Master E.K.

The Touch of Krishna



When the worldly close their eyes, only darkness appears. Such darkness is the body of the divine. As one sees the darkness as divine, slowly the divinity reveals offering the gentle touch. It is called the touch of Krishna (the Christ).



Message of Master C.V.V.

Aphorisms to Disciples 5

13. Internalize the prayer. Invoke the name of the Master and turn inward. Perceive the pulsation and be in association with it. It leads you to the lighted column within.

14. As you approach the inner lighted column, the outer disappears and the inner unfolds. Stay within the column; experience the Light as also the teachings of the Light. Be observant within.

15. "Dip Deep, Axis arranged hours" are the mantras that you can utilize in this regard.

Vidura

Teachings of Wisdom



Man becomes that
which he associates with,
and that which he strongly desires.

PRACTICAL WISDOM

Teaching has value when applied.
Personal effort is the key.



Saraswathi

Suktam 2 The Door of Pulsation 2

Patanjali says: “Dhirga kala”, meaning in Sanskrit, long time; and yet we go in again only to be rejected once more. With all veneration and anxiety, we attend the morning and evening sessions of meditation, and after every meditation it is a disappointment, in the sense, we do not really go in. There is the glamour or satisfaction of sitting for some time in a posture. There are those who get fatigued and are happy when they can get away, but there is also a third category who persevere in waiting to enter.

We go to the entrance of the door of the inner ashram only to get rejected, but nevertheless we continue wanting to enter. The man inside the ashram (the heart) listens to our persistent call, its regularity, intensity and sincerity. Then the ‘inner man’ opens the door. We should have much patience till the ‘inner man’ loses resistance, for our entry. When we observe, as we inhale, there is a voiceless sound SO and when we exhale, there is the voiceless sound HAM. Let the mind engage with this double sound. Inhalation and exhalation are continuous. When the mind is applied to inhalation and exhalation we become conscious of them. We consciously inhale and exhale. We notice vividly when we consciously inhale, the sound ‘SO’ and likewise the sound ‘HAM’ when we exhale. Consequently we get engaged with the sound SOHAM, which means: THAT I am – SAHA AHAM. Thus, we are consciously regaining our identity. It is not: I am THAT. I am THAT is egoistic, because we place I am before THAT. THAT I am, is appropriate, because first it is THAT and then it has become I am. Normally we try to place ourselves in front of everything. I am THAT, is an egoistic understanding. THAT I am, is an understanding that has obedience in it. AHAM SAHA is: I am THAT. SOHAM is THAT I am.

Srî Râmakrishna

The True Knowledge



Unshod and with bare feet who will venture to walk on thorns and sharp stones?

If you are shod with Divine Wisdom, what thorns or sharp stones of the world can harm you?



On Secret Doctrine

Mercury

Madame Blavatsky says, “Mercury is the Lord of Wisdom. Mercury as a planet is still more occult and mysterious than Venus”. It is identical with the Mazdean Mithra, the genius or god “established between the Sun and the Moon”. It is the perpetual companion of ‘Sun’ of Wisdom. He is offered an altar in common with Jupiter. He has wings to express his attendance upon the Sun in its course. He is called the Sun wolf or Nuntis. He is the leader of and the evocator of the Souls. He is a great magician and is the Hierophant. He uses his wand to evoke the souls plunged in matter. He is golden-coloured. He is symbolized in Grecian mythology by one of the dogs (representing vigilance), the dog keeping watch over the celestial flock, and is known as Anubis. He watches over the earth and is mistaken by the earthy as the Sun itself.

The Roman emperor Julian prayed the Occult Sun every night through the intercession of the Mercury. All the theologians agree to say that Mercury and the Sun are one. He is the most eloquent and most wise of all gods. It is no wonder that he is proximate to the Word of God. The Word of God and the God are often mistaken one for the other.

The watchful dog of the heavens is synonymous to the Hindu Sarama who also means the divine watchman who watches over the flock of stars and solar rays.

Saturn

Time 2

Delay, Disappointments and Obstacles 2



It is an aspect of Saturn to work ourselves up more and more through the delay and disappointment. When we try to progress in life, there will be so many obstacles on the way, and we get disgusted with them. We get depressed and irritated, we become angry – all these states of mind arise from our inability to accept the situation. Accepting, is the positive way of working with Saturn. If we accept, he will clear the mental block. If we don't accept, the mental block will be more. That which is inevitable, when accepted, will be more in tune with us. When we do not accept it, we are in opposition with it, so it breeds greater fighting and the related consequence is the loss of energy.

“Delay, disappointment and obstacles present themselves to the mind of man through the effect of Saturn. There are people who cannot wait a minute. They are totally disturbed when they are made to wait a minute. Such people encounter more and more waiting and the more they wait, the more they suffer. But if we accept waiting, then there is the natural law that we will not have to wait much at all. That is how it works.”

Delay is an elongation of time arising out of one's own anticipation. Disappointment is not achieving what is expected and obstacles are our own impression of an external agency, which prevents us from what we regard as progress.

Discipleship

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

Truth

Truth is of supreme importance; it clarifies and moulds the mind, gives new realizations and goals, frees us from blindness and ignorance and is vital to our enlightenment, vision, progress and security. It develops thought, discrimination, values and standards, throws light upon problems, gives insight, understanding, inspiration and optimism, and enables us to proceed more courageously, wisely, serenely, sanely, safely, painlessly and lovingly through life. Truth provides us with the means to work with power and intelligence and thereby produces great mental, spiritual and material changes. The awareness, acceptance and practical application of facts are one of our first duties and responsibilities. As we learn what is true we will know what has to be done and eventually do it. When no use is made of truth there exists a condition of danger and subsequent penalty.

Toward claimed truths there are three possible attitudes. We can accept them as a possible hypothesis awaiting verification, believe them unquestioningly because we have confidence in the proclaimer or reject them as unverifiable, fantastic or untrue. The first attitude is recommended, for it enables us to preserve our mental integrity, it indicates an open mind and protects from gullibility and narrow-mindedness. Our attitude should be that of reasonable enquiry of willingness to accept a hypothesis but unwilling to acknowledge anything as proven truth until we know it for and in ourselves. Truth must appeal to the reason and the intuition. Nothing should be accepted that is destructive, contrary to true experience or which feeds the worst element in our nature.

A disciple

The Teacher

44. Manojna Vibhasitam Attracts and Unfolds



The presence of the Teacher is like magnetism. The seekers get deeply attracted to him. All that he does and he teaches is deeply interesting to the student to observe. The student gets more and more attracted to the Teacher. The student is so deeply attracted to offer himself to the Teacher that the Teacher starts working for the unfoldment of the mind which is otherwise constricted and limited by concepts. The Teacher enables the unfoldment of the mind to receive more and more light. As more light is received, the mind slowly attains to be clean and open for wisdom. In such a state wisdom can be imparted. It has all the details of the process of the bud of the lotus orienting to the sun ray, growing and unfolding itself. Orientation, unfoldment and growth are worked out in the Teacher's presence just as the lotus.

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

A disciple

Kapila

The Approach 1



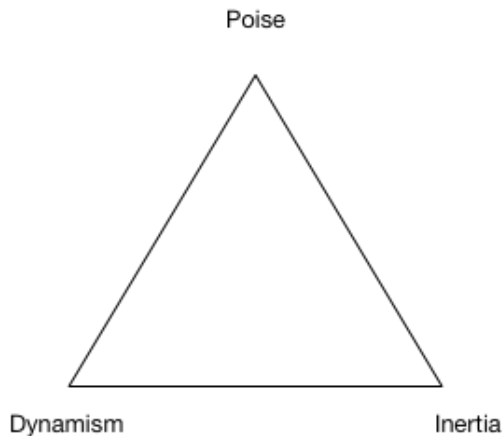
According to the motives and goals set, the approach to discipleship is threefold:

1. The one dominated by inertia, harms others in the name of discipleship. He demonstrates pride, jealousy and vengeful attitude. He is analytical and over critical. Animal sacrifice in the name of God falls in this category. He threatens or frightens others with his power, draws money from others, conducts spiritual festivals, congregations and conferences at others' cost. He conducts horrible fasts, gets beaten up by chains/ ropes, inflicts pain upon himself by inserting needles or nails, walks on fire or on the edges of the knife. He seeks publicity for his works and is concerned of the following and its number. He laments that others are not recognising him and his spiritual prowess and that there is not enough splendour around him. He assesses others by the material value they carry, while he lectures on spiritual value. He conducts activities with competitive attitude and cannot accept if any of his contemporaries are more spiritual than him. He feels himself to be a Guru and indulges in criticising other paths and Gurus. He also tries in vain to convince that his path and his Guru is the best and that others are immersed in illusion and hence are not able to see better. The birth of cults, religions and isms is due to those, who are overwhelmed by the quality, inertia.

2. The second category of disciples care for skills, capacities, riches and power and worship them in the name of God. These make efforts to prevent ageing, to attract people around, to hypnotise, to draw near women, to demonstrate miracles and to possess subtly people and their properties.

They demonstrate splendour around, wastefully spending riches and power. They gather costliest things around and their rituals and worships happen with money flowing as water.

3. The third category are the poised ones who carry out discipleship to neutralise their sins, to develop their usefulness to others, to serve others with humility. They conduct acts of goodwill in silence. The evolution in discipleship is from one to two and two to the third category. It is a process of ripening in discipleship that settles one in the third category. Ripening is time's aspect. When one ripens into the third category, there is instant stimulation into the inexplicable sweetness of experience, whenever acts of divine are called forth. They visualise the good qualities in others as the God-presence and instantly praise them. Such qualities inspire them while for others they are sources of jealousy and suspicion.



Ashram Leaves

The Scripture



"Father! What is scripture?"

"The knowledge of life, when explained through the way of life, is called scripture, my Son."



Lord Dattatreya

The Begging Bowl

Lord Sankara is said to carry a begging bowl in the Hindu mythology. So also Sri Guru Datta carries a begging bowl, but he is not a beggar. To protect the beings, he begs them to donate their limitations, their impurities, their evil motives and substandard behaviours. It is for this reason he extends the hand with the begging bowl towards everyone that orients to him. He would like his followers to freely donate all that which is cause of disease so that the donor would regain the ease. Disease is bigger in dimension than sickness. One may not be sick, but yet, he can be "not in ease". Sri Guru Datta wants that the beings should liberate themselves, by right understanding, through the donation of all factors of dis-ease.

In such innumerable ways, the teacher tries to help the oriented student. It is generally believed, on whom so ever the teacher spreads his blissful/blissful looks, that person would accomplish yoga in 12 incarnations!

What does the teacher need to beg from the student? Nil. What does the master need from the servant? He is amidst us to relieve us from our self-conditioning due to our wrong understanding of our physical, emotional, and mental belongings. He would like us to relieve ourselves from attachment, hate, desire, anger, pride, prejudice, jealousy and avariciousness. The one who is ready to donate all these impurities of the 3 planes, would find himself like a self-effulgent gem. Then the joy of the world and the Word is his. The teacher is joyful seeing the joy of the student. He conducts all his labours to ensure that we are joyful. Due to our inversions we ignorantly, but firmly, hold on to our notions, our fears, our concepts of right and wrong, which suffocate us. He reverses these ignorant aspects and leads us to bliss. The begging bowl is indicative of such sublime activity of the real teacher. In short he symbolically drinks others impurities (poison) and bestows nectar.

Fire

The Prayer 1



Since Fire knows the intricate paths of Creation from the supra cosmic plane to the infernal planes, if we seek the favour of the Fire it leads us to the right Path. The Fire worshippers always pray the Fire by saying: "Please ensure that I walk the right Path, because you know every Path. You know the Path of black magic and you know the Path of white magic. Please ensure that out of my ignorance I don't fall into a black magic Path. Please ensure that I don't fall into the hands of a false teacher. Please ensure that I do not fall into the illusions of the creation and that I stay with you at all times"

There are false teachers and there are real Teachers. If we worship Fire, He will ensure that we follow that Path which is beneficial to us. Fire insulates us from the paths of ignorance. Fire also helps to burn up the impurities in us.

There is a prayer seeking the Fire to burn up the impurities in us. The impurities in the mental, emotional and physical body prevent us from progressing well in the Path. If there are impurities in the gasoline, it does not burn well. If there are impurities in the candle, the candle does not burn well. From ancient-most times people were making a Fire and were worshipping it to seek purification, to burn up the impurities. Igniting the Fire outside is symbolic of igniting the Fire inside. The flame outside is symbolic of formation of the Solar Fire/Light. Rituals were conceived by the ancients on the principle of "imitation". The Divine plan is imitated symbolically through rituals to initiate the related intelligences in the ritualist.



Cow The Symbol and its Significance

The energy of Cow exists in the sounds *Guru*, *Ganga*, *Gayathri*, *Geeta*, *Gouri* and *Govinda*. Service and worship to these is equivalent to service and worship of the Cow.

PRACTICAL WISDOM

Rejection is ignorance.
Renunciation is knowledge.



Group Prayers

O Lord Agni!
May the centres of awareness
Secrete enabling experiencing of
the seven planes of the physical plane.
Protect the centres as the cowherd protects the cows.

PRACTICAL WISDOM

Vigilance is life,
Negligence is death.



Sanat Kumara

Be Meticulous in All

Be meticulous in all that you do. Be not negligent. You cannot be meticulous in some acts and be negligent in some other acts. When you are meticulous in work, the intent is present, the consciousness is present, you are present. When you tend to be negligent in any act, you dislodge yourself from being alert. The energy you build from meticulous acts is neutralised by your negligent actions. Therefore discipleship recommends that – “While you are at action, be meticulous; while you are at rest, be alert; when you are at sleep, just be.”



From the Teacher's Pen

Questions and Answers Five Great Inlet-Centers

Question: Dear Master, we frequently hear that Geneva is a significant spiritual centre for humanity. Is it so?

Answer: Dear Brother, according to Master Djwhal Khul, Geneva is one of the five centres through which spiritual energies are released to benefit the mankind as a whole. There are five great inlets scattered over the world through which spiritual force is transmitted from within the hierarchical ashrams. These points of spiritual influx are

Darjeeling	for Asia
Tokyo	for the Far East
New York	for the two American continents
Geneva	for Europe including Russia
London	for the British

For most ancient reasons Britain is not seen as an integral part of Europe; its clues can be found in the Lemurian times. The above five centres generally cover the entire globe. In future two more centres would be formed in Africa and in Australia. When the Master says 'in future' it means thousands of years. You would do well to relate to the five centres in your contemplation.



Agni

An Introduction to the Work
of Cosmic Fire, 78

5. The Electric Fire Preparation for Sleep 2

As we get into sleep, we don't immediately sleep, at least, there are 20 or 30 seconds. There are people who slip into sleep in 10 or 20 seconds. They are the blessed ones. Others don't get sleep, ever after 30 minutes or one hour, meaning, they need more preparation for sleep. So, they have to utilize the exercise given by the Master. The exercise is: As you get into the bed and start sleeping, identify with your respiration. And then through identity with respiration, enter your heart centre. Remember, the gem in the heart centre which was spoken on Thursday, which is the 10th orifice. Through that, enter into the cerebral spinal system. All this is only imagination. Don't ask me, how are we to enter! If you imagine, you will enter. And there should be a continuity of imagination without a disconnection during the thought.

Suppose, having entered the respiration, you get out with your thought, then come back to respiration first. So, through respiration to the centre of the heart. On the way, you can speak to the mental unit of the four petals, because that is the summery of our three-fold body, which contains the physical permanent atom, the astral permanent atom and the mental unit. And then also speak to the five petals representing the five Kumaras. By that time, you have spoken to the nine petals of the heart lotus. And then the three inner petals representing the triangular flame, imagine, that it is opening. Then you will find the aperture through which you can enter into the spinal column. Having entered into the spinal column, please ascend through the throat centre into the Ajna centre, and imagine that you are there. At that point, you can slip into sleep.

But please each time before you sleep, mentally go through this process. Then you will tell me many stories, when I visit you next year. So, that is the process to go to the threshold of the First-Ray-Lord.

So, slowly there will be an attempt to reach our own third eye. In the process, there is a beautiful rest experience, but not sleep. You will realise that you are not sleeping and yet, there is a kind of rest felt by the body. Many things will happen thereafter, which have to be experienced.

So, in that process, when we are able to reach up to the third eye, then we have almost reached the abode of the Lord. We don't have to do anything with the Lord, because He does not function in us, unless it is an emergency. And when it is an emergency, He opens His third eye. That is what happens to very advanced adepts. But since the Master suggested a method of sleeping, you can make an effort. This would open many vistas of awareness and consciousness.

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



Master EK

Vishnu Purana
Chapter XXIII



Bharata Varsha 3

Let us know the various names of the different groups of people that lived there:

- There are the Kurus, Panchalas and the Madhyadesas towards the north and the centre.
- Towards the east there are the people of Kamarupa (present Cambodja/ Assam).
- Towards the middle there are the Magadhas.
- Towards the south there are the Andhras, Kalingas, etc.
- Towards the west coast you find Surasthras, Sudras, Abhiras and Barbaras. (Sudra was a province colonized by Western people long before Rama's rule. Abhiras were Indo-Greeks. Barbaras were the Arabians who settled in the west coast).
- Marukas and Malavas live near the Pariyatra range.
- Suveras, Saindhavas, Hunas and Salwas live near the area of Kosala. (Amongst these, the Hunas came from foreign lands and settled here.)
- Besides these there are the Madras, the Aramas, Ambostas and Parasikas, living in this land and drinking the water of the rivers here. (They are foreigners who came to and settled in Bharatha. Parasikas are the Iranians and Persians. Ambasthas are from the northwest of Afghanistan. They lived as barbers in India.)

All clans are treated with equality in this land and all live satisfied and joyous.

The Science of Man

Dr. K. Parvathi Kumar
First Young Group Life Teaching, Part 65
August 2001, Visakh

The Meditation Process 1

You take the posture where you keep your back as erect as possible and ensure that your neck is in line with the vertebra. If you keep the chin a bit down, then the back of the head and the vertebra will fall in line. In meditation, the energy flow is through the cerebro-spinal system. If we keep it erect, the flow of energy is facilitated. When you sit, you keep the two hands together which is called 'locking the hands'. When you sit on the floor, you also lock the legs naturally. Otherwise you also lock them at the ankles. The purpose of locking is that the energy that you invoke is circulated in your body and is not discharged.

Even if you travel for hours, if you keep your hands and legs together, you will not lose energy. The body keeps receiving energy from the surroundings and by locking it, you preserve the energy. If you sit with legs and arms open, in the beginning, you feel relaxed, but slowly inertia will come into the body. Then you can again relax by keeping the hands and legs together. Even if you travel ten hours, twelve hours, you don't lose energy easily. You don't get tired easily.

For meditational purposes, it is recommended that you try to keep the back as erect as it is possible to you without pain. When you do asanas, the back would gain a lot of strength, and it becomes easier to keep the back straight. So, lock the system and ensure that you don't have any discomfort in the posture. Then, mentally, travel from head to foot, and propose relaxation and ease to the body. Then take to the posture, gently close the eyes and breathe in. Utter OM as long as possible. The purpose of uttering OM is to link up all the seven chambers through the cerebro-spinal-system. When you make three utterances, then there is an alignment of the seven chambers. Thereafter, you can slowly observe the inhalation and the exhalation. When we come to those steps, I shall give those steps.

Now for the time being, lock the body and keep the body erect. Take to a posture, close your eyes, and travel through every part of the body for a while. Propose relaxation to the upper part of the head. Propose relaxation to the eyes and the nerves of the eyes. Propose relaxation to the ears, to the nose, to the face. Then your head is proposed for relaxation. Now propose relaxation to the neck, travel with relaxation towards the shoulders, and from the shoulders to the elbows, from the elbows to the hands, from the hands to the fingers. Feel relaxed from the shoulders to the hands. Propose relaxation to the chest, to the lungs, to the shoulder-blades, and to the vertebra. Further propose relaxation to the stomach, the intestines, the diaphragm, to the liver, to the pancreas. Propose relaxation to the kidneys and to the abdomen. Now propose relaxation to the genitals. Propose relaxation to your seat, the thighs, the knees, the coves, the ankles, the feet and the fingers. Feel relaxed from head to foot. Now utter OM to unify the whole body from head to foot.

Inhale and consciously follow the path of inhalation. Make deep and slow inhalations. Inhale as much as you can. Inhale to fill the lungs. Inhale and exhale slowly and deeply to fill the lungs and to empty the lungs. Totally apply your mind upon inhalation and exhalation. Normally, after three deep inhalations and exhalations, you can fall back to the normal rhythm. Again make three deep and slow inhalations and exhalations and then again relax.

This cleanses the impurities of the emotional body and also strengthens the etheric body. When it is regularly done for ten years, it slowly burns up the density of the tissues of the body. The coarse body will become a tender and light body. That would enable you to breathe more and more. It is important that you breathe as much as the lungs can take in.

Paracelsus

Health and Healing

The Poison of Human Turmoil



A great explosion is less dangerous than the human turmoil. The human turmoil can lead to conditions even worse than wars. The social agitations, demonstrations, slogans of hate, mass movements of unrest, poison the space around and sometimes increase psychic disease. We know that fermentation produces gases but human unrest, another kind of fermentation can create strong poisonous gases. People do not believe that the contemporary destructions are the result of human turmoil and they are only reaping that which they sow as incomprehensible sicknesses.

In the society where there is over saturation of space through intense thoughts of competition, ambition, fear, jealousy, worry and irritation a dangerous consequence emerges. Just as interference of radio waves creates spacial confusion, the thoughts of intense disorder have their impact on the psyche of the humans. Epidemics of psychic distress shall have to be paid attention. Mass hate manifestations affect the psyche and men with weak psyche develop special poison affecting their health. The very fact that psychically disturbed people re-find their balance in serene ambience is indicative of absence of such ambience in the modern day life.

The super hyper activity in human life is subtly producing spacial poisons. It is the true epidemic which requires to be addressed. Psychology is not here to be seen as an abstract science. It should be thoroughly understood, and be seen with mind's eye and be allowed to percolate into tangible thoughts to redress human minds specially the weaker ones. The human psyche is the real laboratory in which poisons can be produced. The remedy therefore is to organize and develop beneficent thoughts that could

neutralize the thoughts of negativity, sickness and decadence.

The thinkers of the ancient times therefore say, “Friends and fellow citizens turn to Good-will, Good-will is the panacea of the activity of life.”

Dr. K. Parvathi Kumar

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

Website: www.paracelsus-magazin.ch/en

Children's Section

On Service

DEVOTIONAL AND DEDICATED APPROACH TO SERVICE UPGRADES THE SERVER GRADUALLY.

Panchatantra Stories

14. The Cunning Mediator

Two partridges (quail-like birds) lived in a certain tree in the jungle. While one of them lived on the branches, the other lived inside a hole at the foot of the tree.

They became good friends, and they would spend long hours with each other telling each other stories and events of their lives. In this manner, the partridges spent their time in happiness.

One day, one of them went away with some more partridges in search of food.

As was usual, when he did not return back even at sunset, the other partridge started worrying. He thought, "He has not done this ever. Why has the partridge not returned home today? Has he been trapped by some hunter? Or maybe even killed? I cannot live without him. I am certain there is some reason why he has not returned even at nightfall."

He did not return even the next day, or the day after. For several days, the partridge kept worrying, and then gave up hope of his friend's return. "And so, I spent several days worrying."

On nightfall a hare came to the tree and observing an empty hole at the foot of the tree, took shelter inside. Since the partridge had given up hope, he did not object to the hole being occupied by the hare.

After a few days the partridge returned. He had gone to a place where there was plenty of food to eat. He had grown fat, but remembering his dear friend, he thought of returning.

On his return, when he found that a hare had taken over his house, he objected strongly, "Hare! This hole is my home, and you have taken over

during my absence. This is very unfair of you. I demand you to leave immediately".

The hare disagreed, "This place is mine now. I am not leaving. I found this hole empty, and therefore made it my home". Thus, they began to quarrel. The partridge understood there was no point in quarrelling with the hare, and said, "Hare! You seem to lack the basic ethics. Let us approach someone holy and knowledgeable. Let someone well-versed in holy books decide who is right, and thus, who shall have the right to occupy the hole." The hare agreed, and as suggested they went to look for a holy man to settle their dispute.

Meanwhile, a wild tomcat became aware that they wanted to settle their dispute through a holy man. He quickly posed as a learned animal. He held a blade of holy Kusha grass in his paw and stood on the bank of a river, where he will be quickly spotted.

Standing on his hind legs, with his eyes closed, he started chanting.

When the partridge and the hare came across him, the hare said, "He looks holy and a learned person. Let us go and seek his advice."

The partridge agreed but said, "Yes, let us seek his opinion. But he is a wild cat by birth, and a natural enemy for both of us. We should be careful and speak only from a distance."

As decided, they came to the wild tomcat, but stood at a distance, "Holy person! We have a dispute amongst us. Will you please settle our dispute and advise us who is right in accordance to Holy Scriptures. If you decide that one of us has sinned, you may as well eat him!"

The tomcat replied, "O my friends, I have denounced the violent life as it leads to hell. Non-violence is the very essence of true religion. I shall not harm any of you. However, I will hear both of you and settle your dispute with the knowledge I have gained."

Both the partridge and the hare were impressed. The wild tomcat continued, "But I am old and cannot hear you from that distance. Fear not! I do not even harm a louse, bug or a mosquito. Come close, and explain the reason of your dispute. I shall make the most just settlement."

With all these sayings, he won the confidence of both of them. Both the partridge and the hare came near him and sat close to him to explain the reason of their dispute.

This was the very opportunity that the tomcat was looking for. As soon as they sat beside him, he jumped and seized one of them in his teeth and the other with his claws. He killed both of them and made a meal out of them.

The wise indeed say:

Beware of a rascal who pretends to be holy.

Stories for Young People

3. Snakes and Tigers

In a cold and rainy night a young pilgrim knocked at the door of a temple and asked for shelter. A lady came out and took him to a small thatched hut and invited him to stay there. The pilgrim had only a deerskin to sit, a shawl and a loincloth. There was no light in the hut, but he could see a little bit from the light which came through the entrance. After a few minutes he saw a cobra crawling in front of him – and soon another at his side. The young man realized that he had come to a snake temple. It was a dangerous situation and he was very much afraid. But he thought: “This will be a test of my goal. Am I serious in what I am doing and planning? Does my life have a purpose? If not, the snakes would bite me and I will die. It seems the woman who invited me could come to the hut. So why can’t I remain there without being harmed? The cobras have nothing they want of me. If I sit still, what will the cobras do to me?” The whole night he sat there watching. He remained untouched. But nevertheless the young man felt an unconscious fear of snakes. He met a sage, who saw the problem in the mind of the young man. So he took a cobra in his hands and invited the young man to hold the snake by himself. He showed him the beauty of the animal and asked the young man: “Why do you not love it?” The young man answered: “If I am afraid, I cannot love the snake.” The sage told him: “Man is more unclean and poisonous than a snake. He can kill and injure others. Each day he projects poison in the form of anger and other negative emotions on those with whom he lives. A snake never does that. A snake bites only in defence. Even wild animals want to associate with human beings. But they fear the violent nature of the humans. They are sensitive and receptive of both hatred and love. If one has no intention to harm animals, they become passive and friendly.” The young man slowly overcame his fear. Later it happened that he entered a cave with tiger babies. He petted them, when the mother appeared. The man concentrated his mind on the tiger mother. He would leave the cave, if she would go from the entrance. The tiger got out and the man left.

Told by Swami Rama: “Living with the Himalayan Masters”. 1978. Pennsylvania. Compiled and quoted by B.K.

WINDOW TO WORLD SERVICE
NEWS & ACTIVITIES
(Inputs welcome)

Spain

Activities of Individuals working within the National Group

Name: Family Pomés Arnau

Contact: Jordi Pomés

Address: C/Ample, 34; 08360 Canet de Mar (Barcelona)

Phone: +34 937940346 / +34 654980414

E-mail: jordi.pomes@uab.es

Activities :

- Coordination of the Spanish version of Vaisakh Newsletter
- Proofreading of the Spanish version of Vaisakh Newsletter
- Spanish translation of articles for the Spanish version of the journal "Paracelsus. Health & Healing"
- Coordination of a group of families loving nature who one Sunday per month were hiking up the mountain, looking for silence and the charm of nature.
- Collaboration with different organizations that help people in need, contributing with money for the attainment of their objectives.
- Conferences on pacifist aspects of prominent figures in the history of Catalonia (Antoni Gaudí, Lluís Companys).

Picture to the Month of Leo

Leo - The Gateway of the Sun Centre



To all the living beings of various planets, the Sun is the gateway to communicate with the intelligences of the cosmic plane. A yogi has to pass through the sun-centre to unfold into the higher levels. Our earth has got a sun-centre on it and this is Shamballa. A yogi has to contact Shamballa through the aid of the Hierarchy. This contact comes from the head-centre of man. For this reason, the head-centre is called the point of the highest illumination of his sun.

Dr. Ekkirala Krishnamacharya: Spiritual Astrology

Book Review

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 Krishnamacharya : Science of Symbolism

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

Marriage – The Sublime Sacrament



This book is called forth by the ardent young women and men of the West, who yearned to know the profound significance of marriage and family life. The author has been teaching the wisdom of living in togetherness as couples and the duties and responsibilities of man towards woman and of woman towards man. Inspired by the teachings, many couples in the West decided to go through the marriage sacrament. In accordance with the Vedic ritual the author simplified the ritual to its very essence and conducted during the last 25 years more than 60 marriages in the West. The small book is an outcome of a lecture delivered to a group in Belgium in June 2010.

K. Parvathi Kumar : Marriage – The Sublime Sacrament

Info : Dhanishta Editions, info@dhanishta.org

Online: http://worldteachertrust.org/_media/pdf/en/marriage.pdf

Astrological Important Days in July/August 2018

22.07.	11:17	11 th phase of ascending moon starts	☉ 29°32' ♎ / ☽ 29°32' ♏
☉		<i>Contemplation upon the personal Teacher, the Guru</i> (End 23.07. at 12:54)	
	23:00	☉ → འ / Sun enters Leo	
		☉ in འ – every Tuesday (24.07., 31.07., 07.08., 14.08., 21.08.):	
		<i>Contemplation upon the influx of hierarchical money via the Mother of Splendour Lakshmi</i>	
		☉ in འ – every Friday (27.07., 03.08., 10.08., 17.08.):	
		<i>Contemplation upon the World Mother in the Heart Center</i>	
26.07.		Merry Life Day	
ལ	19:46	Phase of full moon starts	☾ 03°41' འ / ☽ 21°41' ས
		The New Vaisākḥ Festival: Contemplation upon the Hierarchy via Lord Krishna, Lord Sanat Kumāra and Lord Maitreya	
27.07.	22:20	☉ Full moon of Leo (total lunar eclipse)	☉ 04°45' འ / ☽ 04°45' ཎ
29.07.	00:07	23 rd constellation <i>Dhanishta</i> starts	☽ 17°27' ཎ
☉	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 30.07. at 03:01)	
04.08.		1868: Birthday of Master CVV	
ཨ	08:35	☾ 8 th phase of descending moon starts	☾ 11°51' འ / ☽ 05°51' ཏ
		(End 05.08. at 07:50)	
07.08.	04:22	☾ 8 th phase of descending moon starts	☾ 14°33' འ / ☽ 14°33' ར
♁		<i>Contempl. upon Lord Maitreya in the Heart Center</i> (End 08.08. at 01:45)	
10.08.	15:38	Phase of new moon starts	☽ 17°53' འ / ☽ 05°53' འ
♀		New moon point of Leo: Contemplation upon the World Mother in the Heart Center and upon 'The Pledge'	
11.08.		1926: Birthday of Master EK	
ཨ	11:57	● New moon of Leo (partial solar eclipse)	☉ 18°42' འ / ☽ 18°42' འ
12.08.		1831: Birthday of Madame H. P. Blavatsky	
15.08.		1914: Birthday of Śrī Aurobindo	
17.08.	21:31	☉ 8 th phase of ascending moon starts	☉ 24°51' འ / ☽ 18°51' ♏
♀		(End 18.08. at 22:17)	
21.08.	01:46	11 th phase of ascending moon starts	☉ 27°54' འ / ☽ 27°54' འ
♁		<i>Contempl. upon Lord Maitreya in the Heart Center</i> (End 22.08. at 04:10)	
23.08.	06:08	☉ → ཎ / Sun enters Virgo	
25.08.		1883: Birthday of Master MN	
ཨ	06:19	23 rd constellation <i>Dhanishta</i> starts	☽ 17°27' ཎ
	11:46	Phase of full moon starts	☾ 02°09' ཎ / ☽ 20°09' ཎ
		<i>Contemplation upon Gâyatrī, the World Mother</i>	
	21:00	Dhanishta-Meditation (<i>Dhanishta</i> -constellation ends on 26.08. at 09:05)	
26.08.	13:56	☉ Full moon of Virgo	☉ 03°12' ཎ / ☽ 03°12' ར

All times are in CEST (Central European Summer Time)/UTC+2 (Universal Time Coordinated plus 2 hours);
 From: »Astrological Calendar 2018/2019«; www.worldteachertrust.org;
 Publisher: The World Teacher Trust-Global, Föhnhafen 1, CH-6640 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